Podder™ Resource Guide

Simplify Your Insulin Delivery

omnipod
DASH®

Helping you to get to know your Omnipod DASH® Insulin Management System

If you need more information, you can visit **Omnipod.com** or contact your local Omnipod® Customer Care Team

Live your life to the fullest

The Omnipod DASH® System simply consists of two primary parts – the tubeless Pod and the handheld Personal Diabetes Manager (PDM) that you use to program your insulin delivery via Bluetooth® wireless technology*.

Made to be convenient and discreet, the Pod can provide up to three days of continuous insulin delivery** and can be worn almost anywhere you would give yourself an injection.

Wear what you want, and do what you want. The Omnipod DASH® System helps simplify insulin delivery, so you can live your life and manage diabetes around it. That's just part of what makes so many people passionate Podders™.

Preparing to start on the Omnipod DASH® System

This Podder™ Resource Guide will lead you through some of the key functions you may need to perform with the Omnipod DASH® System.

Still not sure about something?

Our friendly, experienced Customer Care Team is available to answer any questions you might have 24/7*** or visit us at **Omnipod.com**.

In an emergency, please call your healthcare provider, as well as your emergency contact.

Healthcare provider name   Healthcare provider number

Emergency contact name   Emergency contact number

Healthcare and treatment are complex subjects requiring the services of qualified healthcare providers. This Resource Guide is informational and not intended as medical or healthcare advice or recommendations to be used for diagnosis, treatment or for any other individual needs. This resource guide is not a substitute for medical or healthcare advice, recommendations and/or services from a qualified healthcare provider. This resource guide may not be relied upon in any way in connection with your personal healthcare, related decisions and treatment. All such decisions and treatment should be discussed with a qualified healthcare provider who is familiar with your individual needs.

Always consult with your healthcare provider to determine the appropriate settings for you.

*At start-up, the Personal Diabetes Manager and Pod should be adjacent and touching, either in or out of tray to ensure proper communication during priming.
At least 1.5 Metres during normal operation.
**Up to 72 hours of insulin delivery.
***Calls may be monitored and recorded for quality monitoring purposes.
Calls to 0800 numbers are free from local landlines, but other networks may charge for these calls.

Your supply list

It's important that you have the following supplies on hand at all times.

> Omnipod DASH® PDM

> Several new, sealed Omnipod DASH® Pods*

> Vial of rapid-acting U-100 insulin

> Blood Glucose (BG) meter

> BG test strips

> Lancing device and lancets

> Syringes or pens/needles for alternative way of injecting insulin

> Instructions from your healthcare provider about how much insulin to inject if delivery from Pod is interrupted*

> Ketone testing supplies

> Glucose tabs or another fast-acting source of carbohydrate

> Glucagon emergency kit and written instructions for giving an injection if you are unconscious

> Phone numbers for your healthcare provider in case of an emergency

Reordering** Tips

> Simply call your Omnipod DASH® System supplier (Insulet or other partner) when you open your last box of Pods. This helps to ensure that you'll have enough supplies in the event that additional authorisations are needed

> If you've forgotten where your reorder is coming from, you can find out in the following ways:
  - Check the shipping label on your last Pod shipment
  - Call the Omnipod® Customer Care Team

Caution: Consult User Guide.
* Only Omnipod DASH® System Pods can communicate with the Omnipod DASH® System Personal Diabetes Manager.
** Reordering of consumables is not available in every country. Please contact your local Omnipod® Customer Care team for more information.

Your discreet, convenient Omnipod DASH® System

A Bluetooth® wireless technology enabled Pod that delivers both basal and bolus insulin.

TOP

Pink Slide Insert

Viewing Window

BOTTOM

Fill Port

Adhesive Backing

Blue Needle Cap

Your Omnipod DASH® System Personal Diabetes Manager

A Bluetooth® wireless technology enabled Personal Diabetes Manager (PDM) that controls all Pod functions.

MICRO-B USB PORT

Menu Icon

Tabs

SOUND/ VIBRATE

POWER BUTTON

TOUCH SCREEN

Bolus Button

BACK BUTTON

NON-FUNCTIONAL

Home Screen View:

> View current Pod and Personal Diabetes Manager Status

> Access more system options in the Menu icon

> View Notifications and Alarms

> Access Insulin on board (IOB) in the Dashboard view

> Review and edit Basal Programs in Basal view

> View details of the Pod and access Pod Change in Pod info view

> Reference LAST BOLUS and LAST BG

> Easy access to deliver a Bolus via Bolus button

TIP: You can find the following items by tapping the Menu icon:

> Alternate access to Basal and Pod info

> Set Temp Basal

> Enter BG

> Suspend Insulin

> Manage Temp and Bolus Presets

> View History

> Edit Settings

Get the most from your Omnipod DASH® PDM battery

Your Omnipod DASH® PDM is powered by a rechargeable lithium ion battery.
Here are a few things to know:

> Only use an Insulet approved battery, charger and cable

> To preserve battery, you can customise screen time-out and brightness levels

> Under normal use, the battery should hold its charge for at least 2 days

> When your PDM battery is low (less than 15%), the PDM preserves battery by silencing the vibration and tones

> When charge is completely gone, the PDM will power off. Your Pod will continue to deliver your basal insulin if your PDM powers off. The good news is that you can use your PDM while it is charging

> Develop a routine to charge your PDM at the same time each day

> Consider having more than one charger and cable set placed in several areas where you spend your day (home, office, school, car, etc.)

Enjoy the convenience of Bluetooth® wireless technology

One of the key benefits of the Omnipod DASH® System is the Bluetooth® wireless technology between the PDM and Pod. But there are a few things you should keep in mind about the distances between them.

The Pod and the PDM:

> Should be side by side and touching during activation and priming*

> Should be within 1.5 metres to start the delivery of a bolus, change settings or receive status updates

> Are not required to be within any specific distance for basal delivery. The Pod will continue to deliver basal insulin even when the PDM is out of range

Get even more from your Omnipod DASH® System

Why not try these helpful tips from other Podders™?

We pride ourselves on helping you easily navigate the Omnipod DASH® System so you can successfully live life on your terms. However, it's always great to hear from Podders™ who have discovered even more convenient ways of using it.

> You can put your PDM on vibrate to prevent the alert sounds being disruptive to everyday life.

> Take a picture of your program settings with your smartphone and keep it. This way, if you don't download your PDM regularly at home, you always have a record of your settings.

> If your screen is turning off quicker than you would like, change the screen time-out setting to stay on longer.

Understanding Basal and Bolus insulin

Personalising your basal and bolus insulin with your Omnipod DASH® System

When you first set up your Omnipod DASH® System, your heathcare provider will determine your settings and will assist you in programming your Personal Diabetes Manager. As your insulin needs change, you can work with your healthcare provider to adjust these settings.

What is a Basal Rate?

Your body needs a small amount of insulin delivered constantly throughout the day: this is called basal insulin. Basal rates are specified in units per hour (U/hr). The exact amount of basal insulin your body needs changes often depending on:

> What you're doing throughout the day

> How stressed you are

> When you're sick

What is a Bolus?

A bolus is a dose of insulin, delivered to match the carbohydrates in a meal or snack and/or to lower your blood glucose when it gets too high. There are two types of bolus doses:

1. Meal Bolus

> With the Omnipod DASH® System, you can deliver either an immediate or an extended meal bolus

> An immediate meal bolus delivers insulin for a meal or snack you are about to eat

> An extended meal bolus delivers insulin over a longer period of time. When you eat foods high in fat and/or protein, or are eating over a long period of time such as at a party, you might need an extended meal bolus
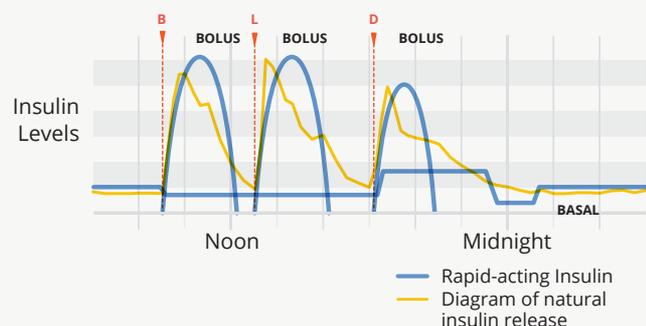
2. Correction Bolus

> A correction bolus can be delivered with or without a meal bolus if you need to lower your blood glucose level

The Omnipod DASH® System will help to calculate your bolus doses

The Omnipod DASH® System also features a Bolus Calculator to help you deliver an accurate bolus dose. The calculator uses your current blood glucose, carbs entered and your insulin on board (IOB) to determine a suggested bolus dose.

Insulin delivery with a pump vs. normal insulin release[†]

Insulin Levels

B — BOLUS   L — BOLUS   D — BOLUS

Noon   Midnight

BASAL

— Rapid-acting Insulin
— Diagram of natural insulin release

Caution: Consult User Guide.
For more information about the Suggested Bolus Calculator, refer to your Omnipod DASH® Insulin Management System User Guide.
† ©2002 by the American Diabetes Association®. Smart pumping for people with diabetes. Reprinted with permission from the American Diabetes Association®.

