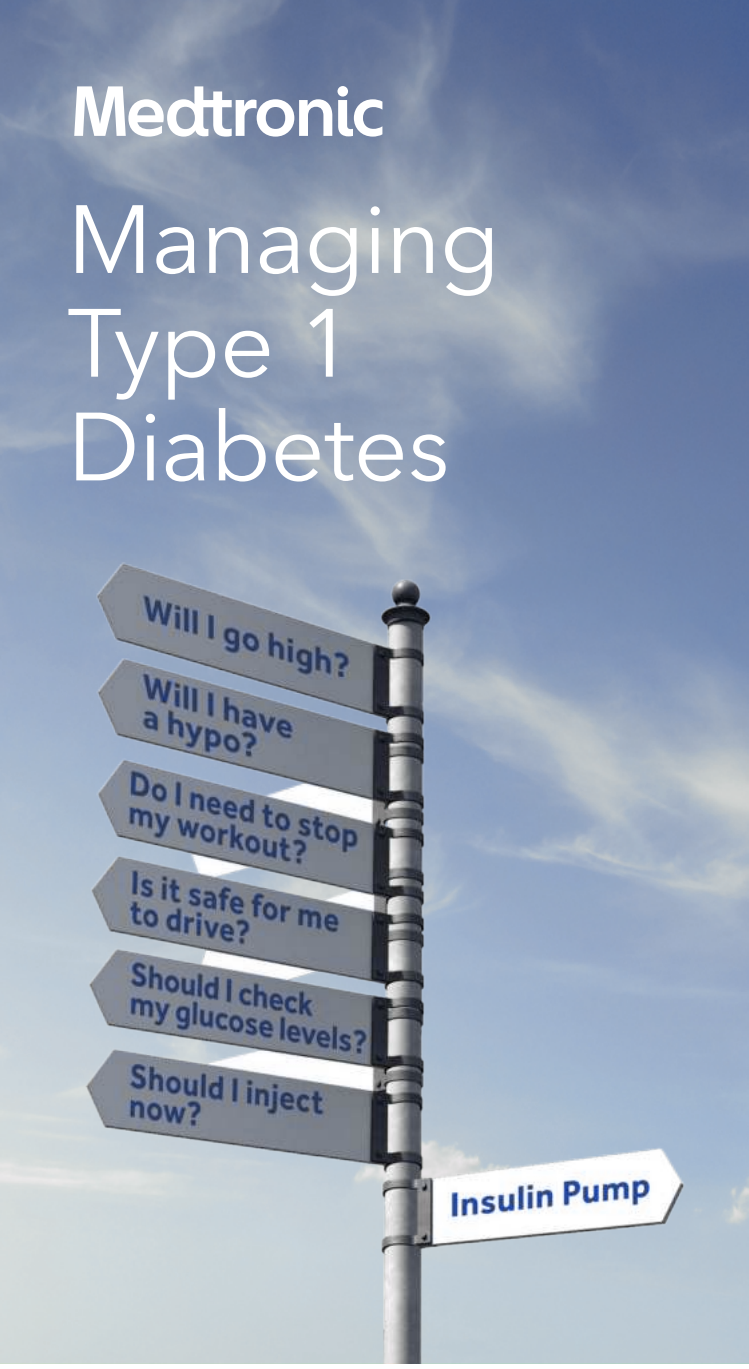
Medtronic

Managing Type 1 Diabetes



Is it time to change?

We recognise that managing diabetes can be hard work

~7 out of 10 people

do not feel very successful with their current therapy with regard to their own emotional wellbeing*[1]

8 out of 10 people

feel that it is a burden to keep their blood glucose within an acceptable range[2]

7 out of 10 people

alter their insulin because of fear of hypos†[3]

* Less than 33% of people with type 1 diabetes describe feeling "very successful" with current therapies.
† After experiencing a mild or moderate hypoglycaemic episode.

There are countless decisions every day

- Should I check my glucose levels?
- Do I need to stop my workout?
- Will I go high?
- Will I have a hypo?
- Should I just eat the same meal?
- Should I excuse myself now to inject?
- How much insulin did I take the last time?
- Blurry vision: hypo or hyper?
- Why is my glucose so up and down?
- How many carbs are in this new meal?
- Is it safe for me to drive home right now?

