



Quick Start Guide

Welcome Podder™!

This guide provides you with step-by-step instructions for getting started with your new Omnipod DASH® System.

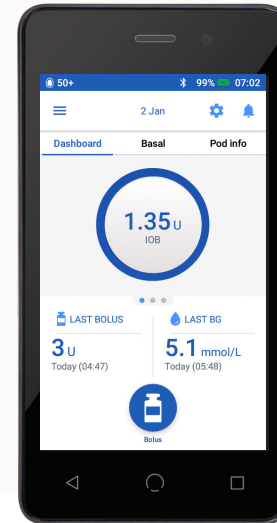
- + This Quick Start Guide, along with the Omnipod DASH® System User Guide and online learning module will help get you started. You should have received your log-in information and a link to the online learning module via email. If you haven't received this information yet, please contact Customer Care at 1-855-763-4636.

BEFORE YOU DASH® ON ...

Take an inventory of your:

Personal Diabetes Manager (PDM) Kit:

- ☐ PDM + Battery
- ☐ Black PDM Skin
- ☐ Charging Cable & Adapter
- ☐ Carry Case
- ☐ User Guide



Charging Cable & Adapter

PDM + Battery

If you have any questions about setting up your new Personal Diabetes Manager please contact Customer Care at 1-855-POD-INFO (763-4636) for support 24 hours a day, 7 days a week.

If you have any questions about your individual pump therapy settings, please contact your healthcare provider.

Please ensure you thoroughly review your Omnipod DASH® System User Guide before you attempt to start your device.



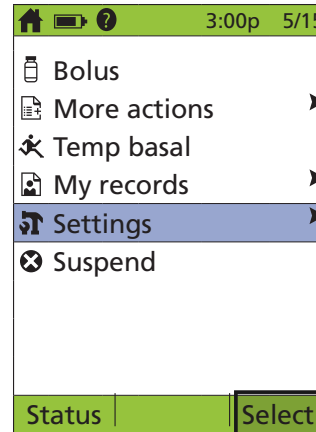
Be Prepared:

- Have your current PDM handy as you will need to refer to your pump settings
- Have room temperature insulin, an alcohol wipe, and a new DASH® Pod available. When your new DASH® PDM is set up you'll be ready to activate a new DASH® Pod

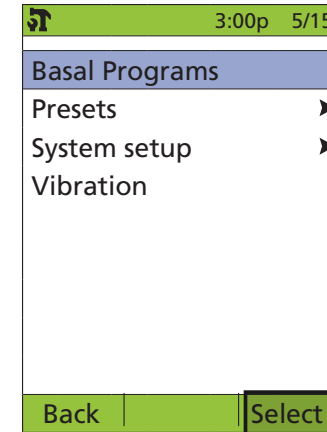
Start here!

- + To set up your new Omnipod DASH® System Personal Diabetes Manager, you need settings from either your current Personal Diabetes Manager (model CAT45) or pump therapy settings provided by your healthcare provider.
- + If you currently use the previous generation Personal Diabetes Manager (model CAT45), the instructions to the right will help you find your current settings.

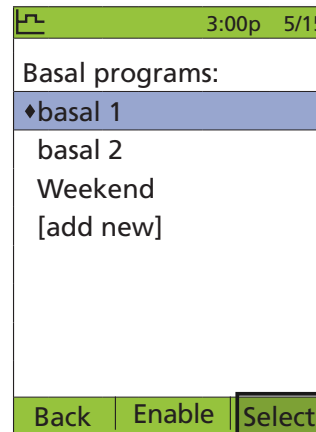
How to Find Your Basal Program(s)