Your Personal Diabetes Manager settings

It's always a good idea to keep a copy of your Personal Diabetes Manager settings handy in the event that you have to set up another Personal Diabetes Manager.

Your healthcare provider will provide you with your initial start rates, as well as any future changes.

⚠️ **CAUTION:** Do not attempt to start or make any changes to your Personal Diabetes Manager settings without formal instruction from your healthcare provider.

1. Max Basal Rate*			_____ U/hr
2. Basal 1*	Time Segment		
	12:00 a.m. to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
	_____ to _____		____U/hr
3. Temporary Basal Rate	On	Off	(Select 'On' if model PDM-INT2-D001-MM or PDM-INT1-D001-MG is set to % or U/Hr. 'On' is in %)

*Indicates settings provided by HCP.
Be sure to check with your healthcare provider before adjusting these settings.

4. BG goal limits	Enter lower and upper limits of BG goal for use in BG history. This will be used for graphical display of BG readings (not for use in bolus calculations).		
	Lower limit	_____mg/dL	_____mmol/L
	Upper limit	_____mg/dL	_____mmol/L

5. Suggested Bolus Calculator	On	Off	

	Time Segment	Target	Correct Above
6. Target BG & Correct Above*	____ to ____	____ mg/dL or ____ mmol/L	____mg/dL or ____ mmol/L
	____ to ____	____ mg/dL or ____ mmol/L	____mg/dL or ____ mmol/L
	____ to ____	____ mg/dL or ____ mmol/L	____mg/dL or ____ mmol/L
	____ to ____	____ mg/dL or ____ mmol/L	____mg/dL or ____ mmol/L

7. Min BG – for bolus calculations	____mg/d L or____mmol/L

	Time Segment	1 unit of insulin covers
8. Insulin-to-Carbohydrate (IC) Ratio	12:00 a.m. to ____	____g/carb
	____ to ____	____g/carb
	____ to ____	____g/carb
	____ to ____	____g/carb

	Time Segment	1 unit of insulin decreases BG by
9. Correction Factor	12:00 a.m. to ____	____mg/dL or____mmol/L
	____ to ____	____mg/dL or____mmol/L
	____ to ____	____mg/dL or____mmol/L
	____ to ____	____mg/dL or____mmol/L

10. Reverse Correction	On	Off	

11. Duration of Insulin Action	____ Hours

12. Maximum Bolus	____ U

13. Extended Bolus	On	Off	(Select 'On' if model PDM-INT2-D001-MM or PDM-INT1-D001-MG is set to % or U/Hr. 'On' is in %)

14. Low Volume Reservoir Alert	____ U

15. Expiry Alert	____ Hours

* Indicates settings provided by HCP.
Be sure to check with your healthcare provider before adjusting these settings.

Understanding why Carbohydrates matter

What are carbohydrates?

> **Starches** Starchy vegetables like potatoes, corn, and peas, dried beans and lentils, grains like oats, barley, rice, and items made from wheat flour.

> **Sugars** These naturally occur in milk and fruit, or are added during cooking or processing. Common names for sugar are table sugar, brown sugar, molasses, honey, cane sugar, maple syrup, high fructose corn syrup and agave nectar.

> **Fibre** This can be found in fruits, vegetables, whole grains, nuts and legumes. Most dietary fibre is not digestible. Fibre contributes to digestive health, keeps you regular and helps make you feel full and satisfied after eating.

The impact carbohydrates have on blood glucose

Carbohydrates (carbs) are important because they provide you with energy and essential vitamins and minerals. Proteins and fats also contain calories, vitamins and minerals, but do not contain carbohydrates unless the food is a mixed item, like a casserole. Carbohydrates are the primary foods that affect blood glucose levels.

Proteins and fats take longer to digest and are slower to affect your blood glucose. Higher consumption of protein or fat at meals can delay glucose absorption and create higher blood glucose levels later. The 'Advanced Features' section will tell you more about bolusing for certain meals with the Omnipod DASH® System.[1]

How do I figure out the amount of carbohydrates in my meal?

Check the Label.

The two key pieces of information on the nutrition facts label for carb counting are the 'serving size' and 'total carbohydrates'.

[1]Beaser RS. Joslin's Diabetes Deskbook: a guide for primary care providers. 3rd ed. Boston, MA. Joslin Diabetes Center; 2014.

Feel comfortable and confident applying your Omnipod DASH® Pod

As your Pod is tubeless, discreet and lightweight, you can move more freely and wear what you want. Finding a place for your Pod is also easy: simply follow these tips, and start enjoying the added freedom the Omnipod DASH® System can bring you.

Where to wear your Pod

It's important to choose a new area every time when placing your Pod to avoid site overuse, which could result in variable absorption. The new area should be at least 2.5cm away from the previous one, 5cm away from the navel and not over a mole, scar or tattoo, where insulin absorption may be reduced.

To ensure that your Pod feels as comfortable as possible, avoid sites where belts, waistbands or tight clothing may rub against, disturb or dislodge the Pod.

Abdomen

Arm

Back

Buttock

Thigh

Leg

FRONT

BACK

Abdomen

Arm

Leg

Buttock

Leg

FRONT
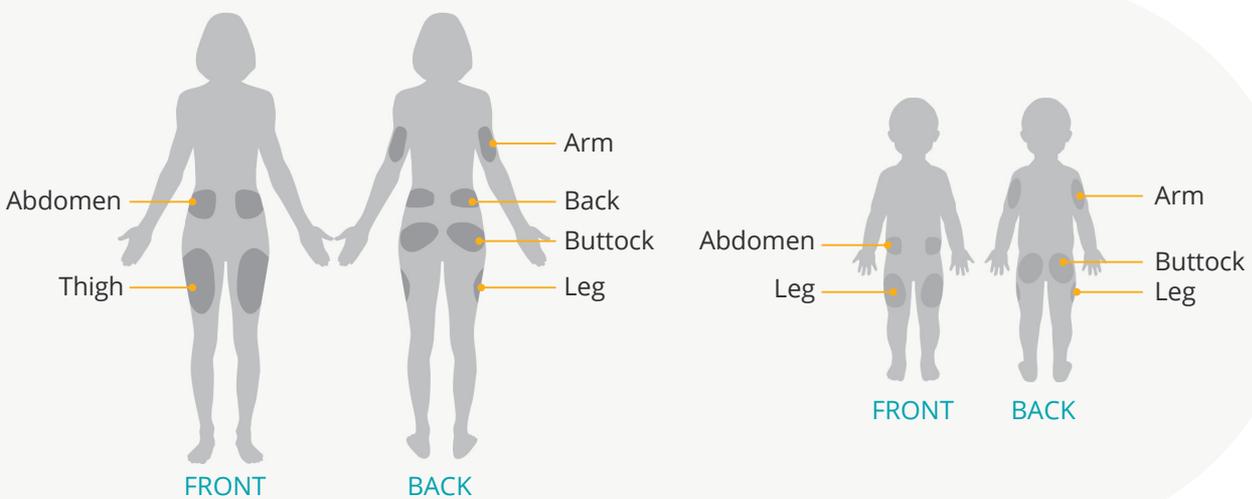
BACK

How to place your Pod

Arm and leg
Position the Pod vertically or at a slight angle.

Back, abdomen or buttocks
Position the Pod horizontally or at a slight angle.

Pinching up

This step is important if your Pod location is very lean or doesn't have much fatty tissue. Place your hand over the Pod and make a wide pinch around your skin surrounding the viewing window. Then press the Start button on the Personal Diabetes Manager. You can let go when the cannula inserts.

⚠ **WARNING:** Occlusions may result in lean areas if you do not use this technique.

Prepping for your Pod

To help your Pod stick, it helps if you're cool and dry when you apply it. Here are a few other things that could prevent your Pod from effectively sticking, as well as some tips for overcoming them.

Trouble with...	Problem	Solutions
Oily skin	Residue from soap, lotion, shampoo or conditioner can prevent your Pod from staying secure.	Clean the area thoroughly before applying your Pod, then let your skin air-dry.
Damp skin	Dampness prevents adhesion.	Towel off and allow your skin to air-dry – do not blow on it.
Body hair	A lot of hair will prevent the Pod from sticking securely.	Clip or shave the area with a razor to create a smooth surface for your Pod to adhere to. To prevent irritation, it's best to do this 24 hours before putting on your Pod.

How to change your Pod

You may need to change your Pod.

