





Turn Notifications ON

Screen Alert	Description
<p>Omnipod 5 App:</p> <div data-bbox="112 309 438 737" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Turn Notifications ON</p> <div style="text-align: center;">  </div> <p style="font-size: small;">To use the Omnipod 5 App, turn Notifications on. Notifications alert you when an issue needs your attention.</p> <div style="text-align: center; margin-top: 10px;"> <div style="background-color: #4a4a9a; color: white; padding: 5px 20px; display: inline-block; border-radius: 5px;">TURN ON</div> </div> </div>	<p>Why it occurs: You have turned OFF any of the following:</p> <p>Show notifications, Hazard & Advisory Alarms, or Action Item Notifications</p> <p>Omnipod 5 System notifications should be turned ON in your smartphone settings so that you get important information regarding your insulin therapy and alarms.</p> <p>Pod sound: None</p> <p>Controller/Smartphone sound and vibration:</p> <ul style="list-style-type: none"> • 3 second tone • 3 second vibration • No repetition <p>What to do:</p> <ol style="list-style-type: none"> 1. Tap TURN ON when prompted. You see the Android "App Notifications" screen. 2. Tap Show notifications to turn Omnipod 5 App notifications ON.
<p>Note: The Omnipod 5 App on your smartphone requires Do Not Disturb permission and Notifications to be turned ON to ensure you always receive important safety alarms. You cannot use the App until Do Not Disturb permission is provided and Notifications is turned ON.</p>	



Update Omnipod 5 - App No Longer Supported

Screen Alert	Description
<p>Omnipod 5 App:</p> <div data-bbox="199 309 529 800" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Update Omnipod 5</p> <div data-bbox="303 378 422 499" style="text-align: center;">  </div> <hr style="width: 50%; margin: 10px auto;"/> <p>Your version of Omnipod 5 App is no longer supported.</p> <p>Update to the latest version of the Omnipod 5 App.</p> <p>(This will not affect insulin delivery.)</p> <div data-bbox="227 730 502 770" style="text-align: center; background-color: #4a4a9a; color: white; padding: 5px; margin-top: 10px;"> UPDATE NOW </div> </div>	<p>Why it occurs: The Omnipod 5 App version you are currently using is obsolete and no longer supported.</p> <p>Pod sound: None</p> <p>Controller/Smartphone sound and vibration:</p> <ul style="list-style-type: none"> • 3 second tone • 3 second vibration • No repetition <p>What to do:</p> <ol style="list-style-type: none"> 1. Tap UPDATE NOW. Your battery power must be above 15% before updating. 2. If you do not have enough battery power, charge your battery before continuing. You will see that the update is in progress. 3. When you see the message that the update was successful, tap OK.

Update Omnipod 5 - Software Update


Screen Alert	Description
<p>Omnipod 5 App:</p> <div style="border: 1px solid black; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">Update Omnipod® 5</p> <div style="text-align: center;">  </div> <hr style="width: 50%; margin: 10px auto;"/> <p style="font-size: small;">Update to the latest version of the Omnipod® 5 app. (This will not affect insulin delivery.)</p> <div style="text-align: center; margin-top: 10px;"> UPDATE NOW </div> </div>	<p>Why it occurs: An Omnipod 5 App software update is available.</p> <p>Pod sound: None</p> <p>Controller/Smartphone sound and vibration:</p> <ul style="list-style-type: none"> 3 second tone 3 second vibration No repetition <p>What to do:</p> <ol style="list-style-type: none"> 1. Tap UPDATE NOW. Your battery power must be above 15% before updating. 2. If you do not have enough battery power, charge your battery before continuing. 3. When you see the message that the update was successful, tap OK.
<p>Note: If the update is critical (required), you will not have the option to dismiss the notification. If you tap NOT NOW, you can find this Action Item notification at Menu button () > Notifications.</p>	

 Update OS

Screen Alert	Description
<p data-bbox="207 267 401 300">Omnipod 5 App:</p> <div data-bbox="202 307 529 729" style="border: 1px solid black; padding: 10px;"> <p data-bbox="307 328 421 355" style="text-align: center;">Update OS</p>  <p data-bbox="223 545 483 591" style="text-align: center;">Update to the latest version of the operating system.</p> <p data-bbox="223 614 498 637" style="text-align: center;">(This will not affect insulin delivery.)</p> <p data-bbox="307 678 421 699" style="text-align: center; background-color: #4a4a9a; color: white; padding: 5px; border-radius: 5px;">UPDATE NOW</p> </div>	<p data-bbox="555 267 1040 331">Why it occurs: An operating system update is available for your Controller.</p> <p data-bbox="555 343 747 371">Pod sound: None</p> <p data-bbox="555 387 913 414">Controller sound and vibration:</p> <ul data-bbox="555 434 801 557" style="list-style-type: none"> • 3 second tone • 3 second vibration • No repetition <p data-bbox="555 569 688 597">What to do:</p> <ol data-bbox="555 616 1040 909" style="list-style-type: none"> 1. Tap UPDATE NOW Your battery power must be above 40%, or be above 20% and charging, before updating. 2. If you do not have enough battery power, charge your battery before continuing. 3. When you see the message that the update was successful, tap OK.
<p data-bbox="202 927 1040 1020">Note: If the update is critical (required), you will not have the option to dismiss the notification. If you tap NOT NOW, you can find this Action Item notification at Menu button () > Notifications.</p>	

Update Time Zone

Caution: ALWAYS be aware of possible changes to your time zone when traveling. If you do not update your time zone, your insulin therapy will be delivered based on your old time zone which may cause disruptions in your insulin delivery schedule and inaccurate history logs. Talk to your healthcare provider about how to manage your insulin delivery while traveling between time zones.

Screen Alert	Description
<p>Omnipod 5 App:</p> <div data-bbox="105 534 433 1107" style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Update time zone</p> <div style="text-align: center;">  </div> <hr/> <p>Your device time zone: Los Angeles (4:30 pm)</p> <p>Your insulin delivery time zone: New York (7:30 pm)</p> <p>Update insulin delivery to your device time zone?</p> <div style="display: flex; justify-content: center; gap: 20px;"> <div style="background-color: #4a4a9a; color: white; padding: 5px 20px; border-radius: 5px;">UPDATE</div> <div style="background-color: #e0e0e0; padding: 5px 20px; border-radius: 5px;">NOT NOW</div> </div> </div>	<p>Why it occurs: Your Controller or smartphone time zone does not match the Omnipod 5 App insulin delivery time zone.</p> <p>Pod sound: None</p> <p>Controller/Smartphone sound and vibration:</p> <ul style="list-style-type: none"> • 3 second tone • 3 second vibration • No repetition <p>What to do:</p> <ol style="list-style-type: none"> 1. Tap UPDATE when prompted to update your insulin delivery time zone. 2. If you are in Automated Mode, follow the on-screen instructions to switch to Manual Mode and pause insulin delivery. 3. After the time zone is updated, you may start insulin delivery and return to Automated Mode.
<p>Note: Correct time is essential for correct insulin delivery and history records. If you tap NOT NOW, you can find this Action Item notification at Menu button (☰) > Notifications and every 24 hours you will be reminded to update.</p>	

13.9. Silencing Unresolved Alarms

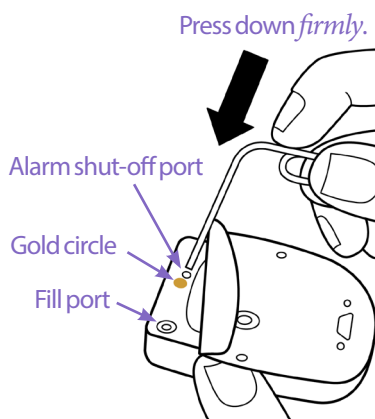
You can silence Pod or Omnipod 5 App alarms by acknowledging the alarm screen displayed on your Omnipod 5 App. If the alarm continues, follow the directions in this section.