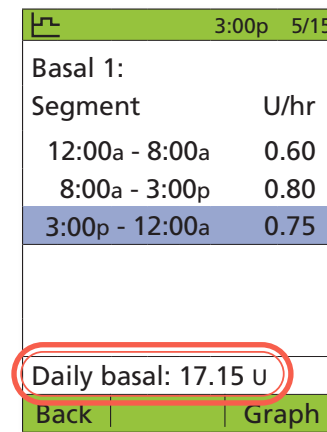
1. On Home Screen Select Settings



2. Select Basal Programs

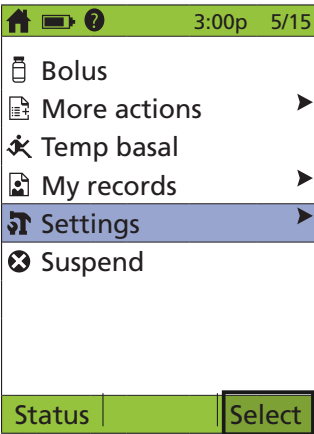


3. Select the basal program to review. On the next screen, select View

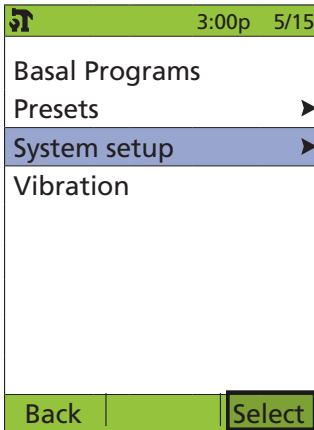


4. You will first see the graph, press List to view your basal segments as shown
- + Take note of your Total Daily Basal

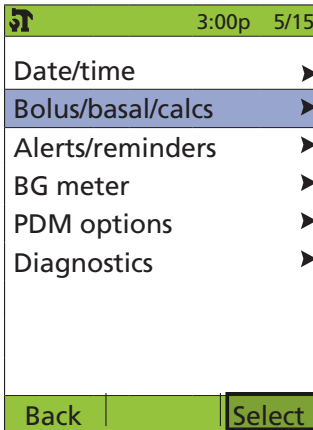
How to Find Your Bolus Calculator Settings



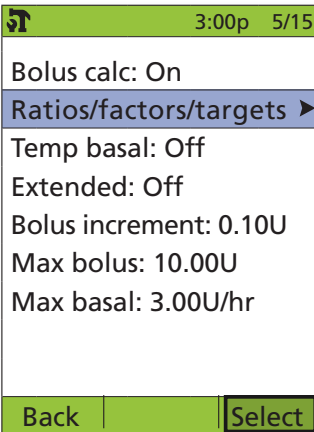
1. On Home Screen Select Settings



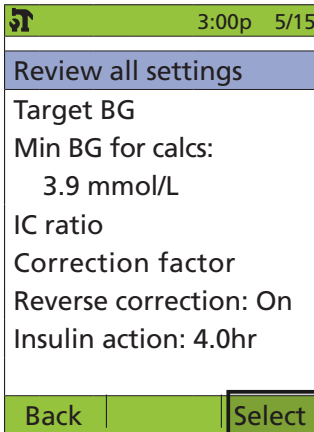
2. Select System setup



3. Select Bolus/ basal/calcs



4. Select Ratios/ factors/ targets.
NOTE: Bolus calcs must be "On."



5. Select Review all settings

My Personal Diabetes Manager Settings

You may use the following worksheet to write down your Personal Diabetes Manager settings from your current PDM (model CAT45).