> When the reservoir is low or empty, or the Pod is nearing expiration or expired

> In response to an alarm

> If the Pod/cannula has become dislodged

> If you have a blood glucose reading of 13.9 mmol/L/250 mg/dL or more and ketones are present

> If you experience unexpected elevated blood glucose levels

> As directed by your healthcare provider

> If during activation the Pod fails to beep

Activate your new Pod

Assemble the following supplies:

> DASH® Personal Diabetes Manager (PDM)

> Sealed DASH® Pod, indicated
   by a blue needle cap

> Vial of U-100, rapid-acting
   insulin at room temperature. (See the
   Omnipod DASH® System User Guide for
   insulins tested and found to be safe with
   the Omnipod DASH® Insulin Management
   System)

> Alcohol prep swab

Wash your hands
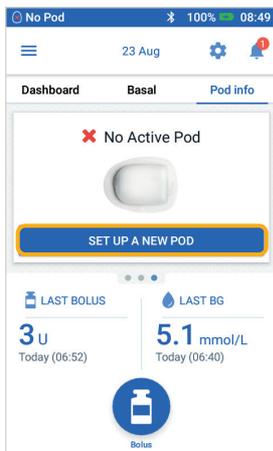
1.

> To set up a new Pod,
   Tap '**SET UP NEW POD**'

> Read and perform each
   instruction carefully

⚠ **WARNING:**
NEVER inject air into the fill port. Doing so may result in unintended or interrupted insulin delivery
NEVER use a Pod if you hear a crackling noise or feel resistance when you depress the plunger.
These conditions can result in interrupted insulin delivery

CAUTION:
Do not use any type of needle or filling device other than the fill syringe provided with each Pod.

1. Fill the Pod

1.1

> Remove the fill syringe and needle from its sterile packaging. Keep the Pod in its tray during set up. Confirm that the Pod's needle cap is blue

> Use the alcohol prep swab to clean the top of the insulin vial

> Assemble the fill syringe by twisting the needle onto the syringe

1.2

> Pull outward to remove the syringe's protective cap

1.3

> Draw air into the fill syringe equal to the amount of insulin you will use

> Insert needle into the vial of insulin and inject air

> Turn the vial and syringe upside down

> Slowly withdraw insulin from the vial and fill the syringe with the amount of insulin you will use; fill at least to the MIN line

> Tap or flick the syringe to remove any air bubbles
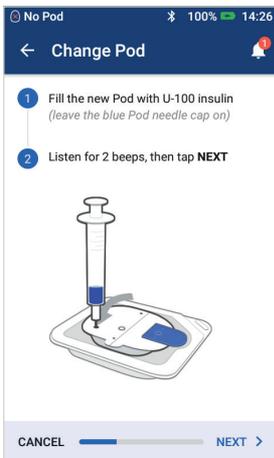
1.4

> Leave the Pod in its plastic tray

> Insert the needle straight down into the fill port on the underside of the Pod. To ensure proper filling, do not insert fill syringe at an angle into the fill port

> Completely empty the syringe into the Pod

> The Pod will beep twice, indicating that the Omnipod DASH® System is ready to proceed

> Return to the PDM. If the PDM screen times out, press the Power button to turn it back on. Place the PDM next to the Pod so they are touching

> Tap 'NEXT'
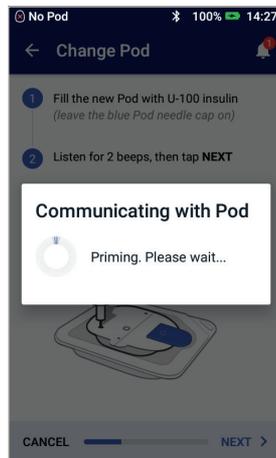
1.5

> The PDM establishes a one-to-one relationship with the Pod, which will prevent it from communicating with any other Pod while this Pod is active. Once the Pod successfully completes its priming and safety checks, the PDM will beep

REMINDER: During activation and priming, the PDM and Pod should be next to each other and touching.

If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.

2. Apply the Pod
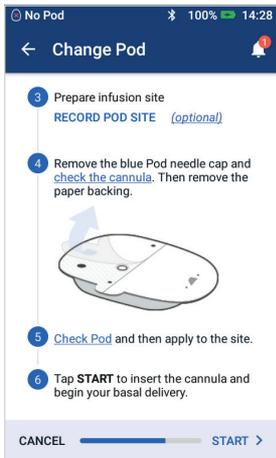
2.1

> Select the infusion site, being careful to avoid areas where the Pod will be affected by folds of skin. Refer to the Pod Placement/ Preparation/Tips section in this resource guide for sites that your healthcare provider may recommend and placement tips
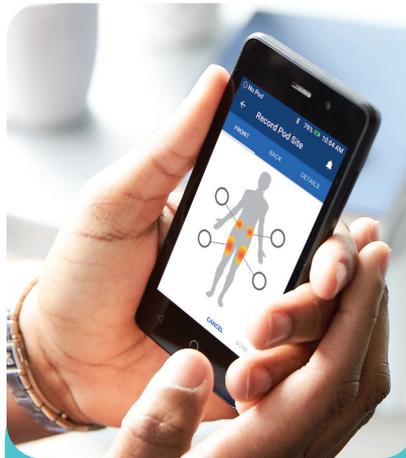
TIP: Use Pod site map to help you track your current and recent Pod site locations. This feature can be turned on in Settings.

2.2

> For optimal adhesion, always clean the site thoroughly to remove all body oils and lotions, which may loosen the Pod's adhesive. Let the site air-dry completely – do not blow on the site to dry it

2.3

> Remove the Pod's blue needle cap

2.4

> Carefully remove the white paper backing from the adhesive, ensuring that the adhesive is clean and intact

2.5

> Apply the Pod to the selected site
> Run your finger around the adhesive to secure it

If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.

3. Press Start
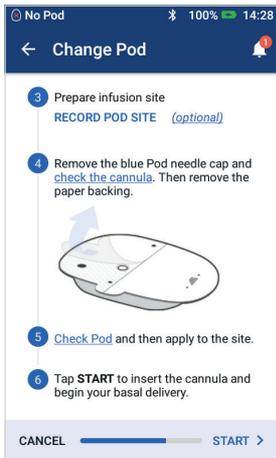
3.1

> Tap '**START**'
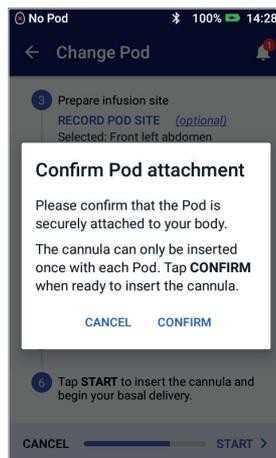
3.2

> Verify that the Pod is securely attached to your body, then tap '**CONFIRM**'

> For the best technique, refer to pinching up in the Pod Placement/Preparation/Tips section of this resource guide

3.3

> The Pod automatically inserts the cannula and delivers a prime bolus to fill the cannula with insulin

3.4

> Once the cannula has inserted, verify proper insertion by checking that the pink slide insert is visible in the faint window on the top of the Pod
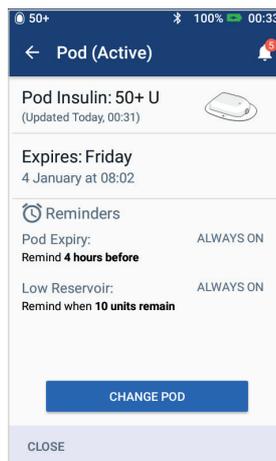
3.5

> Your Pod is now active

WARNING:
If the cannula is not properly inserted, hyperglycaemia may result. Verify there is no wetness or scent of insulin, which may indicate that the cannula has dislodged. **NEVER** inject insulin (or anything else) into the fill port while the Pod is on your body. Doing so may result in unintended or interrupted insulin delivery. Verify that cannula does not extend beyond adhesive backing once needle cap is removed.

If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.

Deactivate your old Pod
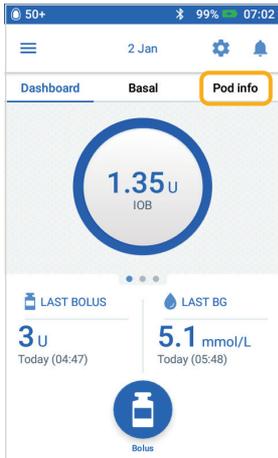
1

> Tap '**Pod Info**' on the
  Home screen
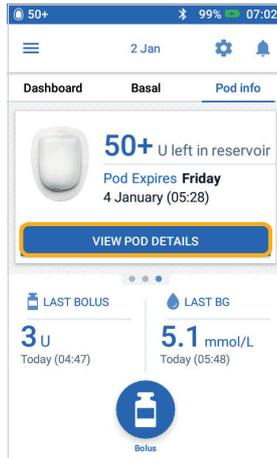
2

> Tap '**VIEW POD DETAILS**'
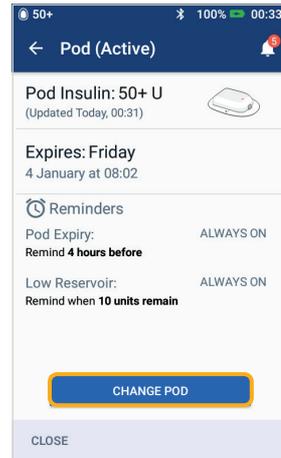
3

> Tap '**CHANGE POD**'
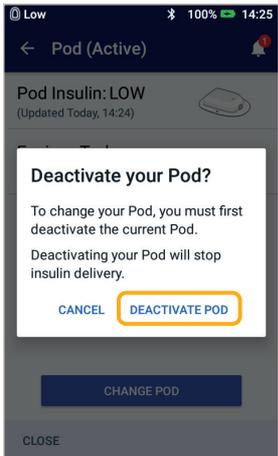
4

> Confirm and tap
  '**DEACTIVATE POD**'
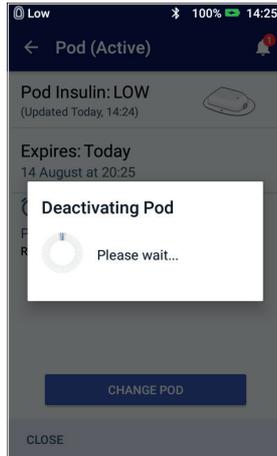
5

> The Pod will take a
  moment to deactivate

If the Personal Diabetes Manager screen times out during the process, press the Power button to continue.