Pod Alarm

Caution: Permanently silencing a Pod alarm requires the Pod to be removed from your body. Once removed and discarded, promptly activate a new Pod to avoid going too long without insulin, which could lead to hyperglycemia.

To permanently silence a Pod alarm:

1. If the Pod is on your body, remove it.
2. Peel back a little bit of the adhesive pad from the bottom of the Pod at the square end (see figure).
3. Locate the alarm shut-off port to the right of the gold circle. The alarm shut-off port can be felt with a fingernail or paper clip as soft plastic.
4. Firmly press a paper clip or similar item straight down into the alarm shut-off port. You need to apply enough force to break a thin layer of plastic. If an alarm is sounding, the alarm will stop.



Controller Alarm

If a Controller alarm is not silenced when you acknowledge the alarm:

1. Press and hold the Power button, then tap Power off.
2. Press and hold the Power button to turn the Controller back on.

This action silences the Controller's alarm. Your history records and personal settings are preserved. However, you may have to confirm the time zone.


13.10. Responding to Reminder Notifications

Reminder Notifications remind you about actions you may want to perform.

Finding out about reminder notifications

To alert you to a notification, the Pod sounds a 3-beep tone, and the Omnipod 5 App either sounds a tone or vibrates (see "13.3. Sounds and Vibrations" on page 157). When you hear a sound or feel a vibration, check your Omnipod 5 App for a message.

Note: Program reminders, confidence reminders, and some informational signals do not have an accompanying message.

If your Omnipod 5 App is asleep when you hear or feel a notification, wake it up. The Lock screen shows the reminder notification icon () and the notification message.

- If there are multiple messages, the most recent message is shown at the top of the list.
- If there are more messages than can be displayed on the Lock screen, a banner beneath the messages shows the number of additional messages.


Note: The Omnipod 5 App on your smartphone requires Do Not Disturb permission and Notifications to be turned ON to ensure you always receive important safety alarms. You cannot use the App until Do Not Disturb permission is provided and Notifications is turned ON.

If you are using your Omnipod 5 App when a notification is triggered, the notification message appears at the top of the screen. To remove the message from the screen:

- Do nothing. The message disappears after several seconds and is saved as a new message.
- Swipe up to remove the message immediately and save it as a new message.
- Swipe right to remove the message immediately and save it as an acknowledged message.

Acknowledging reminder notifications

Note: Waking up your Omnipod 5 App and using it does not automatically acknowledge or silence notifications.

All new notifications are included in the Notifications & Alarms count () in the red circle over the notification bell in the upper right of the Home screen.

To acknowledge the notification:

1. Wake up your Omnipod 5 App.
2. Tap the notification bell icon () to bring up the Notifications & Alarms screen.

3. Scroll down the screen, if necessary, to see any additional notifications with blue icons (🕒).
4. Tap the back arrow (←) in the upper left of the screen to mark the notifications as acknowledged.

Note: Putting the Omnipod 5 Controller to sleep by pressing the Power button does not mark the notifications as acknowledged. You must tap the back arrow (←) to acknowledge the notification.

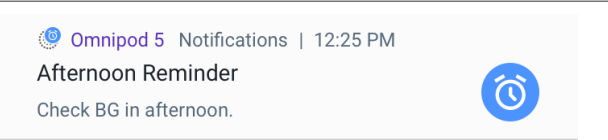
13.11. Reminder Notifications List

Reminder Notifications remind you about various actions you may want to perform. Some are automatically generated and others have settings that you control (see "10.2. Reminder Settings" on page 128).

Tip: Use the Sound/vibrate button on the right side of the Controller to control whether the notification sounds a tone or vibrates (see "The Sound/vibrate button on your Controller" on page 157).

The reminder notifications are:



Custom Reminder

<p>Screen Displayed</p>	
<p>Cause</p>	<p>You scheduled a reminder.</p>
<p>Pod sound:</p>	<p>None</p>
<p>Controller/ Smartphone sound and vibration:</p>	<p>Every 15 minutes until acknowledged.</p>
<p>What to do</p>	<p>Acknowledge the message (see "Acknowledging reminder notifications" on page 198).</p>



Note: To create or edit these reminders, see "Confidence Reminders" on page 129.

13 Alarms, Action and Reminder Notifications

No Active Pod



Screen Displayed	 No active Pod Activate a Pod to start insulin delivery. 
Cause	Reminds you to activate a new Pod to begin basal insulin delivery
Pod sound:	None
Controller/ Smartphone sound and vibration:	Repeats once, 15 minutes after initial notification unless acknowledged.
What to do	Unlock the Omnipod 5 App. Activate a new Pod.

Pod Expiration

Screen Displayed	 Pod Expiration Pod expires at 1:15 pm, 7/24/21 
Cause	Tells you how much time is left before the Pod expiration advisory alarm.
Pod sound:	<ul style="list-style-type: none"> • 8 beep tone • Tone issued once every minutes for 3 minutes • Repeats every 15 minutes until acknowledged
Controller/ Smartphone sound and vibration:	Repeats once, 15 minutes after initial notification unless acknowledged.
What to do	Acknowledge the message (see "Acknowledging reminder notifications" on page 198). Change your Pod.



Note: To change the timing of this notification, see "Pod Expiration" on page 128. Both the Pod and the Omnipod 5 App sound the notification.

Missed Bolus

Screen Displayed	 Missed Bolus Meal bolus not delivered between 11:00 am - 12:00 pm. 
Cause	Reminds you that you have not delivered a bolus within the time period you have specified.
Pod sound:	None
Controller/ Smartphone sound and vibration:	Every 15 minutes until acknowledged.
What to do	Acknowledge the message (see "Acknowledging reminder notifications" on page 198). Consider your meal schedule.

Note: To edit these reminders, see "Missed Bolus" on page 236.



Check BG After Pod Change

Screen Displayed	 Check BG Check BG and infusion site after Pod change. 
Cause	Reminds you to check your blood glucose and the cannula infusion site 90 minutes after activating a new Pod.
Pod sound:	None
Controller/ Smartphone sound and vibration:	Repeats once, 15 minutes after initial notification unless acknowledged.
What to do	Acknowledge the message (see "Acknowledging reminder notifications" on page 198). Check your blood glucose. Check the infusion site to see if the cannula is properly inserted.

Note: If there is a valid CGM value present at the time, in either Manual or Automated Mode, this alert will automatically be cleared by the Omnipod 5 App.

13 Alarms, Action and Reminder Notifications

Check BG After Bolus

Screen Displayed	 Check BG 2 hours have passed since your bolus. 
Cause	Reminds you to check your blood glucose after a bolus.
Pod sound:	None
Controller/ Smartphone sound and vibration:	Every 5 minutes until acknowledged.
What to do	Acknowledge the message (see "Acknowledging reminder notifications" on page 198). Check your blood glucose.

Note: To edit these reminders, see " Check BG After Bolus" on page 202.

Note: If there is a valid CGM value present at the time, in either Manual or Automated Mode, this alert will automatically be cleared by the Omnipod 5 App.

CHAPTER 14

Taking Care of Your Controller and Pod

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14 Taking Care of Your Controller and Pod

Warning: DO NOT expose any Omnipod 5 System products or supplies to extreme temperatures as this results in them not functioning properly. Store all Omnipod 5 System products and supplies, including unopened Pods, in a cool, dry place.

The Omnipod 5 Automated Insulin Delivery System has no user-serviceable parts. If you require assistance operating or maintaining the Omnipod 5 System, contact Customer Care.

14.1. Pod and Insulin Storage and Care

This section describes proper care of your Pod.

Pod and Insulin Storage

Extreme heat or cold can damage Pods and cause them to malfunction.

It is especially important to store your insulin in a well-controlled environment. Inspect insulin before using it; never use insulin that looks cloudy or discolored. Insulin that is cloudy or discolored may be old, contaminated, or inactive. Check the insulin manufacturer's instructions for use and the insulin's expiration date.