1. Maximum Basal Rate	____U/h		
2. Current Active Basal Program	12am to ____ ____ to ____ ____ to ____ ____ to ____	____U/hr ____U/hr ____U/hr ____U/hr	Total Daily Basal ____U
3. Temporary Basal Rate	%	u/hr	Off
4. BG Goal Limits	Lower Limit____mmol/L	Upper Limit____mmol/L	Find in model CAT45: Settings>System Setup>BG Meter>BG Goal
5. Suggested Bolus Calculator	On	Off	
6. Target BG	12am to ____ ____ to ____ ____ to ____ ____ to ____	Target____ mmol/L Target____ mmol/L Target____ mmol/L Target____ mmol/L	Correct Above____mmol/L Correct Above____mmol/L Correct Above____mmol/L Correct Above____mmol/L
7. Min BG – for bolus calculations	____mmol/L		
8. Insulin-to-Carbohydrate (IC) Ratio	12am to ____ ____ to ____ ____ to ____ ____ to ____	____g/carb ____g/carb ____g/carb ____g/carb	
9. Correction Factor	12am to ____ ____ to ____ ____ to ____ ____ to ____	____mmol/L (1 unit of insulin decreases BG by) ____mmol/L (1 unit of insulin decreases BG by) ____mmol/L (1 unit of insulin decreases BG by) ____mmol/L (1 unit of insulin decreases BG by)	
10. Reverse Correction	On	Off	
11. Duration of Insulin Action	____hours		
12. Maximum Bolus	____U		
13. Extended Bolus	On	Off	

Set up your Omnipod DASH® System Personal Diabetes Manager

The Personal Diabetes Manager Battery

- + Use the pull-tab to remove the back cover.
- + Insert the battery into the Personal Diabetes Manager.
- + Remove the pull-tab and replace the back cover.
- + The Personal Diabetes Manager is rechargeable, similar to common mobile devices.
- + Charge frequency is based on device usage. We suggest you charge your device during bedtime and stick with a similar time each day.

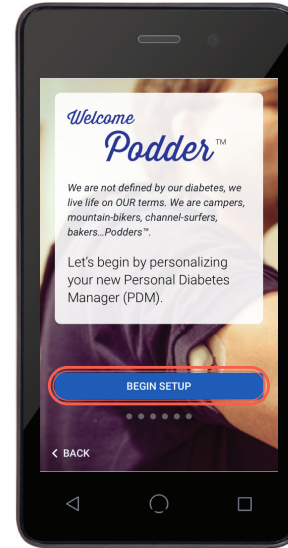


Omnipod DASH® System Initial Personal Diabetes Manager Setup

Your initial pump therapy settings are needed to setup your new Personal Diabetes Manager. These settings are provided to you by your healthcare provider.

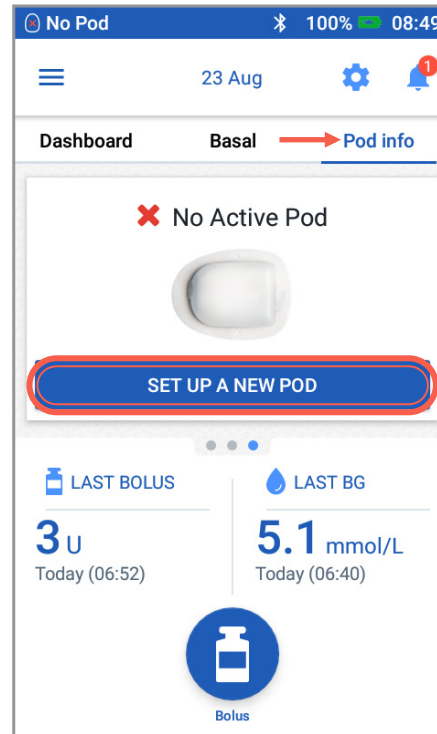


- + Hold down the Power button to wake your Personal Diabetes Manager.