Manual entry for Delivering a Bolus

Here's an example of how to deliver a bolus for a 60 g carb meal and a blood glucose of 8.3 mmol/L/150 mg/dL
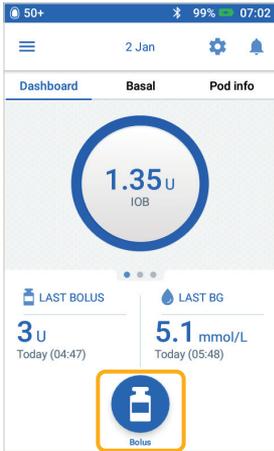
1

> From the Home screen tap '**Bolus**'
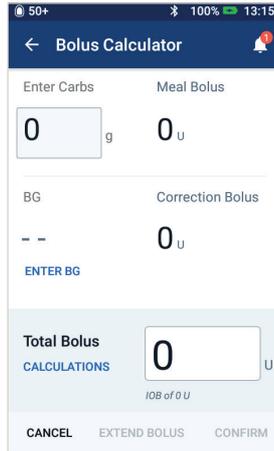
2

> Tap the '**Enter Carbs**' field and enter 60 grams of carbohydrates

> Tap the '**ENTER BG**' field and enter a blood glucose value of 8.3 mmol/L/150 mg/dL

3

> Review your entered values to ensure accuracy, then tap '**CONFIRM**'
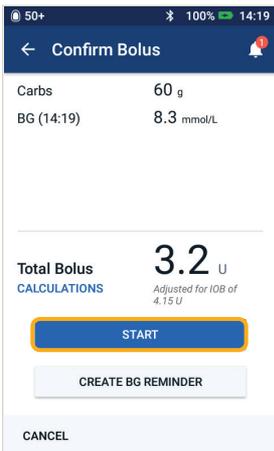
4

> Tap '**START**' to begin the bolus delivery

5

> Once the bolus is actively delivering, the bolus can be cancelled from your PDM

> A screen will show how much of the bolus was delivered

REMINDER: The Home screen displays a progress bar and details while you are delivering a bolus. You cannot use your PDM during an immediate bolus.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

OMNIPOD DASH® SYSTEM INSTRUCTIONS

Suspend and resume Insulin Delivery

1
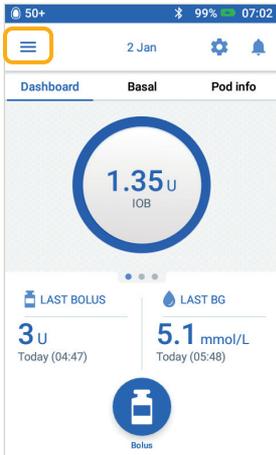
> Tap the **Menu** on the Home screen
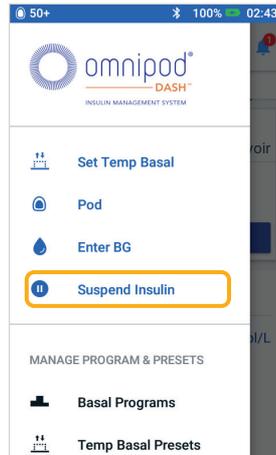
2

> Tap '**Suspend Insulin**'
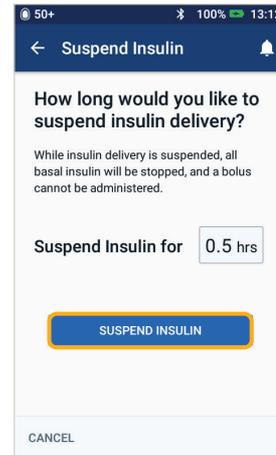
3

> Scroll to the desired duration of insulin suspension (min 0.5 hour, up to 2 hours)

> Tap '**SUSPEND INSULIN**'

> Tap '**Yes**' to confirm that you want to stop all insulin delivery
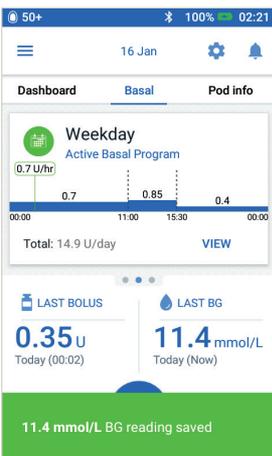
4

> The Home screen displays a yellow banner stating '**Insulin delivery is suspended**'

> The Pod beeps every 15 minutes during suspension

REMINDER: Rather than waiting for the green confirmation banners to disappear, you can swipe them to the right to dismiss them sooner.
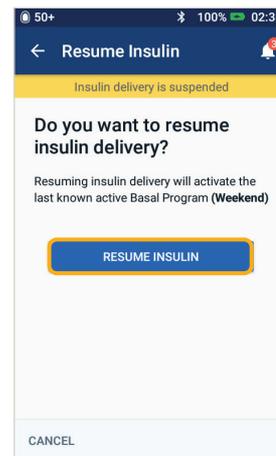
5

> When the Pod completes suspension duration, you will be prompted to resume insulin delivery. Insulin delivery does NOT resume automatically

> The Pod and PDM repeat a notification every 15 minutes until you have resumed insulin delivery

WARNING:
Insulin delivery will not resume until you press 'Resume Insulin'. If you do not resume insulin delivery, you could develop hyperglycaemia (high blood glucose).
NOTE: Remember to resume insulin delivery.
The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

Important PDM tips and reminders

These tips are intended for use only with the DASH® Personal Diabetes Manager model. The serial number and model can be found on the back of the PDM.
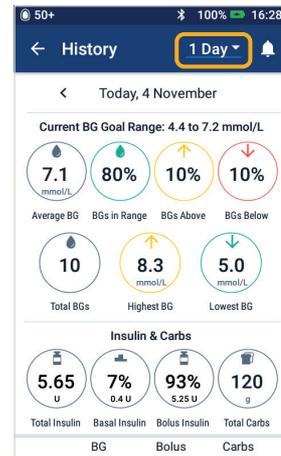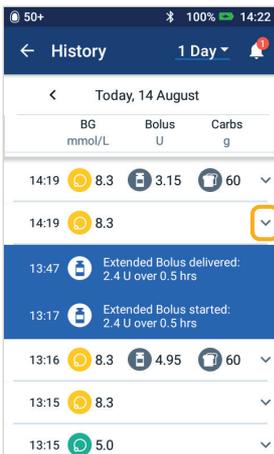
How to view Insulin and BG History

1

> Tap the **Menu** on the Home screen
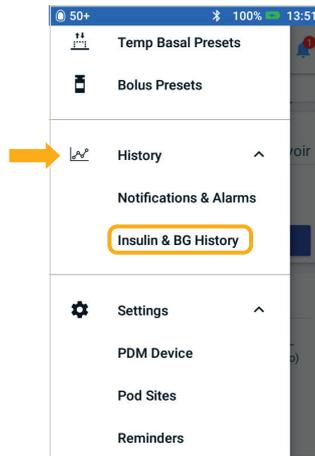
2

> Tap '**History**' to expand the list
> Tap '**Insulin & BG History**'

3

> You can view BG, Insulin and Carbs
> Tap the **Day** drop-down to view a single day or multiple day averages
> Swipe up to see the details section

TIP: Tap the down arrow to display more details. Tap again to hide the details.