Pods and the Environment

Avoid extreme temperatures

Warning: DO NOT expose a Pod to direct sunlight for long periods of time. Remove your Pod prior to using hot tubs, whirlpools, or saunas. These conditions could expose the Pod to extreme temperatures and may also affect the insulin inside the Pod which could lead to hyperglycemia.

The Pod's operating temperature has been tested and found to operate safely between 41°F and 104°F (between 5°C and 40°C). Under normal circumstances, your body temperature keeps the Pod within a range of 73°F and 98.6°F (23°C and 37°C).

Caution: NEVER use a blow dryer or hot air to dry the Controller or Pod. Extreme heat can damage the electronics.

If you remove your Pod to avoid exposing it to extreme temperatures, remember to check your glucose frequently.

Note: Check with your healthcare provider for guidelines if you plan on not using a Pod for extended periods.

Note: Check the labeling for your rapid-acting insulin, as maximum insulin exposure temperatures may vary between insulins.

Water and your Pod

Warning: DO NOT expose your Pod to water at depths greater than 25 feet (7.6 meters) or for longer than 60 minutes because damage to the Pod can occur. This could result in over-delivery or under-delivery of insulin, which can lead to hypoglycemia or hyperglycemia.

The Pod is waterproof up to a depth of 25 feet (7.6 meters) for up to 60 minutes (IP28). After swimming or similar exposure to water, rinse off the Pod with clean water and gently dry it with a towel.

Cleaning Your Pod

Pods are waterproof. If you need to clean a Pod, gently wash it with a clean, damp cloth, or you can use mild soap and water. However, do not use strong detergents or solvents, as they can damage the Pod's casing or irritate the infusion site.

Caution: Use caution while cleaning the Pod on your body. Hold the Pod securely so the cannula does not kink and the Pod does not detach from your skin.

14.2. Controller Storage and Care

When you are not using your Controller, store it in a convenient, nearby location that is cool and dry.

Caution: ALWAYS keep your Controller safe and within your control to ensure others cannot make changes to your insulin therapy. Do not share your Controller screen lock security with anyone.

Caution: DO NOT use any component of the Omnipod 5 System (smartphone, Controller, Pod) if you suspect damage after an unexpected event such as dropping or hitting on a hard surface. Using damaged components may put your health at risk as the system may not be working properly. If you are unsure if one or more of your components are damaged, stop using the system and call Customer Care for support.

14 Taking Care of Your Controller and Pod

Long term storage of your Controller

If you are not going to use your Controller for an extended period of time, allow your battery to reach approximately 50% to 60% charge. Then press and hold the Power button to turn the Controller OFF.

Your Controller and the Environment

Avoid extreme temperatures

Extreme operating temperatures can affect the Controller battery and interfere with Omnipod 5 System operation. Avoid using the Controller in temperatures below 41°F (5°C) or above 104°F (40°C).

Caution: DO NOT expose your Controller to extreme temperatures while in storage or during use. Extreme heat or cold can cause the Controller to malfunction. Extreme heat is defined as >86°F(30°C) during storage and >104°F(40°C) during use. Extreme cold is defined as <32°F(0°C) during storage and < 41°F(5°C) during use.

Water and your Controller

Caution: DO NOT place the Controller in or near water because the Controller is not waterproof. Failure to do so may result in damage to the Controller.

If the Controller gets wet:

1. Dry the outside of the Controller with a clean, lint-free cloth.

Caution: NEVER use a blow dryer or hot air to dry the Controller or Pod. Extreme heat can damage the electronics.

2. After the Controller has thoroughly air-dried, turn ON the Controller to see if it is working.
3. If the Controller is not working, contact Customer Care.

Electrical interference

The Controller and Pod are designed to withstand normal radio interference and electromagnetic fields, including airport security and cellular phones. However, as with all wireless communication technology, certain operating conditions can interrupt communication. For example, electric appliances such as microwave ovens and electric machinery located in manufacturing environments may cause interference. In most cases, interruptions are easy to resolve by moving to a new location (for more information, see "26.5. Pod Communication Issues – "Try Again"" on page 337).

USB cable

Caution: Use ONLY the USB charging cable that you received in the box with your Controller. AVOID using alternative charging cables or other accessories, as they may damage the Controller or affect the way it charges in the future. If you must use a different cable, use only cables less than or equal to 4 feet (1.2 meters) in length.

Note: You can use the Controller while it is charging.

Cleaning Your Controller

Always keep your Controller USB port free of debris and liquids. Dirt, dust, and liquids can impair the functionality of your Controller or damage it.

Caution: DO NOT use solvents to clean your Controller. DO NOT immerse your Controller in water as it is not waterproof. The use of solvents or immersion in water could cause the Controller to malfunction.

To clean your Controller:

1. Press the Power button briefly to put your Controller to sleep.
2. Wipe the outer surface of the Controller with a damp, lint-free cloth. If necessary, use a solution of a mild detergent mixed in warm water on the cloth.
3. Dry the outer surface with a dry, lint-free cloth.

Caution: DO NOT allow debris or liquid to get into the USB port, speaker, sound/vibrate button, or Power button while cleaning the Controller. Failure to do so may result in damage to the Controller.

Every time you clean your Controller, examine the entire Controller for discoloration, cracks, or separations. Also, check for deteriorating performance, such as illegible messages, button malfunction, or repeated communication failures. If you notice any signs of deterioration, stop using the Controller. Contact Customer Care if you have questions.

If You Drop the Controller

Shock or a severe impact can damage your Controller. If you drop the Controller or if it is otherwise subjected to severe impact:

1. Inspect the outside of the Controller for visible signs of damage.

14 Taking Care of Your Controller and Pod

2. If the Controller has turned off, press and hold the Power button to see whether the Controller turns on and the Lock screen appears.

Caution: Do not use the Controller if it appears damaged or is not working as it should. Do not use the Controller if its screen is broken.

14.3. Controller Battery Care

The provided Controller uses a rechargeable lithium polymer battery. The battery cannot be removed from your Controller. If there is a problem with your battery or charger, contact Customer Care.

Safe Use of the Controller Battery

Caution: DO NOT expose your Controller battery to high heat [$> 86^{\circ}\text{F}$ ($> 30^{\circ}\text{C}$) during storage and $> 104^{\circ}\text{F}$ ($> 40^{\circ}\text{C}$) during use]. Do not puncture, crush, or apply pressure to your battery. Failure to follow these instructions could result in an explosion, fire, electric shock, damage to the Controller or battery, or battery leakage.

To safely use the rechargeable battery:

- Store and charge the Controller in a cool, dry place out of direct sunlight to prolong battery life. Avoid leaving the Controller in a car where temperature extremes can permanently damage the battery.
- Your Controller may become warm after prolonged use or when exposed to high temperatures. If your Controller becomes hot to the touch, unplug the USB cable if it is plugged in, and avoid touching or holding the Controller. Place it in a cool location and allow it to cool down to room temperature.
- Do not expose the charger to liquids, including water, rain, or snow, as this can cause malfunction. If the battery or charger is exposed to liquid, allow it to dry.
- Do not place the Controller on or in heating devices, such as microwave ovens, stoves, or radiators. The battery may explode if overheated.
- Do not drop the Controller.
- Only use an Insulet approved charger to charge your Controller. Using unapproved chargers can cause the battery to explode or damage the Controller and may void the warranty.

- If the battery is damaged so that fluid leaks from the battery, do not allow the leaked fluid to make direct contact with your skin or eyes. If this happens, immediately flush your skin or eyes with clean water and consult a doctor.
- Inspect your Controller battery charger before each use. If the adapter for the charger falls in water or is cracked, do not use it.