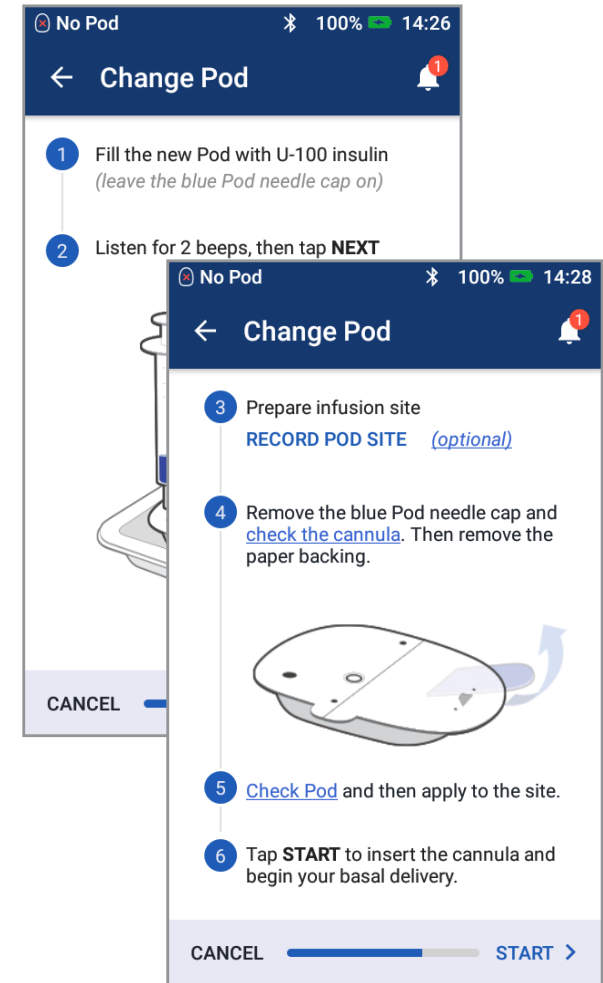


- + You will begin by personalizing your new Personal Diabetes Manager!
- + After personalization, you will enter your insulin delivery settings.
- + The Personal Diabetes Manager guides you step-by-step. Be sure to read each screen, and accurately enter each setting.
- + After entering all insulin delivery settings in your PDM the PDM will need to restart before you can activate a Pod. Press the "COMPLETE" button to initiate the restart.
- + For more information, refer to Chapter 2 "Initial PDM Setup" in the Omnipod DASH® System User Guide.

Set up a new Pod



1. In the "Pod Info" screen, tap "SET UP NEW POD"



2. Carefully follow the on-screen instructions

- 1** Collect the following supplies:
 - + Omnipod DASH® System Personal Diabetes Manager
 - + Unopened Omnipod DASH® System Pod
 - + Alcohol swabs
 - + Vial of room temperature rapid-acting U-100 insulin
- 2** Wash your hands with soap and water. Clean the top of the insulin vial with an alcohol swab.
- 3** Remove the fill needle and syringe from the Pod's tray. Keep the Pod in its tray during set up. Confirm the Pod's needle cap is blue. This ensures your Pod is compatible with your Omnipod DASH® System Personal Diabetes Manager. Twist the fill needle clockwise onto the top of the syringe. Do not use any other type of needle or filling device besides the syringe provided with each Pod.
- 4** Remove the syringe's protective cap from the needle. Draw air into the syringe equal to the amount of insulin you will use. You must fill your syringe with at least 85 units of insulin. Insert the needle into the vial and inject air.
- 5** Turn the vial upside down and slowly withdraw insulin. Tap or flick the filled syringe to remove any bubbles.
- 6** Remove the needle from the vial and insert it into the Pod's insulin fill port. An arrow on the white paper backing points to the fill port. Do not inject insulin into any other location on the Pod. The Pod should still be in its package during fill.



To ensure proper fill, do not insert the fill syringe at an angle into the fill port.

- 7** Inject the insulin into the fill port. The Pod beeps twice. Remove the needle from the insulin fill port. Replace the needle's protective cap and remove the needle from the fill syringe for proper sharps disposal.



NEVER inject air into the fill port. Doing so may result in unintended or interrupted insulin delivery.

