

Medtronic

MiniMed™ 780G System*

Type 1 Diabetes and Exercise Benefits and Recommendations



Do you want to exercise but find it hard to know what to do before, during and after exercise? We have put together a few considerations for you.

Why is it important to exercise?



Benefits^{1,2,3}

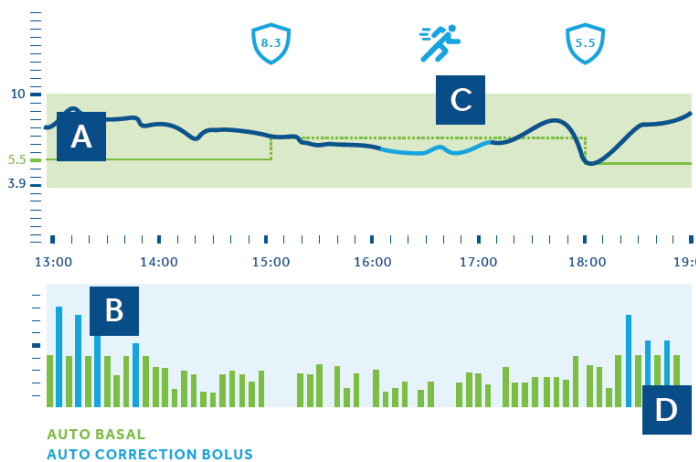
- Improved lipid profile
- Weight reduction
- Blood pressure
- Insulin sensitivity
- Reduction of diabetes-related comorbidities & cardiovascular risk
- Psychological well being



ADA Recommendations⁴

- 150 minutes per week aggregate
- Avoid 2 consecutive days without physical activity
- 2-3 sessions per week of resistance exercise on nonconsecutive days

How the MiniMed™ 780G SmartGuard™ feature adapts to your glucose levels



A. 5.5 mmol/L is the default setting, but you could choose to change it to 6.1 mmol/L or 6.7 mmol/L.

B. Basal insulin adjusts every 5 min based on SG values.

C. Temp Target of 8.3 mmol/L is activated by the user due to exercise

D. Auto corrections delivered every 5 min. if max basal is reached and SG is above 6.7 mmol/L, as determined by the algorithm. Note: no autocorrections if Temp Target is active

A Temporary Target of 8.3 mmol/L can be set for high activity situations, such as exercise.

The Auto Correction feature is inactive during an active temp target. It resumes after the temp target completes.

*Components sold separately

Exercise protocol for a common 45min activity using MiniMed™ 780G system when using the SmartGuard™ feature⁵



Start Temp Target

60-120mins before
the start of exercise

Supplemental Carbs

if required 15 min. before the exercise
Glucose \leq 7.0 mmol/L: 10 g CHO
Glucose $<$ 5.0 mmol/L: 20 g CHO

Stop Temp Target

approximately 15 min. after
your exercise has ended

✓ DOs

- Discuss your exercise strategy with your diabetes team
- Start Temp target 1-2 hours before the exercise starts
- Start exercise in target range
- If needed, consider replacement carbs before and during exercise - but do not enter in the SmartGuard™ bolus screen*
- If disconnecting the pump for exercise (i.e., contact sport), suspend insulin delivery to ensure correct TDD - but limit suspending the pump to the minimum
- Turn off Temp Target approximately 15 minutes after exercise
- Post-exercise meal : consider bolus modification
- Trust the system and let the algorithm do the work

✗ DON'Ts

- Exercise immediately with rapidly rising glucose levels
- Overtreating hypoglycaemia
- Entering replacement carbs in the SmartGuard™ Bolus screen*
- Exercising with high insulin on board
- Carb-loading before exercise

* Only carbs for regular meals or snacks should be entered into the SmartGuard™ bolus feature - not any rescue carbs should be entered.

If you have further questions about exercise and MiniMed™ 780G system, please contact your local diabetes team for more support

1. Bohn B, et al. Diabetes Care 2015 ;38 :1536-1543. 2. Kriska AM, et al. J Clin Epidemiol 1991;44:1207-1214. 3. Standards of Medical Care in Diabetes 2019. Diabetes Care 2019. 42 (Supplement 1): S1-S2 Colberg SR, et al. Diabetes Care 2016;39:2065-2079. 5. O'Neal et al. Diabetes Care. Volume 43, February 2020 480-483

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See the device manual for detailed information regarding the instructions for use, indications, contraindications, warnings, precautions, and potential adverse events. For further information, contact your local Medtronic representative.