Next steps for success.

More tips for using CGM*
training course.

The Animas® Vibe® System is approved for persons age 2 and older.

*Continuous Glucose Monitoring
Important Safety Information

- The Animas® Vibe® Insulin Pump and CGM System is intended for the delivery of insulin and for continuous glucose monitoring (CGM) for the management of insulin-requiring diabetes. The Animas® Vibe® System’s CGM, which includes the Dexcom G4® PLATINUM Sensor and Transmitter, is indicated for detecting trends and tracking patterns in persons age 2 and older. The system is intended for single patient use and requires a prescription.

- **Contraindications:** Insulin pump therapy is not recommended for people unwilling or unable to test their blood glucose four to six times per day, unwilling or unable to see their healthcare professional regularly, or whose vision or hearing does not allow recognition of pump alerts, warnings, and alarms. The Animas® Vibe® Insulin Pump must be removed before MRI or CT scan, and the Dexcom G4® PLATINUM Sensor and Transmitter must be removed before MRI, CT scan, or diathermy treatment. Taking acetaminophen-containing medications while wearing the sensor may falsely raise sensor glucose readings.

- **Warnings:** Connecting to the pump before receiving the necessary training could result in serious injury or death. CGM glucose readings are not to be used to make treatment decisions. Younger children may inadvertently press the pump buttons and deliver insulin, which can lead to hypoglycemic events. Caregivers are responsible for helping to ensure safe and effective delivery of insulin to people in their care, including using the safety features on the Animas® Vibe® System to help prevent injury. The sensor and transmitter do not replace a blood glucose meter. The sensor and transmitter are not to be used during pregnancy or while on dialysis. Sensor placement is only approved for sites under the skin of the belly (abdomen) in adults and the belly or upper buttocks for ages 2 to 17 (pediatrics). Patients should seek professional medical help if a sensor breaks and no portion of it is visible above the skin, or if there is infection or inflammation. Any broken sensors or adverse events should be reported to Customer Service. Contact Customer Service at 1-877-937-7867 or visit [www.animas.com/importantsaftyinformation](http://www.animas.com/importantsaftyinformation) for detailed indications for use and safety information.

ANCO/G4/1017/0189
Welcome to the “Next Steps for Success: More Tips for Using CGM” training course.

The purpose of this course is to help you gain a better understanding of how to use CGM to help you make more informed decisions about managing your glucose levels.

• This course will introduce you to the features of the Dexcom G4® PLATINUM CGM.

• In order to get the most out of this course:
  • You should already be wearing the Dexcom G4® PLATINUM Sensor and Transmitter.
  • You should have reviewed the “First Steps for Success: Getting to Know Continuous Glucose Monitoring (CGM)” training course.

The Animas® Vibe® Insulin Pump and CGM System Owner’s Booklet provides you with a thorough understanding of the Animas® Vibe® System and how to get the most from it. Please read it carefully.
Taking your next steps.
Continue getting to know CGM.

In this course you will learn about:

• Using trend information
• Calibration
• Sensor site selection and preparation
• Using snooze and rise and fall rate alerts
• Troubleshooting
Setting expectations.

- The Dexcom G4® PLATINUM CGM and your blood glucose (BG) meter measure glucose from two different types of body fluids, interstitial fluid and blood.
- Readings can be different and still be considered accurate.
- It is recommended that patients focus on the trend information displayed on the Animas® Vibe® Insulin Pump, not the glucose value.
- **Example:** A 204 mg/dL CGM reading on your Animas® Vibe® pump and a 169 mg/dL BG meter reading = a 17% difference (this is still considered accurate).

NOTE: Do not rely on CGM readings from interstitial fluid to make treatment decisions. Always use a fingerstick blood glucose value for making treatment decisions.

ANCO/G4/1017/0189
Trend arrows.

- As you know, your Animas® Vibe® Insulin Pump displays trend graphs.
  - These graphs provide information regarding the direction and speed of glucose changes.
- Trend arrows are also present and can be found in the upper part of your pump screen.
  - Trend arrows provide additional information about the speed and direction of the changes in your glucose.
- Trend arrows, in addition to trend graphs and BG meter values can help you make more informed decisions about managing your glucose levels.
Trend arrows explained.

**Constant:** Your CGM glucose readings are steady (not increasing /decreasing more than 1 mg/dL each minute).
Trend arrows explained.