Day-to-day benefits

People who have switched to an insulin pump describe a range of advantages over multiple daily injections (MDI):[4]

Convenience[4-6]

- Fewer needles[4]
- Easier with exercise[4]
- Easy to bolus in public rather than find somewhere to inject[4]
- Ability to increase or decrease your background insulin for last-minute changes like exercise or sick days[4]
- Smaller than an average mobile phone
- Waterproof so you don't have to worry during water-based activities[6]
- More flexibility to choose what and when you eat and easier to dine out socially[5]

Insulin pumps can help improve treatment satisfaction, quality of life and your general and mental health[7]

90% fewer injections*

MDI: 120 injections a month

Insulin pump: 10–12 times a month (infusion set change, similar to an injection)

Number of injections is reduced with an insulin pump compared to MDI*

MDI

120 injections per month

VS

PUMP

12 insertions per month

*Based on four injections per day for 30 days and one infusion set change every 2–3 days.

Day-to-day

Confidence[4-6]

With an insulin pump, you could achieve:

- Increased spontaneity with social situations[5]
- Greater freedom by being less dependent on planning[5]
- Less risk of incorrect dose[4]
  –Corrections and bolus take your current active insulin into account
- Easy integration with continuous glucose monitoring[4]
- No worry about insulin leaking out after injecting[4]
- Disconnect easily for up to an hour[6]
- Makes travelling easier[5]

What else do you need to consider if you are thinking of switching to an insulin pump?

- The pump needs to stay on you all the time[4]
- If you're comfortable using MDI, you will need to be open to learning a different approach
- There might be more concern around intimate moments[8]
- There are some out-of-pocket costs so please discuss them with your doctor

"I was scared to try an insulin pump thinking the tubing would get in the way. I've now been using an insulin pump for 9 years and I won't be turning back! The tubing is easily manageable, and it has given me the flexibility I need with a busy lifestyle and it allowed me to put life first instead of diabetes. I wish I started sooner" **Brent, patient testimonial**

Better glycaemic control[9,10]

Compared with MDI

With an insulin pump, you could achieve:

4X

Greater likelihood of achieving your HbA1c goals vs MDI9

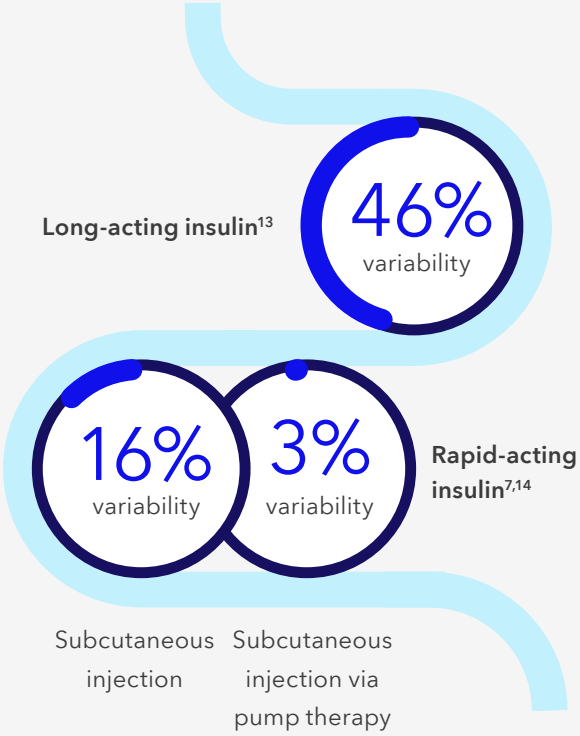
84%

reduction in number of hypos vs MDI[11]

Greater stability of glucose levels[12]

How variable is your insulin?

Rapid-acting insulin, used in insulin pumps, is absorbed more precisely and consistently than long-acting insulin in MDI.[12]



Rapid-acting insulin is less variable when administered via a pump compared with a subcutaneous injection[7,14]

"Choices become abundant, sleep is possible and exercise is even easier. Eliminating long acting insulin was a life saver. I'd never go back to MDI" **Gareth, patient testimonial**

Better long-term outcomes[15]

Compared with MDI

An insulin pump can help maintain blood glucose concentrations within the normal range,[12] reducing the risk of long-term complications compared with one or two daily insulin injections.[12,15]

Kidney damage[15]

Up to
54%
reduction

Eye damage (retinopathy)[15]

Up to
63%
reduction

Nerve damage (neuropathy)[15]

Up to
60%
reduction

Fatal cardiovascular disease[16]

Up to
42%
reduction

Insulin pump plus continuous glucose monitoring

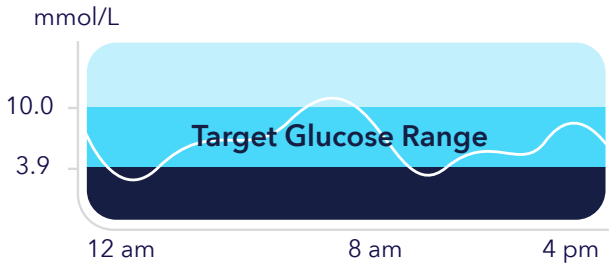
More time in range[17]

When blood-glucose management incorporates continuous glucose monitoring

If you are interested in combining an insulin pump with a continuous glucose monitor, then you will be able to track your 'time in range'.[17]

What is time in range?