Charging the Controller Battery

Caution: ALWAYS plug in and charge your Controller when you see the low battery message. If the battery charge becomes critically low, the Controller turns itself off, and you will not receive a low battery hazard alarm. Without the use of the Controller, you will not be able to make changes to your insulin delivery, which could result in over-delivery or under-delivery of insulin that can lead to hypoglycemia or hyperglycemia.

Under normal use, the battery should hold its charge for more than one day.

An Omnipod 5 App message alerts you when the battery charge is low. The battery icon in the status bar tracks the remaining charge in the battery (see "3.4. Status Bar" on page 40).

To charge your Controller:

1. Assemble the charger cable by attaching its wall adapter.

Caution: Use ONLY the USB charging cable that you received in the box with your Controller. AVOID using alternative charging cables or other accessories, as they may damage the Controller or affect the way it charges in the future. If you must use a different cable, use only cables less than or equal to 4 feet (1.2 meters) in length.

2. Plug the charger into an outlet. Select an outlet that you can access easily and unplug the charger from easily when necessary.
3. Plug the other end of the cable into the USB port of the Controller.
4. Charge the Controller until the battery level icon shows 100% charge.
5. Disconnect the charger from the Controller and the wall outlet.

You can charge your battery many times, but all batteries have a limited lifespan. Contact Customer Care if you notice a significant deterioration in the duration of the Controller's battery charge.

Note: Charging times can vary depending on the surrounding temperature and the remaining battery level.

Tip: Develop a routine to charge the Controller battery at the same time every day. Do not wait for the low battery message.

14 Taking Care of Your Controller and Pod

Note: If the Controller battery is critically low and the Controller has turned OFF, your Pod continues to deliver Automated Mode insulin or Manual Mode basal insulin according to the Basal Program in progress or temp basal. If you do not charge your Controller battery, this insulin delivery continues until the Pod expires.

Note: The history records stay in memory for 1 year even if the battery power is critically low.

CHAPTER 15

Living with Diabetes

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15.1. Infusion Site Checks

Caution: ALWAYS check for signs of infection often. If an infusion site shows signs of infection:

- Immediately remove the Pod and apply a new Pod at a different infusion site.
- Contact your healthcare provider. Treat the infection according to instructions from your healthcare provider.

If you see blood in your cannula, check your glucose more frequently to ensure insulin delivery has not been affected. If you experience unexpected high glucose, change your Pod.

At least once a day, use the Pod's viewing window to inspect the infusion site. Check the site for:

- Leakage or scent of insulin, which may indicate the cannula has dislodged
- Signs of infection, such as pain, swelling, redness, discharge, or heat

Tip: Consider making infusion site checks a part of your daily routine, like showering or brushing your teeth.

15.2. Being Aware of Your Glucose

Warning: ALWAYS be aware of your current CGM value, trust how your body feels, and do not ignore symptoms of high and low glucose. Even though insulin delivery adjusts automatically in Automated Mode with the goal of bringing your glucose level to your defined Target Glucose, severe hypoglycemia or hyperglycemia may still occur.

If your CGM values do not match your symptoms, ALWAYS check your blood glucose using a BG meter, consider treatment and/or CGM sensor calibration if necessary. ALWAYS switch to Manual Mode if you feel you are receiving inaccurate CGM values.

- Erroneously high CGM values can cause excessive insulin delivery, leading to severe hypoglycemia, seizure, loss of consciousness or death.
- Erroneously low CGM values can cause prolonged insulin suspension leading to hyperglycemia, DKA, or death.

If you are having symptoms that are not consistent with your blood glucose readings and you have followed all instructions described in this User Guide, contact your healthcare provider.

When you routinely view your CGM values and/or check your glucose, you can better identify when you need to make a treatment decision or troubleshoot an issue. If you are not wearing a CGM, it is advisable to check your blood glucose at least 4–6 times per day (when you wake up, before each meal, and before going to bed).

Check your glucose:

- Whenever you feel nauseated or sick
- Before driving a car
- Whenever your glucose has been running unusually high or low
- If you suspect that your glucose is high or low
- Before, during, and after exercise
- As directed by your healthcare provider

When using a CGM, if your CGM values are different than what you expect based on how you feel, then check your blood glucose using a BG meter to verify your CGM value's accuracy. For example, if you feel shaky and sweaty, which usually means your glucose is very low, but your CGM value shows as in your acceptable range, you should confirm by checking with your BG meter.

If your blood glucose readings are verified too low or too high, consider treatment.

A sensor calibration may also be needed; consult your compatible *Dexcom G6 System User Guide* for more information.

15.3. Traveling and Vacations

It is important that you check your glucose more frequently while you are traveling. Changes in time zones, activity levels, and mealtimes can all affect your glucose.

Proper preparation is important when traveling. The following sections will help you prepare for your travels.

Keep Supplies Accessible

On airplanes, trains, and buses, keep these items with you, rather than checking them:

- Your Controller or your smartphone with the Omnipod 5 App
- Extra Pods
- An emergency kit
- Vials of insulin (cargo area temperatures may affect insulin)
- A signed letter from your healthcare provider explaining that you need to carry insulin supplies and the Omnipod 5 System
- Prescriptions for all medications
- Medications and supplies with their original prescription label

Note: Generic medications may be easier to find than brand names outside your country.

- Snacks and hypoglycemia treatment, in case food is not available
- Bottled water (especially on planes) to prevent dehydration
- The name and phone number of your physician and of a physician at your final destination

Note: For information about the recommended CGM supplies to carry, see your *Dexcom G6 CGM System User Guide*.

Note: Keep your emergency kit with you during trips or vacations (see "Emergency Kit" on page 14). As it may be difficult or impossible to get insulin or supplies in an unfamiliar place, take more supplies than you think you'll need.

Tip: When you travel outside the country or for long periods of time, be sure to take extra Pod supplies. Prior to departure, contact Customer Care to inquire about additional Omnipod 5 System supplies for your trip.

Plan for Changing Time Zones

If you're planning a vacation or business trip to a different time zone, you may need to adjust Basal Programs that you would typically follow while in Manual Mode. For changes of just a few hours, basal rate adjustments are minor and easy to calculate. For long-distance travel, however, figuring out the correct Basal Program can be more challenging. Your healthcare provider can help with these adjustments.

Airports and Flying

Before traveling by plane, familiarize yourself with the airport's security procedures and prepare your diabetes supplies for the security process and flight.

Airport security

Prepare for your travel:

- Airport security checks and screening procedures may change, so review the airport website and the TSA website for travel updates before your trip.
- Arrive at the airport 2-3 hours before your flight.
- Have your insulin management supplies easily accessible to ensure that airport security checks run smoothly.

Airport security offers the option of requesting a visual inspection of your medical supplies rather than putting them through the X-ray. You must request this before the screening process begins. Your medical supplies should be in a separate bag when you approach the security officer.

To prevent contamination or damage to your supplies, you should be asked at the security checkpoint to display, handle, and repack your own supplies during the visual inspection process. Any medication and/or associated supplies that cannot be cleared visually must be submitted for X-ray screening.

If you are concerned about going through the walk-through metal detector, notify the security officer that you're wearing an insulin pump. You should advise the security officer that the insulin pump cannot be removed because it is inserted with a catheter (tubing) under the skin.

Visit the TSA Contact Center if you have any further questions or concerns.

Note: For information about passing CGM equipment through airport X-ray machines, see your *Dexcom G6 CGM System User Guide*.

Flying and airplane mode

Caution: ALWAYS check your glucose frequently during amusement park rides and flying or other situations where sudden changes or extremes of air pressure, altitude, or gravity may be occurring. Though the Omnipod 5 System is safe to use at atmospheric pressures typically found in airplane cabins during flight, the atmosphere pressure in an airplane cabin can change during flight, which may affect the Pod's insulin delivery. Rapid changes in altitude and gravity, such as those typically found on amusement park rides or flight take-off and landing, can affect insulin delivery, leading to possible hypoglycemia or injury. If needed, follow your healthcare provider's treatment instructions.

