Every day is different. Everyone is different. Choosing how to deliver your insulin is a personal choice. Which device fits your life: insulin pen, insulin pump or Pod?

### INSULIN DELIVERY DEVICE

#### LIFESTYLE CONSIDERATIONS

<table>
<thead>
<tr>
<th></th>
<th>MULTIPLE DAILY INJECTIONS¹</th>
<th>INSULIN PUMP THERAPY¹,²</th>
<th>POD THERAPY¹,²</th>
</tr>
</thead>
</table>
| **What will you need to carry?** | • Insulin pen  
• Alcohol swabs  
• Blood glucose meter  
• Test strips  
• Lancing device/lancets | • Insulin pump (connected to infusion set by tubing)  
• Blood glucose meter  
• Test strips  
• Lancing device/lancets | • Personal diabetes manager (PDM)  
(Pod is attached to body directly)  
• Blood glucose meter  
• Test strips  
• Lancing device/lancets |
| **Where to carry it?** | Supplies are commonly carried in pockets or in a carry case. | Insulin pump is commonly clipped to a belt or pocket.  
Insulin pump is connected to infusion set by tubing.  
All other supplies are carried in a separate carry case. | Pod is worn on the body with no attachment to PDM.  
Pod will deliver basal insulin regardless of PDM location once programmed.  
PDM is commonly carried in a separate carry case with all other supplies. |
| **Considerations** | • No bolus calculator  
• No ability to adjust basal throughout the day  
• No mechanical device to maintain  
• No wardrobe considerations  
• Nothing to remove for water or intense activity  
• 4-6+ injections required per day  
• Must plan when/where to inject insulin  
• Cost/insurance coverage | • Bolus calculator  
• Ability to adjust basal insulin to match your body's needs  
• Must manage tubing  
• Need to disconnect for certain occasions  
• Insulin pump required to be near infusion site  
• Possible mechanical issues  
• Cost/insurance coverage | • Bolus calculator  
• Ability to adjust basal insulin to match your body's needs  
• No tubing to manage  
• No need to disconnect until site change  
• Pod is concealed under clothing  
• Possible mechanical issues  
• Cost/insurance coverage |
# INSULIN & LIFESTYLE 101

## INSULIN DELIVERY DEVICE

### BLOOD GLUCOSE (BG) MANAGEMENT CONSIDERATIONS

<table>
<thead>
<tr>
<th>Illness</th>
<th>MULTIPLE DAILY INJECTIONS</th>
<th>INSULIN PUMP THERAPY</th>
<th>POD THERAPY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basal insulin is hard to adjust for short term illness, but it may be adjusted for extended illness</td>
<td>Use the temporary basal feature to temporarily increase or decrease your basal insulin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bolus insulin may be adjusted with more frequent injections</td>
<td>Bolus insulin may be adjusted without extra injections</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stress</th>
<th>MULTIPLE DAILY INJECTIONS</th>
<th>INSULIN PUMP THERAPY</th>
<th>POD THERAPY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basal insulin is hard to adjust for short term stress, but it can be adjusted for extended stress</td>
<td>Use the temporary basal feature to temporarily increase your basal insulin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bolus insulin may be adjusted with more frequent injections</td>
<td>Bolus insulin may be adjusted without extra injections</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activity</th>
<th>MULTIPLE DAILY INJECTIONS</th>
<th>INSULIN PUMP THERAPY</th>
<th>POD THERAPY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basal insulin is hard to adjust for activity. You may need to snack or adjust your boluses to help prevent low BGs</td>
<td>You may need to disconnect during activity, resulting in disruption in insulin delivery</td>
<td>You do not need to disconnect your pod</td>
<td>You can use the temporary basal feature to decrease your basal rate while you are active</td>
</tr>
<tr>
<td></td>
<td></td>
<td>If not disconnected, the temporary basal feature can be used to decrease basal insulin for a given time period</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Variable Schedules</th>
<th>MULTIPLE DAILY INJECTIONS</th>
<th>INSULIN PUMP THERAPY</th>
<th>POD THERAPY</th>
</tr>
</thead>
<tbody>
<tr>
<td>You may need to bolus more often, which will mean more injections</td>
<td>You can bolus more often without extra injections</td>
<td></td>
<td></td>
</tr>
<tr>
<td>You will be unable to track insulin that is still working in your body from a previous bolus</td>
<td>Use advanced bolus features to help with high fat meals and/or extended eating at holidays or parties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Variable schedules make it a challenge to manage BGs</td>
<td>You can track your active insulin from a previous bolus to help prevent insulin stacking, which can lead to low BG</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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**REFERENCES**


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