Caution: Consult User Guide.
The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

OMNIPOD DASH® SYSTEM INSTRUCTIONS

How to edit a Basal Program

1
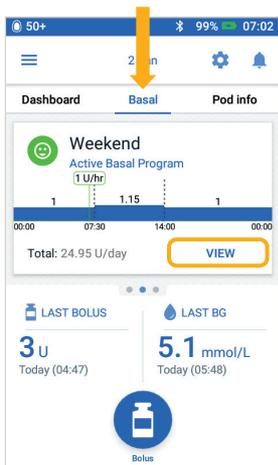
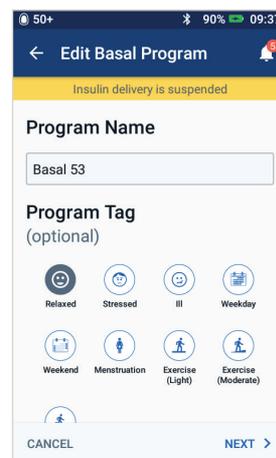> Tap '**Basal**' on the Home screen

> Tap '**VIEW**'
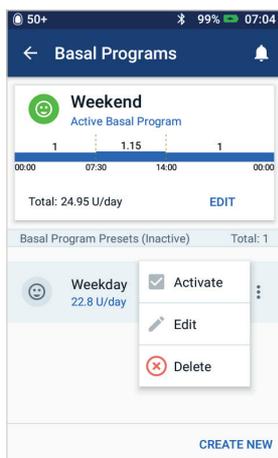
2

> Tap '**EDIT**' on the basal program you want to change
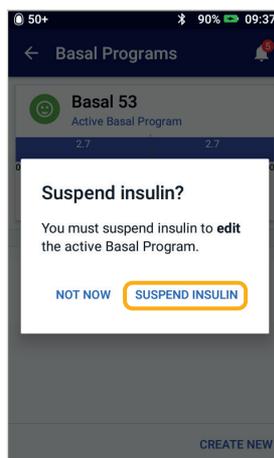
3

> Tap '**SUSPEND INSULIN**' if you are changing the active basal program

4

> Tap to edit the program name, choose program tag or tap '**NEXT**' to edit basal time segments and rates
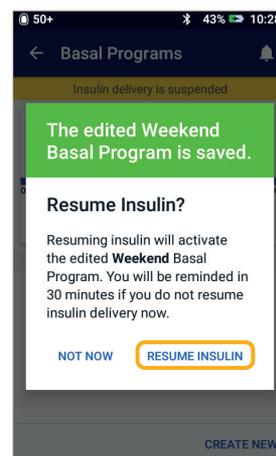

5

> Tap on the segment to edit

6

> Edit the time and basal rates for the 24-hour period

7

> Tap '**SAVE**' once complete

8

> Tap '**RESUME INSULIN**'

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.
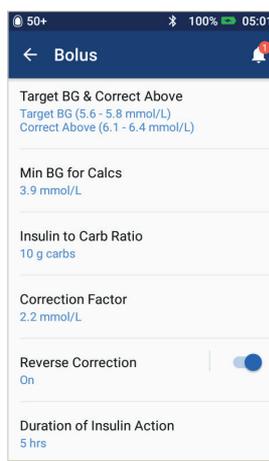
How to view and edit IC Ratio and Correction Factor
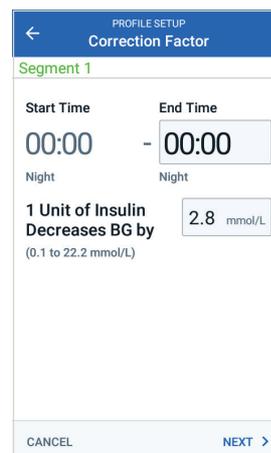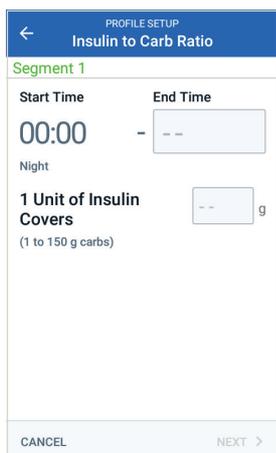
1
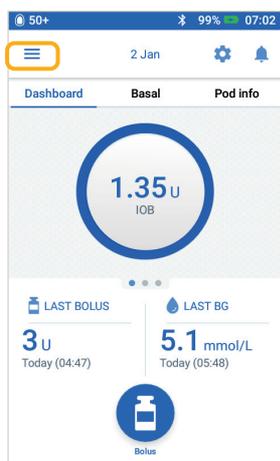
> Tap the **Menu** on the Home screen
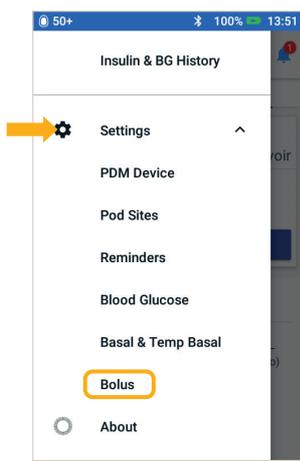
2

> Tap '**Settings**' to expand the list

> Tap '**Bolus**'

3

> Tap on the setting you want to edit

TIP: You can change other settings such as Target BG & Correct Above, or Duration of Insulin Action by following the same steps.

Insulin-to-Carb Ratio

> Tap on the segment you want to edit

> Edit time and/or amount

> Tap '**NEXT**' to add more segments as needed

> Tap '**SAVE**'

Correction Factor

> Simply follow the same four steps as for 'Insulin-to-Carb Ratio'

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

Additional Notes

26

Additional Notes

How to use the Extended Bolus feature

When to use: This feature is most commonly used for high-fat and/or high-protein meals such as pizza, cheeseburgers or fish and chips, when the digestion of carbohydrates could be delayed.
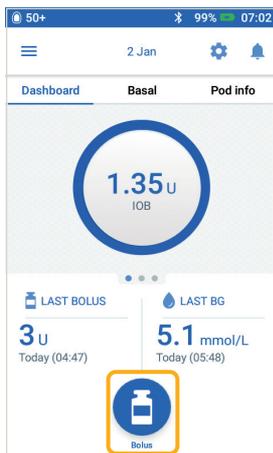
1

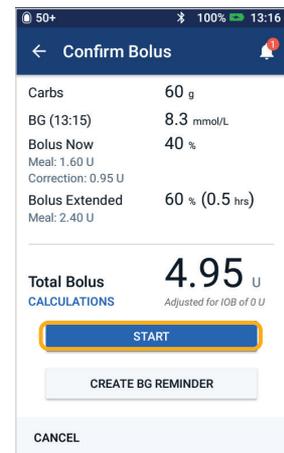> Tap the '**Bolus**' button on the Home screen

2

> After entering Carb and BG values, tap '**EXTEND BOLUS**'

3

> Enter the amount of meal bolus to deliver now (extended portion will automatically adjust)
> Enter duration of time
> Tap '**CONFIRM**'

4

> Review the values entered
> If they are correct, tap '**START**'

⚠️ **WARNING:**
When using the extended bolus function, you should check your blood glucose levels more frequently to avoid hypoglycaemia or hyperglycaemia.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

How to set a temporary (Temp) Basal Rate

When to use: A temporary basal rate lets you adjust your background insulin for a predetermined period of time. This feature is best used to account for a temporary change in a daily routine, such as physical activity or times of illness.

Temporary basal rates can be set for durations of 30 minutes to 12 hours. Once the time limit is reached, the Pod returns to the active basal program automatically.
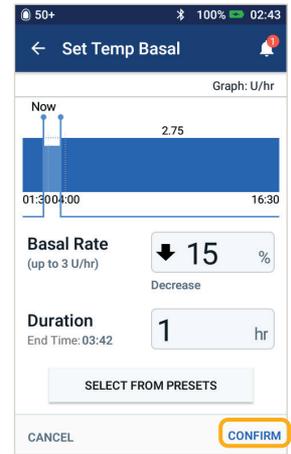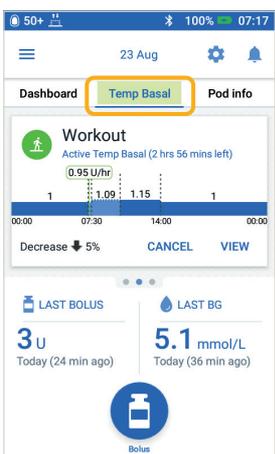
1
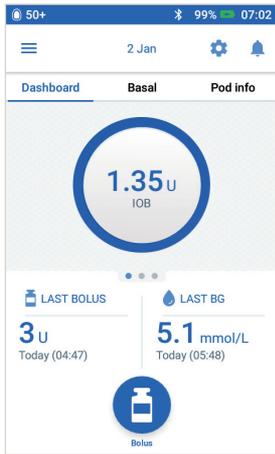
> Tap the **Menu** on the Home screen
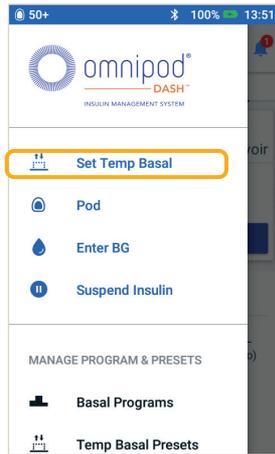
2

> Tap '**Set Temp Basal**'

3

> Tap the **Basal Rate** entry box and select your % change. Tap the **Duration** entry box and select your time duration

4

> Tap '**CONFIRM**' to start temp basal

TIP: Temp Basal is highlighted in green on the Home screen tab to indicate that a temp basal is currently running.