The Omnipod 5 System sends and receives information from the Pod using Bluetooth wireless technology. Before flying, check your airline's policy regarding the use of Personal Medical Electronic Devices that communicate using Bluetooth technology.

If the use of a Personal Medical Electronic Device using Bluetooth technology is allowed, set your Omnipod 5 App to airplane mode while on the airplane (see "Airplane mode" on page 124). The Bluetooth setting remains enabled in the Controller's Airplane Mode so you can communicate with your Pod.

Note: The Omnipod 5 System is safe to use at atmospheric pressures typically found in airplane cabins during flight. The Omnipod 5 System can be used at atmospheric pressures as low as 700 hPa, which is lower than the typical pressure in airplane cabins.

15.4. Avoiding Lows, Highs, and Diabetic Ketoacidosis

You can avoid most risks related to using the Omnipod 5 System by following the instructions in this *User Guide* and by promptly treating symptoms of hypoglycemia (low glucose), hyperglycemia (high glucose), or diabetic ketoacidosis (DKA) according to your healthcare provider's instructions. The easiest and most reliable way to avoid these conditions is to check your glucose often.

General Precautions

- Keep careful records and discuss changes and adjustments with your healthcare provider.
- Tell your healthcare provider if you have extreme high glucose or low glucose, or if high glucose or low glucose are occurring more often than usual.

- If you have technical problems with your Omnipod 5 System and cannot resolve them, contact Customer Care immediately.

Hypoglycemia (Low Glucose)

Warning: DO NOT wait to treat hypoglycemia (low glucose) or symptoms of hypoglycemia. Even if you cannot check your glucose, waiting to treat symptoms could lead to severe hypoglycemia, which can lead to seizure, loss of consciousness or death.

Hypoglycemia can occur even when a Pod is working properly. Never ignore the signs of low glucose, no matter how mild. If left untreated, severe hypoglycemia can cause seizures or lead to unconsciousness. If you suspect that your glucose is low, check your glucose to confirm.

Symptoms of hypoglycemia (low glucose)

Never ignore the following symptoms, as they could be signs of hypoglycemia:

- Shakiness
- Fatigue
- Unexplained sweating
- Cold, clammy skin
- Weakness
- Blurred vision or a headache
- Sudden hunger
- Rapid heart rate
- Confusion
- Tingling in the lips or tongue
- Anxiety

Tip: Hypoglycemia unawareness is a condition in which you do not realize when your glucose is low. If you are prone to hypoglycemia unawareness, you may want to use the Omnipod 5 System's blood glucose reminder and check your glucose more frequently (see "Check BG After Bolus" on page 236).

Tip: Make sure your glucose is at least 100 mg/dL before driving or working with dangerous machinery or equipment. Hypoglycemia may cause you to lose control of a car or dangerous equipment. Also, when you focus intently on a task, you may miss the symptoms of hypoglycemia.

Tip: Teach people you trust (like family members and close friends) how to administer glucagon dosage. You will need to rely on them to give it to you if you have severe hypoglycemia and become unconscious. Include a copy of the glucagon instructions in your emergency kit and periodically review the procedure with family and friends.

To avoid hypoglycemia (low glucose)

- Work with your healthcare provider to establish individualized Target Glucose settings and guidelines.
- Keep a fast-acting carbohydrate with you at all times to respond quickly to low glucose. Examples of fast-acting carbs are glucose tablets, hard candies, or juice.
- Teach your friends, family members, and colleagues to recognize the signs of hypoglycemia so they can help if you develop hypoglycemia unawareness or a severe adverse reaction.
- Keep a glucagon kit with your emergency supplies. Teach friends and family members how to administer a glucagon dosage in case you have severe hypoglycemia and become unconscious.

Periodically check the expiration date of your glucagon kit to make sure it has not expired.

Note: Always carry medical identification (such as an emergency wallet card) and wear an emergency medical necklace or bracelet such as the Medic Alert tag.

Again, frequent glucose checks are the key to avoiding potential problems. Detecting low glucose early lets you treat it before it becomes a problem.

Check with your healthcare provider for guidance in avoiding low glucose.

Possible causes of hypoglycemia	Suggested action
Incorrect Basal Program (Manual Mode)	<p>Confirm that the correct Basal Program is active.</p> <p>Consult your healthcare provider about adjusting your Basal Programs or using a temp basal.</p>
Incorrect bolus timing or bolus too large	<p>Take bolus with food.</p> <p>Check blood glucose before giving a meal bolus. If necessary, adjust the bolus.</p> <p>Check the bolus size and timing.</p> <p>Do not overcorrect for post-meal glucose.</p> <p>Check carb intake.</p> <p>Consult your healthcare provider for guidance.</p>
Incorrect Target Glucose level or incorrect Correction Factor or incorrect IC Ratio	<p>Consult your healthcare provider about refining these settings as needed.</p>

Possible causes of hypoglycemia	Suggested action
Prone to severe hypoglycemia or hypoglycemia unawareness	Consult your healthcare provider about hypoglycemia unawareness and about raising Target Glucose.
Unplanned physical activity	Consult with your healthcare provider about using Temp Basal (Manual Mode) or the Activity feature (Automated Mode).
Prolonged or intense exercise	<p>Adjust insulin delivery as instructed by your healthcare provider.</p> <p>Check glucose before, during, and after activity and treat as necessary.</p> <p>Note: Effects of exercise can last several hours—even a full day—after activity ends.</p> <p>Consult your healthcare provider about adjusting your Basal Programs or using a temp basal (Manual Mode) or the Activity feature (Automated Mode) to avoid hypoglycemia.</p>
Low carbohydrate intake prior to activity	<p>Check glucose before activity.</p> <p>Consult your healthcare provider for guidance.</p>
Alcohol consumption	<p>Check glucose frequently, especially before going to bed.</p> <p>Consult your healthcare provider for guidance.</p>

To treat hypoglycemia (low glucose)

Any time your glucose is low, treat it immediately according to your healthcare provider's instructions. Your healthcare provider might recommend that you treat hypoglycemia with a different amount of carbs during Automated Mode compared to Manual Mode. Check your glucose every 15 minutes while you are treating to make sure you don't overtreat the condition and cause glucose levels to rise too high. Contact your healthcare provider as needed for guidance.

Hyperglycemia (High Glucose)

Warning: ALWAYS monitor your glucose and follow your healthcare provider's treatment guidelines when you stop receiving insulin due to a blockage (occlusion). Not taking action promptly could result in under-delivery of insulin which can lead to hyperglycemia or diabetic ketoacidosis (DKA) (see "⚠ Blockage Detected" on page 163).

Pods use rapid-acting insulin, which has a shorter duration than long-acting insulin, so you have no long-acting insulin in your body when using the Omnipod 5 System. If a blockage (interruption of insulin delivery from the Pod, or occlusion) occurs, your glucose can rise rapidly.

Tip: Hyperglycemia symptoms can be confusing. Always check your glucose before you treat for hyperglycemia.

