

Sleep and Exercise Activities

for the t:slim X2 Insulin Pump with Control-IQ Technology



UNITS OF MEASURE MMOL/L

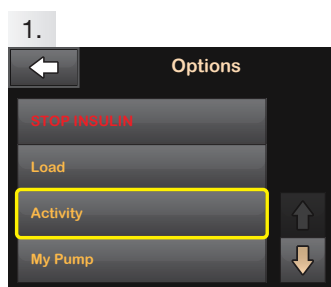
The instructions below are provided as a reference tool for caregivers who are already familiar with the use of an insulin pump and with insulin therapy in general. Not all screens are shown. For more detailed information on the operation of the t:slim X2™ insulin pump, please refer to its user guide.

Sleep and Exercise Activities

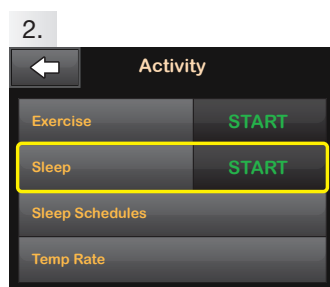
Control-IQ™ technology offers optional settings for Sleep and Exercise Activities that will change the treatment values when enabled.



To enable Sleep:

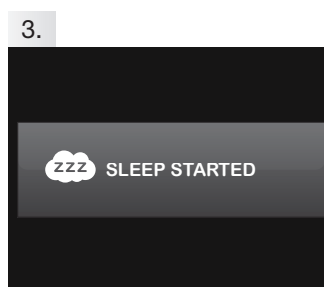


From the Options menu tap **Activity**.



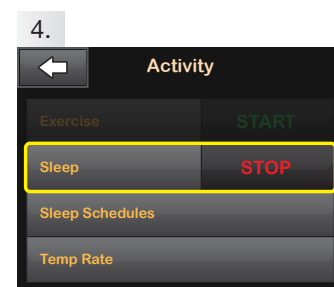
Tap **START** next to Sleep.

NOTE: Sleep and Exercise cannot be enabled at the same time.



Sleep is now enabled.

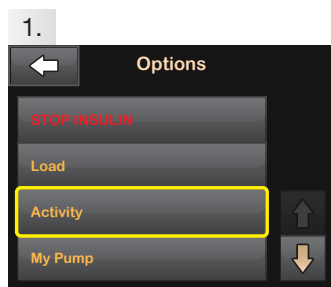
NOTE: To disable Sleep Activity, repeat the previous steps and tap **STOP**.



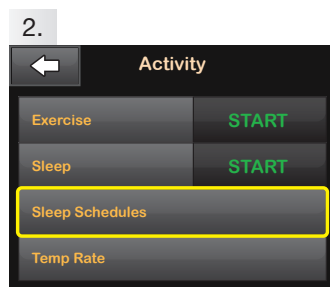
Tap **STOP** to turn Sleep off.

Using Sleep Schedules is Recommended

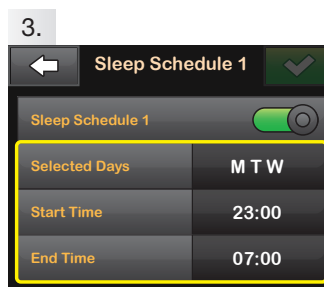
Within the Sleep Activity, users can set up two sleep schedules, which will automatically turn Sleep on and off at pre-programmed times. For example, one might be set up for weekdays and the other for weekends.



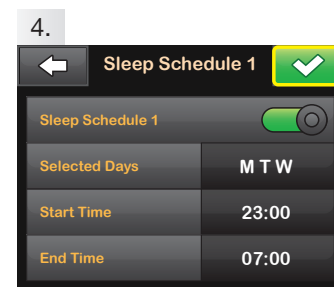
From the Options menu tap **Activity**.



Tap **Sleep Schedules**. Then, select one of the two Sleep Schedules to set it up.



Select any or all days of the week. Set the time that the sleep function will start and end on those days. These times should reflect the time the user generally goes to sleep and wakes up.



Tap to save the settings.

NOTES:

- » No Automatic Correction Boluses will be delivered during Sleep.
- » If not using pre-programmed Sleep Schedules, Sleep must be manually turned on and off.
- » If you have a Sleep Schedule set and go to bed earlier/later it will still turn off at the programmed time.
- » If Exercise is enabled at the time Sleep is scheduled to start, Sleep will not begin. Once Exercise is turned off, the user will need to manually start Sleep or wait until the next scheduled Sleep cycle.

NOTE:

Manual Sleep Start/Stop: If you manually start Sleep before a Sleep Schedule begins, it does not impact the scheduled wake time. For example, if your Sleep Schedule is set from 10pm to 6am (22:00 to 6:00), and you start Sleep manually at 9pm (21:00), Sleep will end at 6am (6:00) as scheduled; unless manually stopped.