TIP: Temporary basal can be changed to a flat rate of units (U/hr). To make this change, go to settings and tap on Basal and Temp Basal. Your settings can be configured to either % or flat rate (U/hr). Each example is shown with the Personal Diabetes Manager set to %.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.
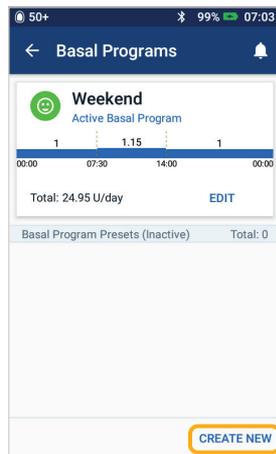
ADVANCED FEATURES

How to create and use additional Basal Programs

When to use: Different basal programs are commonly used for entire days out of your common routine (e.g. weekends vs. work days). Please consult with your healthcare provider prior to creating additional basal programs.
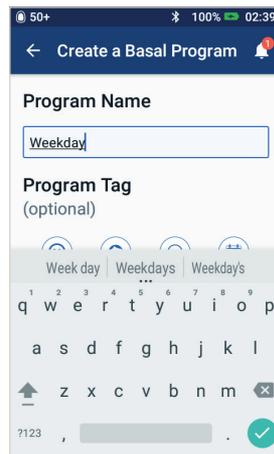

1
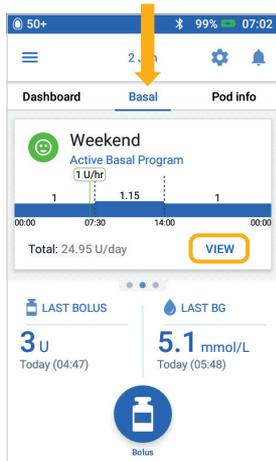
> Tap '**Basal**' on the Home screen
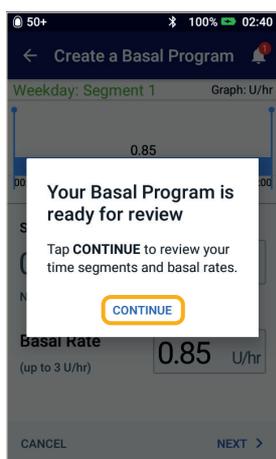> Tap '**VIEW**'

2

> Tap '**CREATE NEW**'

3

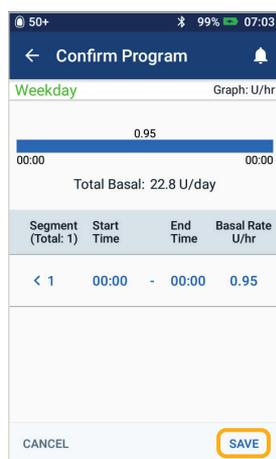> Rename your program or keep the default name. For example, '**Weekday**'. Tap to choose a program tag

4

> Edit **End Time** and **Basal Rate**
> Tap '**NEXT**'
> Continue to add segments for the entire 24 hours
> Tap '**NEXT**' to continue

5

> Tap '**CONTINUE**' to review your time segments and basal rates

6

> Review your new basal program
> If correct, tap '**SAVE**'
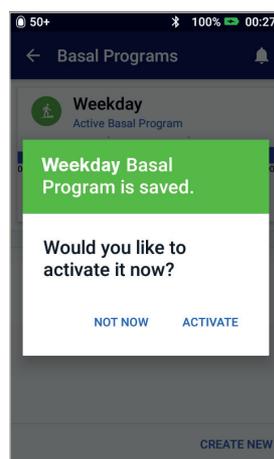
7

> Choose to activate your new basal program now or later
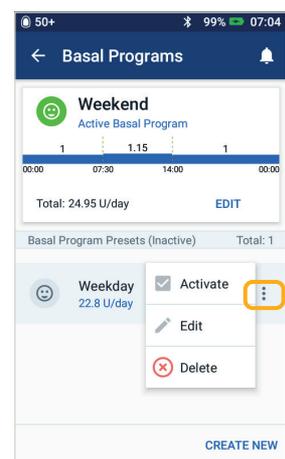
TIP: In Basal Programs, you can activate, edit or delete the different basal programs you have saved by tapping on the Options icon (3 dots).

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

How to create and use Temporary Basal Presets

When to use: These are best used for 'temporary' routine activities, such as an exercise class that occurs twice a week. Your Personal Diabetes Manager can store up to 12 temporary basal presets. You will be able to access your temp basal presets when you select Temp Basal from the main menu.
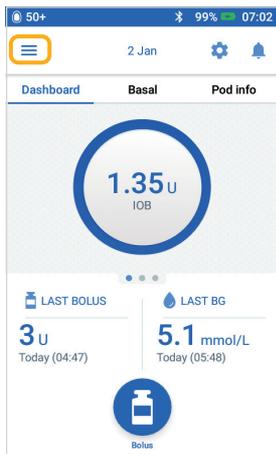
1

> Tap the **Menu** on the Home screen
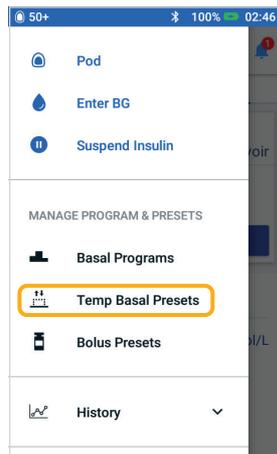
2

> Tap **Temp Basal Presets**'
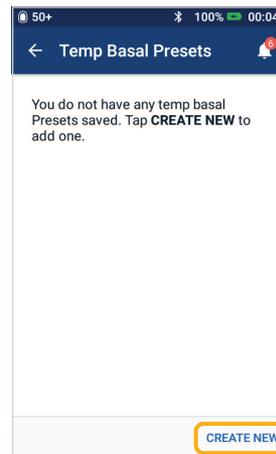
3

> Tap '**CREATE NEW**' to enter a new temp basal preset
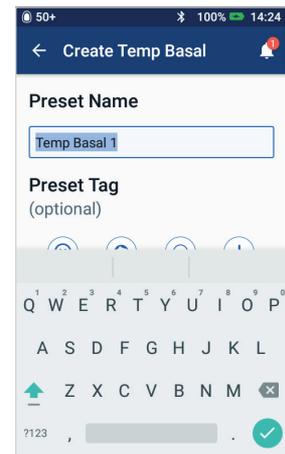
4

> You can tap to enter a preset name and/or a preset tag
> Tap '**NEXT**' to continue
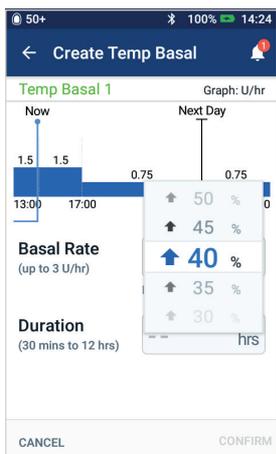
5

> Tap the **Basal Rate** entry box and select your % change
> Tap then scroll to select your time duration
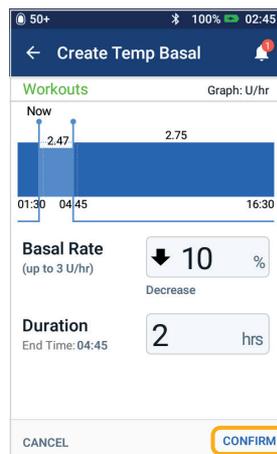
6

> Tap '**CONFIRM**'

7

> Tap '**SAVE**' to save the temp basal preset
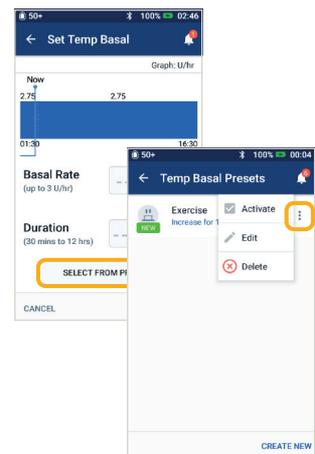
8

> If you have already created Temp Presets, you can access them from Set Temp Basal
> Tap '**SELECT FROM PRESETS**'
> Tap on the Options icon (3 dots) to activate, edit or delete your Temp Basal Presets

TIP: Presets can be created for commonly-used functions of the DASH® System. For instance, if you find yourself setting the same temp basal rates for a particular activity, presets can be a real time saver. On any preset, you will have the option to rename your entry for even more personalisation.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

ADVANCED FEATURES

How to create and use Bolus Presets

When to use: Bolus presets can only be used if your bolus calculator is OFF.

This feature is best if you want to utilise setting bolus amounts at meals. You will be able to access your bolus preset when you select Bolus from the Home screen.