Symptoms of hyperglycemia (high glucose)

Never ignore the following symptoms, as they could be a sign of hyperglycemia:

- Fatigue
- Frequent urination, especially during the night
- Unusual thirst or hunger
- Unexplained weight loss
- Blurred vision
- Slow healing of cuts or sores

To avoid hyperglycemia (high glucose)

Check your glucose:

- At least 4–6 times a day (when you wake up, before each meal, and before going to bed); unless you are using a continuous glucose monitoring system
- If you feel nauseated or sick
- Before driving a car
- Whenever your glucose has been running unusually high or low
- If you suspect that your glucose is high or low
- Before, during, and after exercise
- As directed by your healthcare provider

Possible causes of hyperglycemia	Suggested action
Expired insulin or insulin exposed to extreme temperatures	Deactivate and remove the used Pod. Apply a new Pod filled from a new vial of insulin.
Infusion site in or near a scar or mole	Deactivate and remove the used Pod. Apply a new Pod in a different location.
Infected infusion site	Deactivate and remove the used Pod. Apply a new Pod in a different location and consult your healthcare provider.
Dislodged cannula	Deactivate and remove the used Pod. Apply a new Pod in a different location. Note: Avoid sites near a waistband, belt, or other areas where friction may dislodge the cannula.
Empty Pod	Deactivate and remove the used Pod. Apply a new Pod in a different location.
Incorrect Basal Program (Manual Mode)	Confirm that the correct Basal Program is active. Consult your healthcare provider about adjusting your Basal Programs or using a temp basal.
Incorrect bolus timing or bolus too small	Check carb intake. Take bolus with or before eating food rather than after. Check glucose before giving meal bolus. If necessary, adjust bolus. Consult your healthcare provider for guidance.
High-protein or high-fat meal	Calculate protein/fat intake and account for it in your bolus timing and bolus type. Consult your healthcare provider about using the extended bolus option.
Less activity than usual	Consult your healthcare provider about adjusting your Basal Programs or using a temp basal (Manual Mode).
Glucose greater than 250 mg/dL (with ketones present) before exercise	Do not exercise when ketones are present. Note: Glucose increases with exercise when ketones are present. Consult your healthcare provider for guidance.

Possible causes of hyperglycemia	Suggested action
Infection or illness or medication change	See "Sick Days" on page 224. Consult your healthcare provider about sick day guidelines and about medication changes.
Weight loss or gain or menstrual cycle or pregnancy	Consult your healthcare provider for guidance.
Blockage (occlusion)	Deactivate and remove the used Pod. Apply a new Pod in a different location.

To Treat Hyperglycemia (High Glucose)

Warning: NEVER drive yourself to the emergency room if you need emergency medical care. Ask a friend or family member to take you to the emergency room or call an ambulance.

Always check your glucose frequently while treating hyperglycemia. You don't want to over-treat the condition and cause your glucose to drop too low.

1. Check your glucose. The result will help you to find out how much insulin is needed to return your glucose to your glucose goal.
2. If your glucose is 250 mg/dL or above, check for ketones. If ketones are present, follow your healthcare provider's guidelines.
3. If ketones are not present, take a correction bolus as prescribed by your healthcare provider.
4. Check your glucose again after 2 hours.
5. If glucose has not decreased, do both of the following:
 - Take a second bolus by injection, using a sterile syringe. Ask your healthcare provider whether to inject the same amount of insulin as in step 3.
 - Replace the Pod. Use a new vial of insulin to fill the new Pod. Then contact your healthcare provider for guidance.

Note: The Omnipod 5 System cannot track insulin that is administered outside of the system. Consult your healthcare provider about how long to wait after manually administering insulin before you start Automated Mode.

6. If you feel nauseated at any point, check for ketones and contact your healthcare provider immediately.

Diabetic Ketoacidosis (DKA)

Warning: DO NOT wait to treat DKA. If left untreated, DKA can quickly lead to breathing difficulties, shock, coma, or death.

Pods use rapid-acting insulin, which has a shorter duration than long-acting insulin, so you have no long-acting insulin in your body when using the Omnipod 5 System. If insulin delivery from the Pod is interrupted (a blockage or occlusion), your glucose can rise rapidly and lead to diabetic ketoacidosis (DKA). DKA is a serious—but preventable—emergency that can occur if high glucose is not resolved, in times of illness, or when there is not enough insulin working in your body.

Symptoms of DKA

- Nausea and vomiting
- Abdominal pain
- Dehydration
- Fruity-smelling breath
- Dry skin or tongue
- Drowsiness
- Rapid pulse
- Labored breathing

The symptoms of DKA are much like those of the flu. Before assuming you have the flu, check your glucose and check for ketones to rule out DKA.

To avoid DKA

The easiest and most reliable way to avoid DKA is by checking your glucose at least 4–6 times a day. Routine checks allow you to identify and treat high glucose before DKA develops.

To treat DKA

- Once you have begun treatment for high glucose, check for ketones. Check for ketones any time your glucose is 250 mg/dL or above.
- If ketones are negative or trace, continue treating for high glucose.
- If ketones are positive and you are feeling nauseated or ill, immediately contact your healthcare provider for guidance.
- If ketones are positive but you are not feeling nauseated or ill, replace the Pod using a new vial of insulin.

15 Living with Diabetes

- Check your glucose again after 2 hours. If your glucose has not declined or if your ketone levels have risen or remain elevated, immediately contact your healthcare provider for guidance.

15.5. Handling Special Situations

Sick Days

Any physical or emotional stress can cause your glucose to rise, and illness is physical stress. Your healthcare provider can help you make a plan for sick days. The following are only general guidelines.

When you are ill, check your glucose more often to avoid DKA. The symptoms of DKA are much like those of the flu. Before assuming you have the flu, check your glucose to rule out DKA (see "To Treat Hyperglycemia (High Glucose)" on page 222).

To handle sick days:

- Treat the underlying illness to promote faster recovery.
- Eat as normally as you can. Your body still needs carbohydrates and insulin for energy.
- Adjust bolus doses, if necessary, to match changes in meals and snacks.
- Always continue your basal insulin, even if you are unable to eat. Contact your healthcare provider for suggested basal rate adjustments during sick days.
- Check your glucose every 2 hours and keep careful records of results.
- Check for ketones when your glucose is 250 mg/dL or higher, and/or when you are feeling ill, as ketones can also be present when glucose is in range during illness.
- Follow your healthcare provider's guidelines for taking additional insulin on sick days.
- Drink plenty of fluids to avoid dehydration.
- Contact your healthcare provider if symptoms persist.

Exercising, Playing Sports, or Working Hard

Check your glucose before, during, and after exercising, playing sports, or doing unusually hard physical labor.

The Pod's adhesive keeps it securely in place for up to 3 days. However, if necessary, several products are available to enhance adhesion. Ask your healthcare provider about these products.

Avoid getting body lotion, creams, or oils near the infusion site; these products may loosen the adhesive.

For some contact sports, if the Pod is in a location where it is likely to be knocked off, consider removing the Pod and placing a new one in a more protected location.

Make sure to check your glucose before removing the Pod and after applying a new one. Pods are designed for one-time use. Do not attempt to reapply a Pod that has been removed.

If you will need to remove the Pod for more than one hour, ask your healthcare provider to recommend appropriate guidelines.

X-rays, MRIs, and CT Scans

Warning: Device components including the Pod, CGM transmitter, and CGM sensor may be affected by strong radiation or magnetic fields. Device components must be removed (and the Pod and CGM sensor should be disposed of) before X-ray, Magnetic Resonance Imaging (MRI), or Computed Tomography (CT) scan (or any similar test or procedure). In addition, the Controller and smartphone should be placed outside of the procedure room. Exposure to X-ray, MRI, or CT, treatment can damage these components. Check with your healthcare provider on Pod removal guidelines.

The Pod and Controller can tolerate common electromagnetic and electrostatic fields, including airport security and cellular phones.

Surgery or Hospitalization

For scheduled surgeries or hospitalization, you should tell the physician/surgeon or hospital staff about your Pod. It may be necessary to remove it for certain procedures or treatments. Remember to replace the basal insulin that was missed while the Pod was removed. Your healthcare provider can help you prepare for these situations.

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SMARTBOLUS CALCULATOR

SmartBolus Calculator
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SmartBolus Calculator Important Safety Information

SmartBolus Calculator Warnings

Warning: AVOID changing your SmartBolus Calculator settings before consulting with your healthcare provider. Incorrect changes could result in over-delivery or under-delivery of insulin, which can lead to hypoglycemia or hyperglycemia. Settings that impact bolus calculations mainly include: Max Bolus, Minimum Glucose for Calculations, Correct Above, Correction Factor(s), Insulin to Carb (IC) ratio(s), Duration of Insulin Action, and Target Glucose.

Warning: ALWAYS check your glucose frequently when you use the extended bolus function to avoid hypoglycemia or hyperglycemia.