**Slowly rising:** Your CGM glucose readings are rising 1 – 2 mg/dL each minute.
Trend arrows explained.

**Rising:** Your CGM glucose readings are rising 2–3 mg/dL each minute.
Trend arrows explained.

Rapidly rising: Your CGM glucose readings are rising more than 3 mg/dL each minute.
Trend arrows explained.

Slowly falling: Your CGM glucose readings are falling 1 – 2 mg/dL each minute.
Trend arrows explained.

**Falling:** Your CGM glucose readings are falling 2 – 3 mg/dL each minute.
Trend arrows explained.

Rapidly falling: Your CGM glucose readings are falling more than 3 mg/dL each minute.
No trend arrows.

No rate of change information: The CGM cannot always calculate how fast your CGM glucose readings are rising or falling.
Using trend information.

- An appropriate response to a glucose level of 250 mg/dL depends on the direction of the trend.

- You would correct a 250 mg/dL going up differently than you would correct a 250 mg/dL going down.
Using trend information.

• After lunch, John's glucose is too high. Based on this situation, what should John do at 2:00 PM?

• Should John watch and wait or give a small amount of insulin to lower glucose?

At 12:00, John has low glucose and decides to eat (75 grams of carbohydrates). He took 7 units of insulin.

Consult your healthcare provider before making any adjustments to your insulin therapy. Do not use glucose readings from the Dexcom G4® PLATINUM Sensor and Transmitter to make treatment decisions, such as how much insulin to take. The BG value from your BG meter should be used for treatment decisions.
Using trend information—watch and wait.

- John decides to **watch and wait**. This action puts him over his post-mealtime glucose goal of 160 mg/dL, as well as his target range.

- Watching and waiting when the glucose level is rising steeply after a meal usually means that not enough insulin was given. The CGM data shows that if nothing is done, the BG levels may continue to rise and stay elevated.

Consult your healthcare provider before making any adjustments to your insulin therapy. Do not use glucose readings from the Dexcom G4® PLATINUM Sensor and Transmitter to make treatment decisions, such as how much insulin to take. The BG value from your BG meter should be used for treatment decisions.
Using trend information—insulin.

• After confirming the CGM reading with a fingerstick, John decides to give a small amount of insulin at 2 PM to counteract his still-rising glucose. This action puts his post-mealtime glucose level at or below his goal of 160 mg/dL.

• If John notices a pattern of high glucose after lunch, then he should discuss his lunch I:C ratio with his healthcare provider.

Consult your healthcare provider before making any adjustments to your insulin therapy. Do not use glucose readings from the Dexcom G4® PLATINUM Sensor and Transmitter to make treatment decisions, such as how much insulin to take. The BG value from your BG meter should be used for treatment decisions.
What is calibration?

• Calibration is when you enter a BG value from a BG meter into the Animas® Vibe® Insulin Pump to maintain sensor performance.
• A minimum of one calibration every 12 hours (after initial startup calibration) throughout your Sensor session is needed to provide accurate Sensor glucose readings.
Why calibrate?

• Think of getting a new Sensor like getting a new watch. You set a new watch to standardized time. It is the same thing when you get a new Sensor.
• The new Sensor does not automatically know what time it is. You have to "teach" your new Sensor your blood glucose values by entering in a known glucose value from your blood glucose meter—just as you would set a new watch to the current time.

Note: a new sensor is required every 7 days.
Calibration tips.

- Calibrate at least every 12 hours using BG meter values taken within the last 5 minutes.
- Wash hands with soap and water before checking BG.
- Always use BG values from your fingertips for calibration. Do not use alternate site BG values (for example, your palm or forearm) as they may be different than those taken from a fingerstick, and may lead to inaccurate glucose Sensor readings.
- DO NOT calibrate your CGM if your glucose level is changing at a significant rate, typically more than 2 mg/dL per minute.
- DO NOT calibrate if BG is above 400 mg/dL or lower than 40 mg/dL.
Which of the following are calibration “do’s?”

- Calibrate when glucose is <40 or >400 mg/dL.
- Calibrate when there are straight up or down arrows on the screen.
- Calibrate using fingertips only.
- Calibrate when you see the out of range symbol in the status bar.
- Calibrate after washing hands with soap and water.
- Calibrate when you see "???") in the status bar.
- Calibrate at least once every 12 hours.
Which of the following are calibration “do’s?”