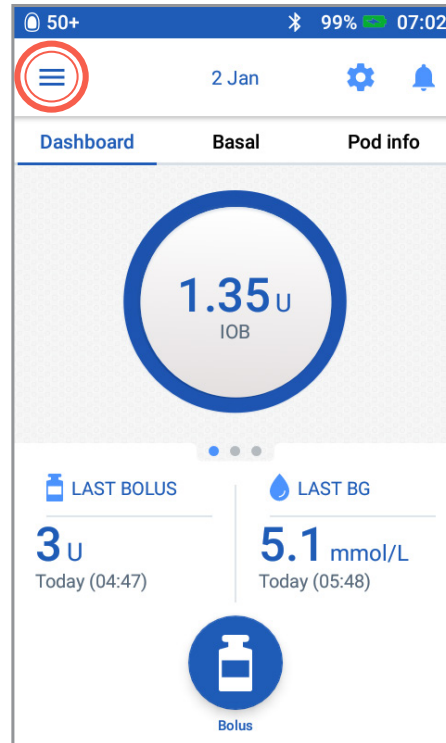


NEVER use a Pod if you feel resistance while depressing the plunger of the fill syringe. This condition can result in interrupted insulin delivery.

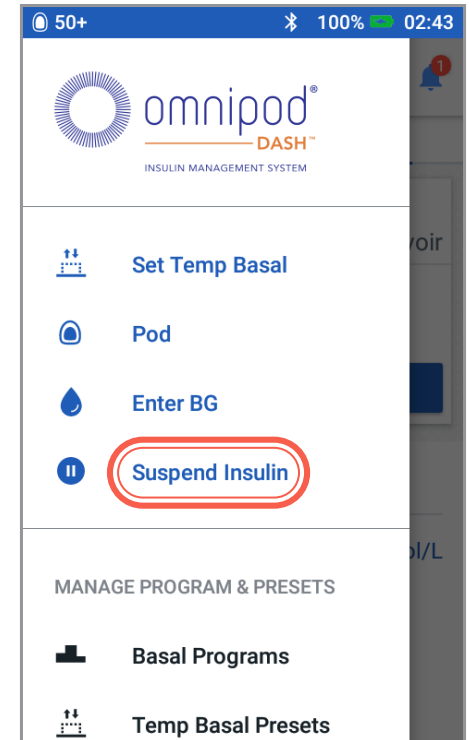
- 8** With the Pod still in its tray place it next to and touching the Personal Diabetes Manager to ensure proper communication. Press "NEXT" on the Personal Diabetes Manager. The system performs a series of safety checks and automatically primes the Pod.
- 9** Your Pod is now ready for application and cannula insertion. For more information, please refer to Chapter 3 "Changing your Pod" in your Omnipod DASH® System User Guide.