Warning: AVOID entering a blood glucose reading that is older than 10 minutes. If you use a reading older than 10 minutes, the bolus calculator could calculate and recommend an incorrect dose, which could result in over-delivery or under-delivery of insulin. This can lead to hypoglycemia or hyperglycemia.

Warning: ALWAYS be aware of your current CGM value, trust how your body feels, and do not ignore symptoms of high and low glucose. Even though insulin delivery adjusts automatically in Automated Mode with the goal of bringing your glucose

level to your defined Target Glucose, severe hypoglycemia or hyperglycemia may still occur.

If your CGM values do not match your symptoms, ALWAYS check your blood glucose using a BG meter, consider treatment and/or CGM sensor calibration if necessary. ALWAYS switch to Manual Mode if you feel you are receiving inaccurate CGM values.

- Erroneously high CGM values can cause excessive insulin delivery, leading to severe hypoglycemia, seizure, loss of consciousness or death.
- Erroneously low CGM values can cause prolonged insulin suspension leading to hyperglycemia, DKA, or death.

If you are having symptoms that are not consistent with your blood glucose readings and you have followed all instructions described in this User Guide, contact your healthcare provider.

Warning: Do NOT use Omnipod 5 System if you are taking hydroxyurea, a medication used in the treatment of diseases including cancer and sickle cell anemia. Your Dexcom G6 CGM readings could be falsely elevated and could result in over-delivery of insulin which can lead to severe hypoglycemia.

SmartBolus Calculator Precautions

Caution: ALWAYS check your glucose prior to delivering a bolus so you are better informed on how much to take. Delivering a bolus without checking your glucose could result in the over-delivery or under-delivery of insulin, which can lead to hypoglycemia or hyperglycemia.

Caution: DO NOT navigate away from the Omnipod 5 App while you are in the process of making changes to your insulin delivery settings. If you leave the App before you are able to save the setting change and before the App is able to put the setting change into effect, the system will continue to use your last saved settings. As a result, you may continue with therapy settings that you did not intend. If you are unsure about whether your changes were saved, review your settings.

CHAPTER 16

Delivering a Bolus

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16.1. Delivering a Manual Bolus

In certain situations, you may decide to deliver a manual bolus. A manual bolus is a bolus that you have calculated without the help of the SmartBolus Calculator. You can use manual boluses when the SmartBolus Calculator is temporarily disabled or when you choose not to use the SmartBolus Calculator. Consult your healthcare provider for instructions about how to calculate a bolus.


You can extend some or all of a manual bolus in Manual Mode.

When delivering a manual bolus, the Omnipod 5 System does not adjust the bolus amount based on your glucose value, carbohydrates being consumed, or IOB as it does when the SmartBolus Calculator is used.

Note: Any bolus delivered by you will be considered as IOB and may impact automated insulin delivery in Automated Mode. Current glucose values will continue to be considered in Automated Mode and may impact automated insulin delivery.

A bolus cannot be greater than your Maximum Bolus setting. See "Note: The Extended Bolus feature can only be used in Manual Mode. All other therapy settings are used similarly in both Manual and Automated Modes." on page 250.

To deliver a manual bolus:

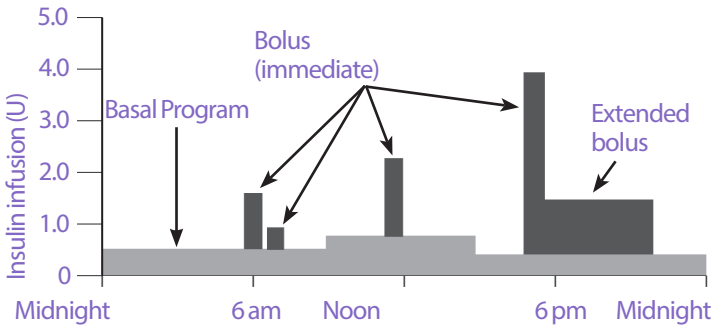
1. On the Home screen, tap the Bolus button ().
2. Tap the **Total Bolus** field and enter the bolus amount.
3. Tap **Done**.
4. To deliver the entire bolus immediately, tap **CONFIRM**.
5. Review the bolus details on the Confirm Bolus screen.
6. Tap **START** to begin the bolus.

The bolus amount and bolus details are stored in your history records. The Home screen tracks the delivery of an immediate or extended bolus.

16.2. Delivering Immediate and Extended Boluses

A bolus is an extra dose of insulin that is delivered in addition to the continuous basal rate of insulin delivery. Use boluses to cover the carbohydrates in a meal and/or bring down a high glucose.

You have the option of delivering the entire bolus at once. This is referred to as an "immediate bolus" or, simply, a "bolus." In Manual Mode, you can also spread out the delivery of all or part of a meal bolus so that it is delivered steadily over a specified period of time. This is referred to as an "extended bolus."



You may want to extend a bolus if your meal contains high-fat or high-protein foods. These foods slow down digestion and therefore slow down the post-meal rise in your glucose.

16.3. Tracking the Progress of a Bolus

During a bolus, the Home screen displays a progress bar.

Immediate bolus progress

During an immediate bolus, the Home screen displays a Delivering Bolus message along with a progress bar and details.

An estimate of the IOB is displayed in the lower left of the screen.

If IOB is unavailable, then the amount of the last completed bolus is displayed in the lower left of the screen.

Note: You cannot navigate within the Omnipod 5 App during an immediate bolus.

Note: Look for the progress bar to confirm the bolus delivery has started before navigating away from the Omnipod 5 App.

To cancel a bolus, see "16.4. Canceling a Bolus in Progress" on page 235.

Extended bolus progress

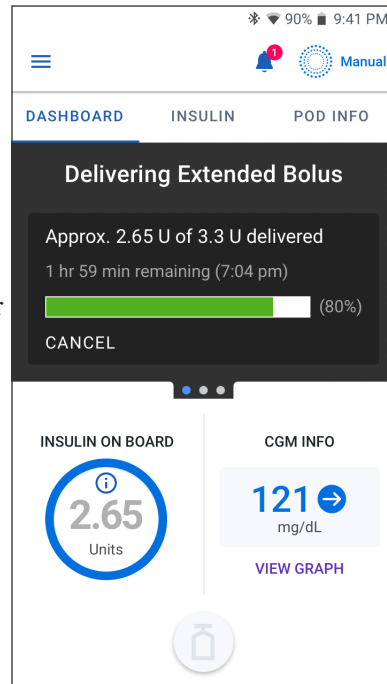
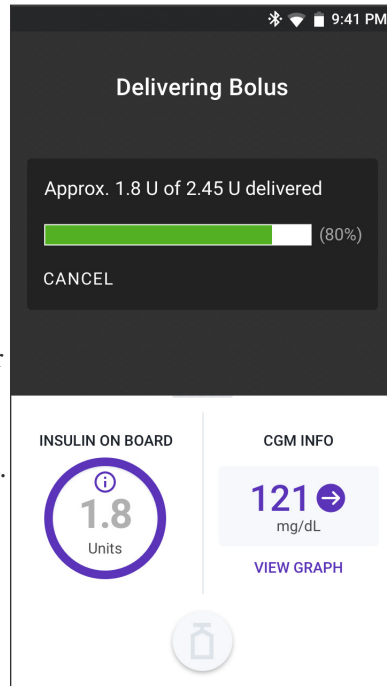
During an extended bolus, the Home screen's DASHBOARD tab displays a Delivering Extended Bolus message along with a progress bar and other details.

An estimate of the IOB is displayed in the lower left of the screen.

If IOB is unavailable, then the amount of the last completed bolus is displayed in the lower left of the screen.

Note: You can still navigate within the Omnipod 5 App during an extended bolus but some functions will be unavailable until the bolus is complete.