1

> Tap the **Menu** on the Home screen
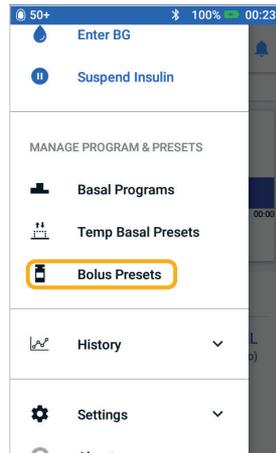
2

> Tap '**Bolus Presets**'
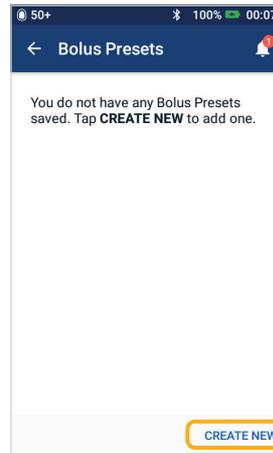
3

> Tap '**CREATE NEW**'
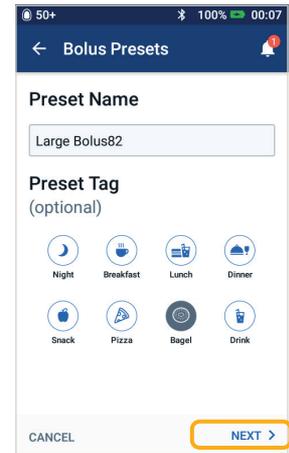
4

> Edit Preset Name and Tag

> Tap '**NEXT**'
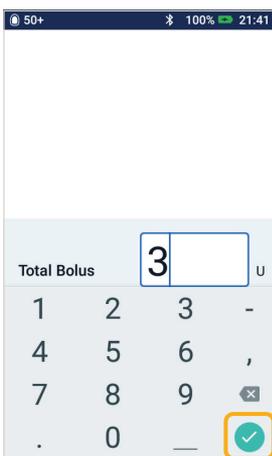
5

> Tap to edit the number of units

> Tap '**SAVE**'
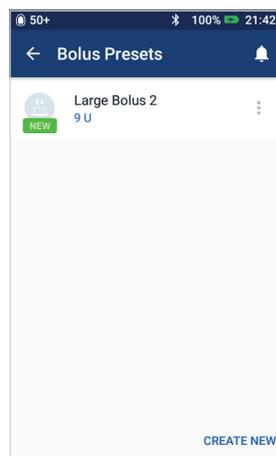
6

> Your Bolus Preset is saved

> Tap '**CREATE NEW**' to add new Bolus Presets as needed
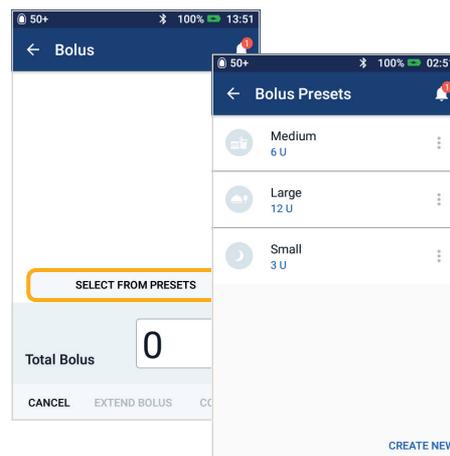
7

> If you have Bolus presets already saved, you can tap '**SELECT FROM PRESETS**'

> Tap on the saved Bolus Preset you want to use
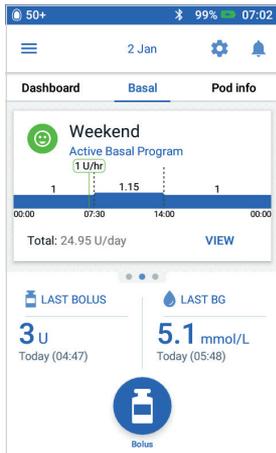
> Tap '**CONFIRM**' to deliver

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

Hypoglycaemia

Blood glucose (BG) reading of less than 3.9 mmol/L/70 mg/dL or 4.5 mmol/L/≤ 80 mg/dL with symptoms.

Always follow your healthcare professional's recommendations on how to manage hypoglycaemia, including how to best manage your sick days and emergency situations.

A person who is hypoglycaemic should never be left unattended.

Check PDM Settings

> Is the correct basal program active?

> Is the PDM time set correctly?

> Is the temp basal (if active) correct?

> Are target blood glucose levels correct?

> Is the insulin sensitivity factor (or correction factor) correct?

> Is the insulin-to-carb ratio correct?

Consult your healthcare professonal for guidance regarding adjusting settings on your PDM.

Review Recent Activity

Physical Activity.
> Has your exercise been unusually long or strenuous?

> Have you been unusually physically active (e.g. extra walking, housework, heavy or repetitive tasks, lifting or carrying)?

> Did you use a decreased temp basal during this activity?

> Did you consume carbs before, during and/or after activity?

Meals/Snacks.
> Did you count the carbs correctly - including subtracting significant fibre?

> Did you bolus with food?

> Did you consume alcohol?

Consult your Omnipod DASH® System User Guide for additional information

TROUBLESHOOTING

⚠ **WARNING:**
Make sure your blood glucose is at least 5.5 mmol/L/100mg/dL before driving or working with dangerous machinery or equipment.
Even if you cannot check BG, do not wait to treat symptoms of hypoglycaemia.
Avoid hypoglycaemia unawareness by checking your BG more frequently.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

Hyperglycaemia

Blood glucose (BG) reading of 13.9 mmol/L/250mg/dL or more.

Always follow your healthcare professional's recommendations on how to manage hyperglycaemia, including how to best manage your sick days and emergency situations.

Check PDM Settings

Check Status Screen
> **Last bolus:** Was the bolus too small?
  - Was the bolus timing correct?
  - Did you account for a high-protein or high-fat meal?
> **Basal program:** Is the proper basal program running?
> **Temp basal:** Do you have a temp basal running that you should have turned off?

Check My Records

> **Alarm History:** Did you ignore or not hear alarms that should have been addressed?

Check Pod

Check your cannula through the viewing window
> Did the cannula slip out from under your skin?
> Is there blood in the cannula?
> Is there redness, drainage or other signs of infection around the cannula?
> If yes, change your Pod. If you suspect an infection, call your healthcare professional.

Check your infusion site
> Is there redness or swelling around the Pod and adhesive?
> Is insulin leaking from your infusion site or is there any odour of insulin?
> If yes, change your Pod. If you suspect an infection, call your healthcare professional.

Check your adhesive dressing
> Is the adhesive dressing coming loose from your skin?
> Is the Pod becoming detached from the adhesive dressing?
> If yes, and if the cannula is still inserted properly, you may tape down the Pod or adhesive to prevent further detachment. If the cannula is no longer under your skin, change your Pod.

Check your insulin
> Has the insulin being used expired?
> Has the insulin used been exposed to extreme temperatures?
> If yes, change the Pod using a new vial of insulin.

⚠ **WARNING:**
Hyperglycaemia symptoms can be confusing. Always check your BG before treating your hyperglycaemia. Consult with your healthcare professional.

The values shown here are for illustrative purposes only. Actual screens may vary based on user settings. Consult with your healthcare provider before using these features. Your healthcare provider can also provide you with your own personalised recommendations.

Understanding and customising notifications, alerts and alarms

Reminders

These are notifications you can turn on or off at any time and customise to fit your needs. Your Omnipod DASH® System has a number of different reminders:

> **Blood glucose (BG) reminders** Program your Personal Diabetes Manager (PDM) to remind you to check your blood sugar levels every time you deliver a bolus dose.

> **Bolus reminders** Your PDM can remind you if you haven't delivered a meal bolus within a specific time frame.

> **Program reminders** Your Pod will automatically beep to let you know that a temporary basal and/or extended bolus program is in process.

> **Confidence reminders** Your PDM is preset to beep so you know when certain programs have started and finished, including:

  - Bolus delivery
  - Extended bolus
  - Temporary basal

> **Custom reminders** Enter text reminders into your PDM to be delivered when you choose.
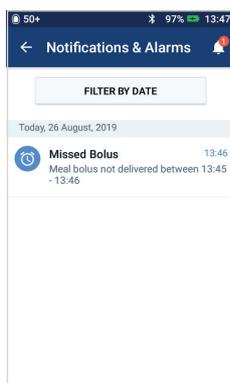
Advisory alarms

These can be adjusted based on your needs. There are several different kinds of advisory alarms on your Omnipod DASH® System:

> **Pod expired alarm** When your Pod will stop delivering insulin soon, you'll hear two sets of beeps every minute for three minutes. This pattern will repeat every 15 minutes until you press OK on your PDM.

> **Low reservoir advisory alarm** So you can plan ahead to change your Pod and make sure you have enough insulin, your Pod will inform you when your insulin reaches a certain level.

> **Auto-off advisory alarm** This advises you if you've had no interaction with your PDM in your chosen timeframe. It informs you that you need to wake up your PDM to avoid having your Pod deactivate due to inactivity.