Key Insulin Delivery Actions

Suspend Insulin Delivery



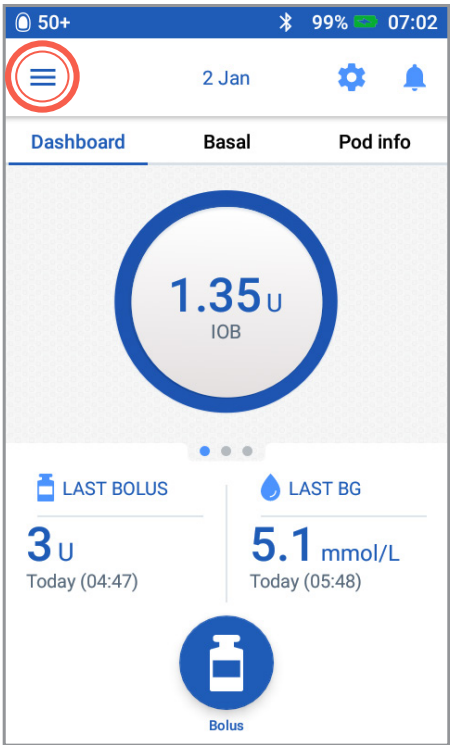
1. Tap Menu icon on the Home screen



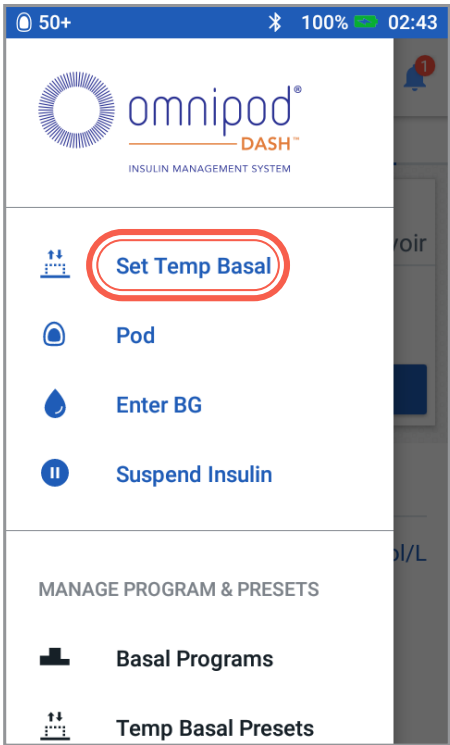
2. Tap "Suspend Insulin" and follow the on-screen instructions

Disclaimer: The following screens are for demonstration purposes only. The values shown are educational and may not reflect real life scenarios.

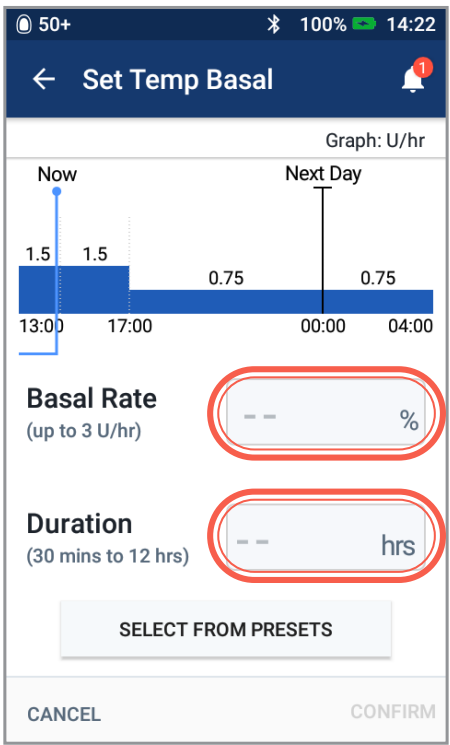
Set a Temporary Basal Rate



1. Tap Menu icon on the Home screen



2. Tap "Set Temp Basal"

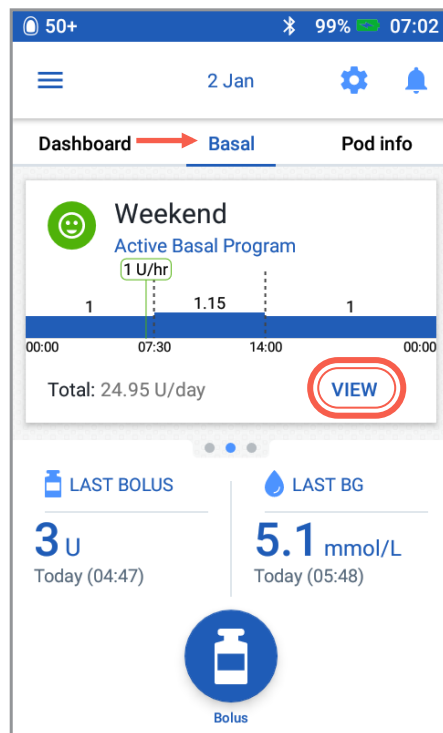


3. Tap "Basal Rate" entry box and select your % change. Tap "Duration" entry box and select your time duration. Tap "Confirm"