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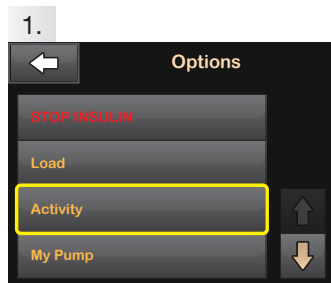


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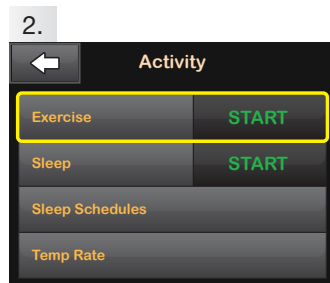
The instructions below are provided as a reference tool for caregivers who are already familiar with the use of an insulin pump and with insulin therapy in general. Not all screens are shown. For more detailed information on the operation of the t:slim X2™ insulin pump, please refer to its user guide.



To enable Exercise:



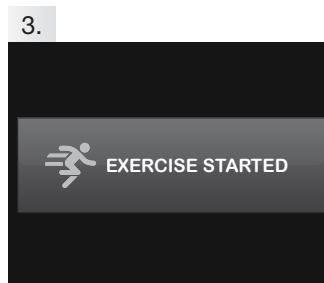
1. From the Options menu tap **Activity**.



2. Tap **START** next to Exercise.

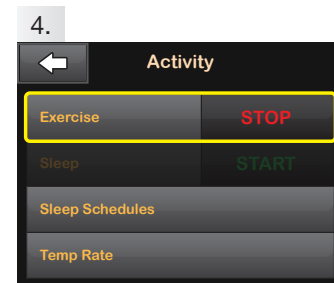
NOTE: Exercise and Sleep cannot be enabled at the same time.

NOTE: If Exercise is active at the time Sleep is scheduled to start, Sleep will not begin. Once Exercise is turned off, the user will need to manually start Sleep or wait until the next scheduled Sleep cycle.



3. Exercise is now enabled.

NOTE: To disable Exercise Activity, repeat the previous steps and tap **STOP**.



4. Tap **STOP** to turn Exercise off.



Responsible Use
of Control-IQ
Technology

Even with advanced systems such as the t:slim X2 insulin pump with Control-IQ technology, users are still responsible for actively managing their diabetes. Control-IQ technology does not prevent all high and low blood glucose events. The system is designed to help reduce glucose variability, but it requires that users accurately input information, such as meals and periods of sleep or exercise. Control-IQ technology will not function as intended unless all system components, including CGM, infusion sets and pump cartridges, are used as instructed. Importantly, the system cannot adjust insulin dosing if the pump is not receiving CGM readings. Since there are situations and emergencies that the system may not be capable of identifying or addressing, users should always pay attention to their symptoms and treat accordingly.



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t:simulator™ App
A free virtual pump demo



FOR USE IN
CANADA ONLY



Important Safety Information: The t:slim X2 insulin pump with Control-IQ technology (the System) consists of the t:slim X2 insulin pump, which contains Control-IQ technology, and a compatible continuous glucose monitor (CGM, sold separately). The t:slim X2 insulin pump is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in people requiring insulin. The t:slim X2 insulin pump can be used solely for continuous insulin delivery and as part of the System. When used with a compatible CGM, the System can be used to automatically increase, decrease, and suspend delivery of basal insulin based on CGM sensor readings and predicted glucose values. The System can also deliver correction boluses when the glucose value is predicted to exceed a predefined threshold. The pump and the System are indicated for use in individuals six years of age and greater. The pump and the System are intended for single user use. The pump and the System are indicated for use with NovoRapid or Humalog U-100 insulin. The System is intended for the management of Type 1 diabetes.

WARNING: Control-IQ technology should not be used by anyone under the age of six years old. It should also not be used in users who require less than 10 units of insulin per day or who weigh less than 25 kilograms.

The System is not indicated for use in pregnant women, people on dialysis, or critically ill users. Do not use the System if using hydroxyurea.

Users of the pump and the System must: be willing and able to use the insulin pump, CGM, and all other system components in accordance with their respective instructions for use; test blood glucose levels as recommended by their healthcare provider; demonstrate adequate carb-counting skills; maintain sufficient diabetes self-care skills; see healthcare provider(s) regularly; and have adequate vision and/or hearing to recognize all functions of the pump, including alerts, alarms, and reminders. The t:slim X2 pump and the CGM transmitter and sensor must be removed before MRI, CT, or diathermy treatment. Visit tandemdiabetes.com/safetyinfo for additional important safety information.

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