> Advisory alarms beep intermittently to let you know about a condition that requires your attention.

When you hear an advisory alarm, check your PDM. A message will appear describing the alarm and telling you what to do next.

It's important to resolve an advisory alarm as quickly as possible. If you wait too long to address the alarm, it can escalate to a hazard alarm.

For more information about advisory alarms, see Chapter 10, 'Alarms, Notifications, and Communication Errors' in your Omnipod DASH® Insulin Management User Guide.

TROUBLESHOOTING

Customising advisory alarms and reminders
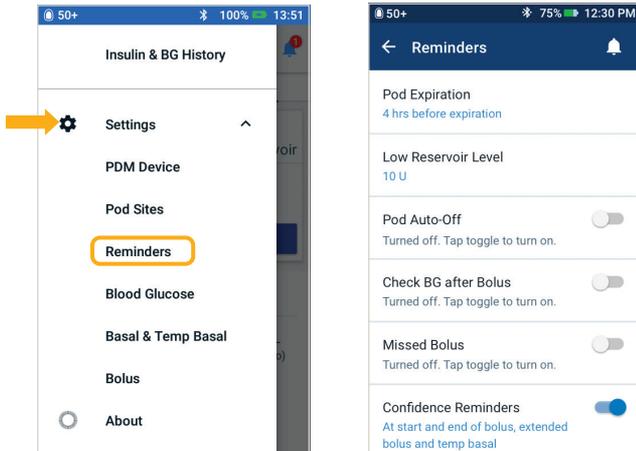
You can customise your reminders and advisory alarms in settings.

> Tap '**Reminders**'
> Tap the reminder or advisory alarm you would like to edit

Viewing notifications
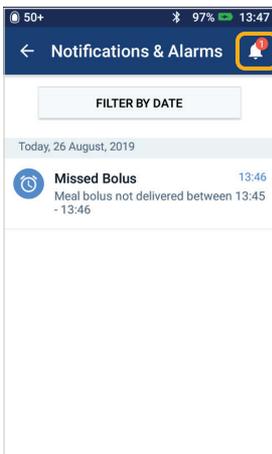
You can view your notifications and alarms.

> Tap the **Notification** icon to view your list of notifications and alarms

Understanding hazard alarms
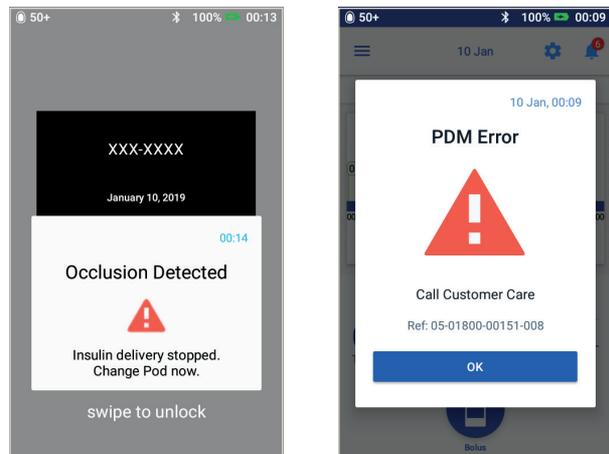
A hazard alarm is a notification to make you aware of serious, or possibly serious, conditions. Hazard alarms are a continuous tone to let you know when an issue with the Pod is becoming urgent or something is wrong with the PDM. When a hazard alarm goes off, all insulin delivery stops and the Pod must be changed. To avoid hyperglycaemia, it's very important to follow the instructions on your PDM to resolve the issue quickly.

Caution: Consult User Guide.
To learn more about alarms and how to handle them, see Chapter 10, 'Alarms, Notifications, and Communication Errors' in your Omnipod DASH® Insulin Management User Guide.

Travelling with your Omnipod DASH® System

Going on a holiday with your Omnipod DASH® System is easy. The following information will help you plan your trip.

Holiday checklist

Medical supplies and equipment

☐ Sealed DASH® Pods – enough to cover your whole holiday, including spares, just in case

☐ Insulin vials – as above (remember to carry in your hand luggage in a clear plastic bag)

☐ PDM

☐ Back-up insulin pens (for long and short-acting insulin) and cartridges

☐ Spare syringes or pens/needles

☐ Back-up blood glucose meter

☐ Blood glucose test strips, for both meters

☐ Ketone testing device and strips

☐ Lancing device and lancets

☐ Glucose tablets or another fast-acting source of carbohydrate

☐ Glucagon emergency kit and written instructions for administering an injection if you are unconscious

Documentation

☐ Travel letter from your healthcare professional (see example) covering the medical supplies and equipment you are required to travel with

☐ Prescriptions for all the medical supplies that you are carrying

☐ List of your latest Omnipod DASH® System settings – including basal rates/target BG/ratios and correction factors

☐ Travel insurance

☐ Emergency contact details

Other

☐ If travelling to a different time zone, ensure you have adjusted the time/time zone in the PDM to be delivering the insulin you require – ask your healthcare professional for guidance

Further travel advice

Your Pod is waterproof*, so you are free to go swimming without disrupting your insulin delivery. Remember to rinse your Pod with fresh water afterwards and gently pat it dry. You should check regularly that the Pod is still firmly attached and in place.

It is important to protect your insulin from extreme temperatures that can impact its effectiveness. Remember to keep your Pod out of direct sunlight and avoid saunas, steam rooms and Jacuzzis.

Loaning a spare PDM for your holiday

For your peace of mind, we're happy to loan you a spare PDM to take on your holiday, in case anything happens to your current one while travelling. Please contact your local Omnipod® Customer Care Team to find out if the Holiday Loaner Programme is available in your country.

* IP28: 7.6 metres for up to 60 minutes for the Pod. The PDM is not waterproof.

TROUBLESHOOTING

Example travel letter

To whom it may concern,

I hereby confirm that [insert full name]   , born [insert DOB]

has insulin-dependent diabetes and must carry a supply of insulin and other medicinal equipment at all times, including:

> Omnipod DASH® System Pods and insulin vials

> Omnipod DASH® System PDM (plus a spare PDM)

> Back-up insulin pens (plus insulin cartridges)

> Additional spare syringes or pens/needles

> Blood glucose meter and test strips

> Ketone testing device and strips

> Lancing device and lancets

> Hypoglycaemia treatment

> Other

Yours faithfully,

Signature   Date

Healthcare professional's name

Address

Postcode   Phone number

Making your transition to the Omnipod DASH® System as simple as possible

The Omnipod® Support Programme – value added services to help you.

The program offers a range of services to help you make the most of what the Omnipod DASH® System has to offer. For more information about the individual services and their availability in your country, please visit Omnipod.com or give your local Omnipod® Customer Care Team a call.

> **Educational and Training Resources**
  How-to videos, resource guides, tips & tricks, lots of educational and training support for you and your patients, always available on Omnipod.com

> **PDM Holiday Loaner Programme**
  Supporting your patient wherever they are in the world, contact your local Omnipod® Customer Care Team for more information

> **Reordering consumables****
  For guidance on how your patient can reorder Pods and other consumable items, please contact your local Omnipod® Customer Care Team

> **Insulet Pod Disposal Programme**
  Provides Podders™ with an alternative way to dispose of used Pods. Please refer your Podders to their local Omnipod® Customer Team or current Omnipod DASH® System provider for more information

> **Insulet Partnering with Glooko + diasend®**
  Access for you and your patient to all of their diabetes information in one easy-to-use platform. They can review their diabetes patterns on their smartphone or personal computer, understand the cause-and-effect relationship of their activities on your blood glucose, and easily share their diabetes data with you

IMPORTANT REMINDER: Not all Omnipod® Support services are available in every country. Please contact your local Omnipod® Customer Care team for more information.

Additional Notes

40

Additional Notes

The Pod has an IP28 rating for up to 7.6 metres for 60 minutes. The PDM is not waterproof.

Additional Notes

42

Additional Notes

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Important Safety Information:

The Omnipod® Insulin Management System is intended for subcutaneous delivery of insulin at set and variable rates for the management of diabetes mellitus in persons requiring insulin and for the quantitative measurement of glucose in fresh whole capillary blood from the finger. The glucose measurements should not be used for the diagnosis or screening for diabetes. The Personal Diabetes Manager (PDM) glucose meter is intended for single-patient use and should not be shared. The Omnipod DASH® Insulin Management System is intended for subcutaneous delivery of insulin at set and variable rates for the management of diabetes mellitus in persons requiring insulin. The Omnipod® System and Omnipod DASH® System has been tested and found to be safe for use with the following U-100 insulin: Novolog®/NovoRapid®, Humalog®, Fiasp®, Admelog® or Apidra®. Refer to the Omnipod® Insulin Management System User Guide or the Omnipod DASH® Insulin Management System User Guide for complete safety information including indications, contraindications, warnings, cautions, and instructions.

omnipod
DASH®