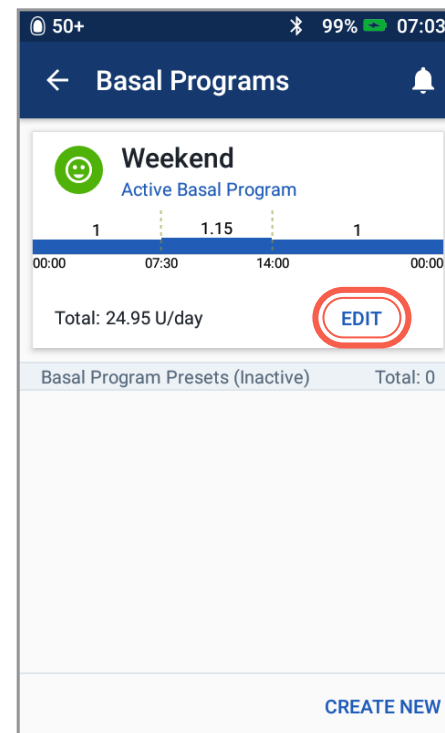
Key Insulin Delivery Actions

Edit an Active Basal Program

NOTE: You must suspend insulin before editing the active Basal Program.

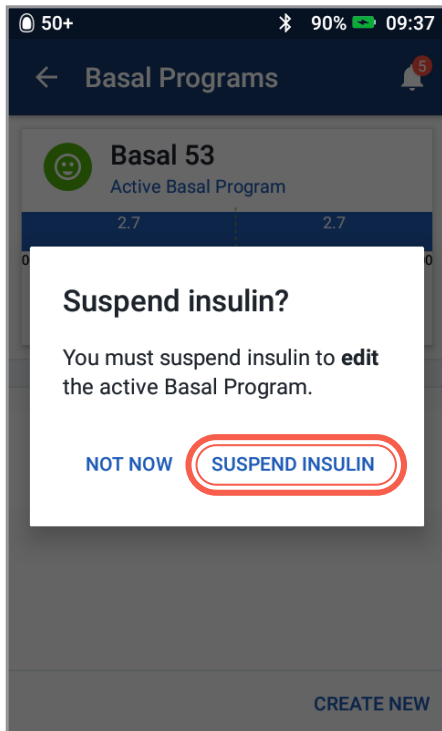


1. Tap "Basal" tab on the Home screen. Tap "VIEW"

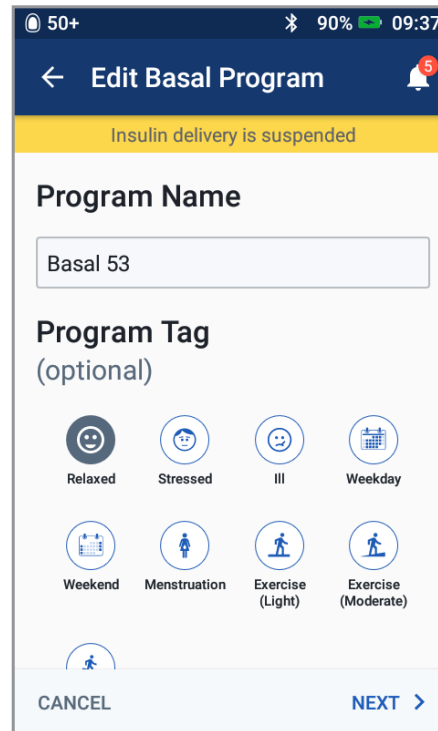


2. Tap "EDIT"

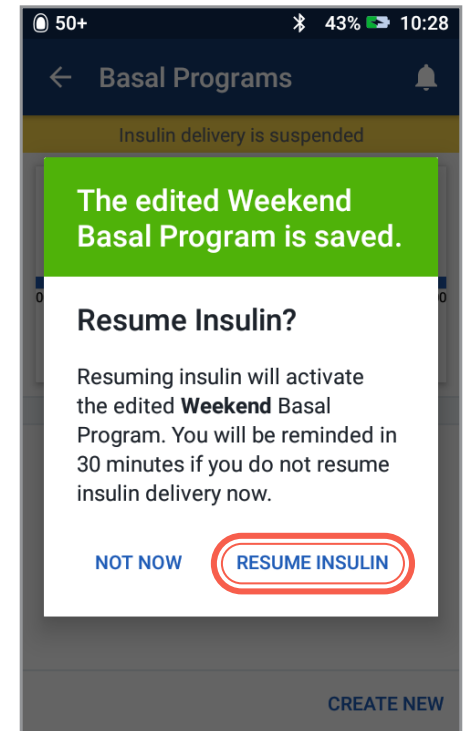
Disclaimer: The following screens are for demonstration purposes only. The values shown are educational and may not reflect real life scenarios.