Unless you cancel the bolus, the Pod will finish delivering a bolus whether or not it is in range of the Controller or smartphone running your Omnipod 5 App. To cancel a bolus, see "16.4. Canceling a Bolus in Progress" in the next section.



16.4. Canceling a Bolus in Progress

When an immediate bolus is in progress, you must cancel it or allow it to finish before performing any other action.

During an extended bolus, you can use your Omnipod 5 System normally, except that the Bolus button will be disabled (grayed out), preventing you from delivering an additional bolus. You have the options to:

- Cancel the bolus.
- Cancel the bolus in progress and then deliver another bolus.

If you get a communication error message when canceling a bolus, see "Error when canceling a bolus" on page 338.

Cancel a bolus


To cancel an immediate or extended bolus:

1. On the Home screen (immediate bolus) or the Home screen's DASHBOARD tab (extended bolus), tap CANCEL.
2. Tap YES to confirm canceling the bolus. The Pod beeps to confirm that the bolus is canceled.

Tip: To see how much insulin was delivered from a bolus, go to: Menu button () > History Detail > Summary. For more information, see "Immediate and extended boluses" on page 142

Deliver a new bolus before an extended bolus has ended

To deliver a bolus while an extended bolus is in progress:

1. Cancel the extended bolus as described in the previous procedure, "Cancel a bolus."
2. Find out how much insulin was remaining (not delivered) from the canceled bolus. You can find bolus details at Menu button () > History Detail > Summary
3. From the Bolus screen, enter the carbs and glucose (or Use CGM) information.
4. Optional: take into consideration the amount remaining from the canceled bolus and add the amount in the Total Bolus field.
5. Check if the amount entered in the Total Bolus field is correct. Then tap CONFIRM.
6. Tap START.

16.5. Reminder Settings

Reminder notifications bring attention to various actions you may want to perform. See "13.11. Reminder Notifications List" on page 199 and "13.3. Sounds and Vibrations" on page 157.

Check BG After Bolus

Turn ON the Check BG after Bolus reminder if you want a reminder to check your glucose after you deliver a bolus. If BG reminders are ON, you can define the timing of the BG reminder at the time you give a bolus.

To enable BG reminders:

1. Navigate to: Menu button () > Settings > Reminders.
2. Tap the Check BG after Bolus toggle to enable or disable the Check BG after Bolus reminder.


Missed Bolus

If a meal bolus or a manual bolus is not delivered during the Missed Bolus time period, the Omnipod 5 System will generate the Missed Bolus reminder. You can set time intervals from 30 minutes to 4 hours. You can set up to 6 Missed Bolus reminders per day.

Note: The Missed Bolus reminder toggle must be set to ON in order to add, edit, or delete Missed Bolus reminders.

Enable or disable all Missed Bolus reminders

To enable or disable the Missed Bolus reminders:

1. Navigate to: Menu button () > Settings > Reminders.
2. Tap the Missed Bolus toggle to enable or disable all Missed Bolus reminders.

If you disable these reminders, the Omnipod 5 App saves any previously set reminders for later use.

Enable or disable a single Missed Bolus reminder

To turn an individual Missed Bolus reminder ON or OFF:

1. Navigate to: Menu button () > Settings > Reminders > Missed Bolus.
2. Tap the toggle next to an individual Missed Bolus reminder to turn it ON or OFF.

Add a new Missed Bolus reminder

To add a new Missed Bolus reminder:

1. Navigate to: Menu button (☰) > Settings > Reminders > Missed Bolus.
2. Tap Add Reminder.
The Add Reminder button does not appear if Missed Bolus reminders are disabled.
3. Tap the toggle to select Single Reminder or Recurring Reminder.
 - For single reminders, tap the Reminder date field and select the date for the reminder.
 - For recurring reminders, specify the days of the week for the reminder by tapping the boxes next to the desired days. A selected box has a checkmark in it.
4. Tap the No bolus between field and select the start of the Missed Bolus time interval.
5. Tap the next field and select the end of the time interval.
6. Tap SAVE.

Edit a Missed Bolus reminder

To edit a Missed Bolus reminder:

1. Navigate to: Menu button (☰) > Settings > Reminders > Missed Bolus.
2. Tap the name of the reminder you would like to edit.
3. Make the desired changes to the frequency, day(s), or interval start or end time.
4. Tap SAVE.

Delete a Missed Bolus reminder

To delete a Missed Bolus reminder:

1. Navigate to: Menu button (☰) > Settings > Reminders > Missed Bolus.
2. Tap the name of the reminder you would like to delete.
3. Tap DELETE.
4. Tap YES to confirm the deletion.

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CHAPTER 17

Delivering a Bolus with the SmartBolus Calculator

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17.1. About the SmartBolus Calculator

A bolus is a dose of insulin taken to cover carbohydrates in a meal, drink, or snack (a meal bolus) or to correct elevated glucose (a correction bolus). The SmartBolus Calculator calculates a suggested bolus amount of insulin to bring down high glucose (a correction bolus) and/or to cover carbohydrates in a meal (a meal bolus).

Compatible Devices for Use with the SmartBolus Calculator

Device Type	Device Manufacturer	Brand Name
Blood Glucose Meter	All FDA-cleared blood glucose meters	
iCGM	Dexcom	Dexcom G6 Continuous Glucose Monitor
Alternate Controller Enabled Insulin Pump (Insulin Pump)	Insulet Corporation	Omnipod 5 ACE Pump (Pod)
Interoperable Automated Glycemic Controller software (Automated Insulin Delivery Software)	Insulet Corporation	SmartAdjust technology

About Correction Boluses and Meal Boluses

If you enter a blood glucose reading or CGM value that is above target, but enter no carbs, a correction bolus is calculated. If you enter carbs, but not a blood glucose reading or CGM value, a meal bolus is calculated. If you enter both a blood glucose reading or CGM value and carbs, both factors are used to calculate a suggested bolus.

Value Entered		Type of Bolus Calculated
Blood Glucose Reading or CGM Value Above Target	Carbohydrates	
✓		Correction bolus
	✓	Meal bolus
✓	✓	Combined suggested bolus

About Using a CGM Value with Trend

Your CGM trend is based on the recent pattern of glucose changes. If you use your CGM value, your CGM value and trend will be used to calculate a suggested bolus amount. The CGM value and trend will be used along with your Correction Factor to determine the correction portion of your bolus. The SmartBolus Calculator will use the CGM trend to adjust the correction bolus amount.

When CGM Values are...	The SmartBolus Calculator tries to keep glucose within target range and...
Trending up (increasing)	Adds more insulin to the correction bolus.
Trending down (decreasing)	Subtracts insulin from the correction bolus.
Steady	No adjustment to the correction bolus.

Additional information

You may choose to accept or change the final recommendation before the bolus is delivered.

After opening the SmartBolus Calculator, bolus delivery must be initiated within 5 minutes or values will need to be refreshed. If more than 5 minutes pass, you will see a message that values have expired. Tap CONTINUE to refresh the SmartBolus Calculator, then enter or use your current values.

To change your personal settings used by the SmartBolus Calculator, see "SmartBolus Calculator Settings" on page 250.

Note: To use the SmartBolus Calculator, the Omnipod 5 App and the Pod must be communicating. If there is no Omnipod 5 App to Pod communication, you will be prompted to re-establish a Pod connection. To find out what to do when your Omnipod 5 App and Pod have a communication issue, see "Frequently Asked Questions and Troubleshooting" on page 325.

Caution: DO NOT navigate away from the Omnipod 5 App while you are in the process of making changes to your insulin delivery settings. If you leave the App before you are able to save the setting change and before the App is able to put the setting change into effect, the system will continue to use your last saved settings. As a result, you may continue with therapy settings that you did not intend. If you are unsure about whether your changes were saved, review your settings.

Tip: If you already know the number of units for the bolus you want to deliver, tap Total Bolus. Enter the bolus amount and tap Done. Then go to "17.6. Delivering an Immediate Bolus" on page 245.