• Calibrate when glucose is <40 or >400 mg/dL.
• Calibrate when there are straight up or down arrows on the screen.
• **Calibrate using fingertips only.**
• Calibrate when you see the out of range symbol in the status bar.
• **Calibrate after washing hands with soap and water.**
• Calibrate when you see "???" in the status bar.
• **Calibrate at least once every 12 hours.**
Sensor site selection and preparation.

After using the Dexcom G4® PLATINUM CGM for some period of time, people often have questions about site selection and preparation. Let's review some tips:

• Wash and dry your hands thoroughly.
• Find a fatty, "pinchable" area on your belly.
• Clean the area with alcohol and let dry.
• Avoid areas with scarring, tattoos, or rough patches of skin.
• The site you select should be out of the way of your waistband, friction areas or areas where you put pressure while sleeping.
• Place the Sensor at least 3 inches away from your Insulin Pump infusion site.
Sensor placement sites.
Do not place the Sensor on any other sites.

- Adults age 18 or older: insert in the belly (front of body, option A)
- Children and adolescents between 2 and 17 years old: insert in the belly (front of body, option A) or the upper buttocks (back of body, option B)

Warning: Sensor placement has not been tested and is not approved for other sites. Please refer to the Owner's Booklet for detailed instructions about inserting the Sensor.
Using snooze time.

• You can program your High and Low Alerts to re-alert by setting “Snooze Time” to how many minutes later you would like to receive a re-alert if your glucose level continues to be outside your range.

• **Tips for High Alert Snooze Time:** Use after eating a high fat or high protein meal, after correcting for a high BG value, at bedtime, or if you have changed your insulin pump infusion set.

• **Tips for Low Alert Snooze Time:** Use after treating a low BG value, during and after exercise, or at bedtime.

NOTE: Consult with your healthcare provider on the settings that are most appropriate for you.
Programming snooze time.

- You may set a Snooze Time for High and Low Alerts from 0–300 minutes, in 30 minute increments.
- No re-alert will occur if Snooze Time is set to 0 minutes.
- Press OK to confirm your Snooze Time.

NOTE: Consult with your healthcare provider on the settings that are most appropriate for you.
Using rise rate and fall rate alerts.

You can program rise and fall rate alerts to support your basic alerts. These alerts help to provide an additional level of glucose awareness when your glucose is rising or falling, and may help in avoiding hypo- or hyperglycemic events.

Times when you may want to use rise and fall rate alerts:

- After eating a meal in which you were unsure of the carbohydrate content.
- After you give a correction dose of insulin.
- Overnight, during and after exercise, during stressful/emotional times, or on sick days.
- When you are trying to achieve the ADA guidelines for peak after-meal glucose of less than 180 mg/dL.
Programming rise rate and fall rate alerts.

Turn feature on (Enable Yes) and choose appropriate rise/fall level.

Tip: Choosing 2 mg/dL/min for Fall Rate Alert gives you more time to treat before your glucose is too low.
Troubleshooting.

Now let’s talk about troubleshooting. Below and on the next slide are some screens you might see at some point when using your CGM, information about each screen, and corresponding troubleshooting actions.

**BG Symbol on CGM Data and Trend screens**
- Calibration needed.
  - Perform calibration.

**ANT symbol**
- Pump and CGM are not communicating or are outside of RF range.
  - If pump is within 12 feet of Sensor Pod, check Owner's Booklet section on Problems with RF Communication.
Troubleshooting.

Sensor failed
• Sensor has shut off before end of 7-day session.
  - Remove failed sensor and insert new Sensor.

Sensor ERR 0
• Sensor cannot calibrate.
  - Press OK, wait 15 minutes, enter 1 fingerstick BG value.
  - If error continues, add additional fingerstick BG value.
  - If no CGM glucose readings appear, then Sensor should be replaced.

The Animas® Vibe® Owner’s Booklet and Dexcom G4 PLATINUM CGM Quick Start Guide contain additional details on product troubleshooting. You can also call Animas Customer Support at 1-877-937-7867 any time for troubleshooting support.
Course summary.

Thank you for viewing the “Next Steps for Success: More Tips for Using CGM” training course. This course was designed to further your understanding of how you can use CGM to make more informed decisions about managing your glucose.

For additional information and resources about using your Animas Vibe Insulin Pump and CGM System visit www.animas.com