3. Tap "SUSPEND INSULIN"



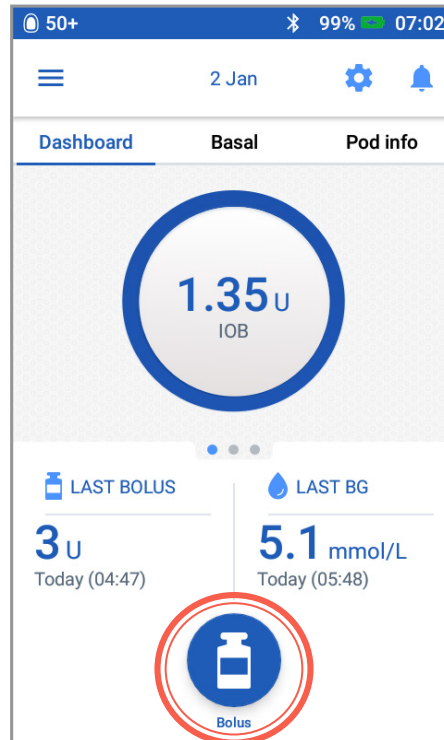
4. Tap to edit program name and tag or tap "NEXT" to edit basal time segments and rates



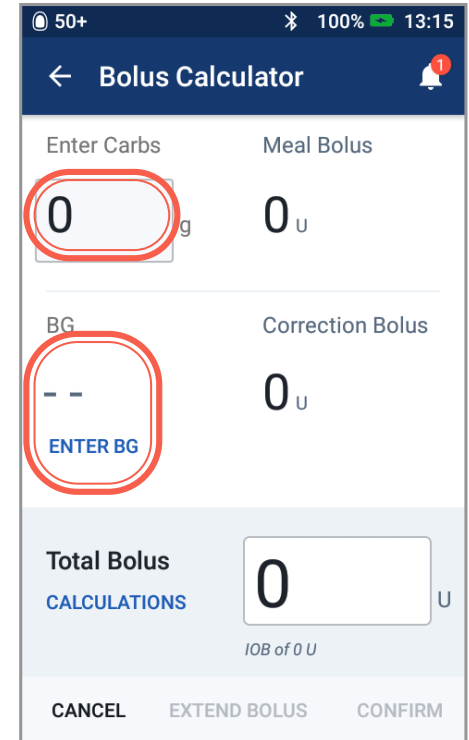
5. Once you are finished editing, tap "RESUME INSULIN"

Key Insulin Delivery Actions

Deliver a Bolus



1. Tap the “Bolus” icon on the Home screen



2. Tap the “Enter Carbs” entry box to input grams of carbs. Enter your BG manually by tapping the “ENTER BG” entry box

Disclaimer: The following screens are for demonstration purposes only. The values shown are educational and may not reflect real life scenarios.

50+ 100% 13:15

← Bolus Calculator

Total Carbs 60 g Meal Bolus 4 U

BG (13:15) 8.3 mmol/L Correction Bolus 0.95 U

ENTER BG

Total Bolus 4.95 U

CALCULATIONS

Adjusted for IOB of 0 U

CANCEL EXTEND BOLUS CONFIRM

3. Review your values, then tap "CONFIRM"

50+ 100% 14:19

← Confirm Bolus

Carbs 60 g BG (14:19) 8.3 mmol/L

Total Bolus 3.2 U

CALCULATIONS

Adjusted for IOB of 4.15 U

START

CREATE BG REMINDER

CANCEL

4. Tap "START" to begin bolus delivery



[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



For More Information:

Please refer to your Omnipod
DASH® System User Guide

Visit us online at **omnipod.com**



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