Time in range tracks how much time you spend in your target range of blood glucose – normally 3.9–10.0 mmol/L.[17]



Unlike HbA1c, time in range is more reflective of how you feel each day and the ups and downs rather than the average of these, which can often be misleading.[17]

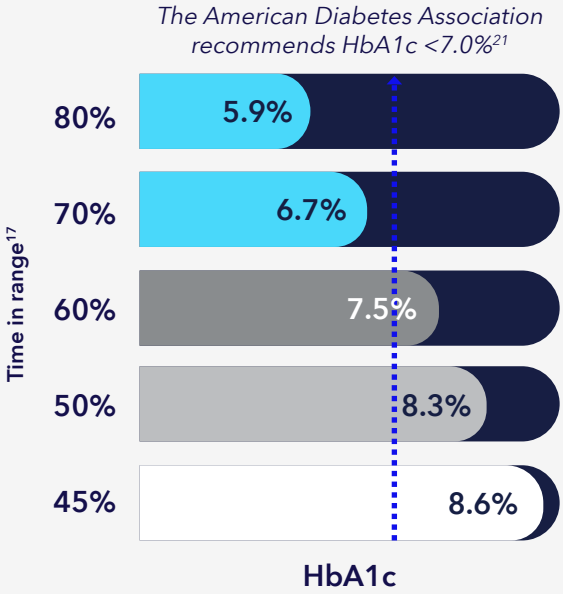
What difference does time in range make?

Reduce your HbA1c

The more time you spend in range, the lower your HbA1c drops.[18]

- 10% more time in range = 0.8% drop in HbA1c[18]

It's recommended that you spend at least 70% time in range,*[19] although we know how challenging that can be – most people on MDI and glucose self-monitoring only achieve 45% time in range.[20]



*If you are less than 24 years old and your HbA1c goal is 7.5%, you should aim for 60% time in range.

Introducing the MiniMed™ 780G insulin pump system

What is it?

The Next Generation of Insulin Pump System tech that mimics some functions of a pancreas for balanced levels through auto-correction dosing.

Every 5 minutes

The MiniMed™ 780G system automatically adjusts and corrects insulin levels for you 24/7, every 5 minutes, as needed.

Anticipates

Anticipates insulin needs. Adjusts insulin delivery. Corrects highs automatically while helping to protect you from lows.[22,23]

Adjusts

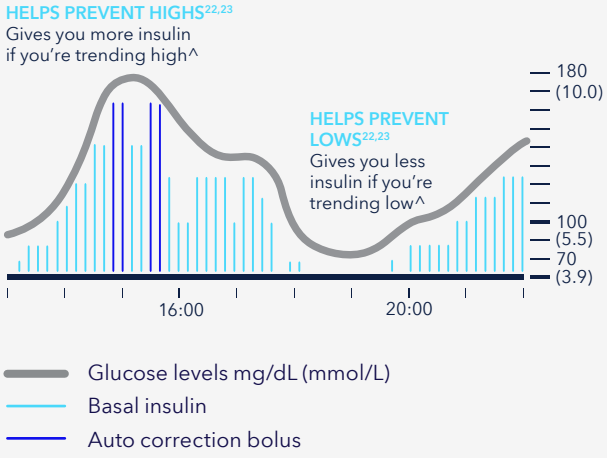
Self-adjusts insulin delivery to your needs, up to 288 times per day.^

Corrects

Automatically corrects highs, while helping to prevent lows.[22,23]

^Refer to System User Guide - SmartGuard™ feature. Some user interaction required.

Smartguard™ technology helps prevent highs & lows[22,23]



5 MIN

Auto corrects highs early, before they occur[22,23]

Adjusted, small auto correction dosing, up to every 5 minutes^

For illustration purposes only.

MiniMed™ 780g System: Advanced technology that takes care of you while you live your life.

72% Less effort to keep high blood glucose levels from happening[24]

70% Less effort to keep low blood glucose levels from happening[24]

84% of subjects achieved GMI goal after study period with optimised settings versus 52% at baseline[24]

79% of subjects achieved Time in Range goal after study period with optimised settings versus 45% at baseline[24]

GMI, Glucose Management Indicator.

The Patients are members of the Patient Ambassador Program and have received consideration for their time. The testimonials included in this booklet relates a genuine account of an individual's response to the treatment, and does not provide any indication, guide, warranty or guarantee as to the response other persons may have to the treatment. Responses to the treatment may vary. Always consult your healthcare professional for a full list of benefits, indications, precautions, clinical results, and other important medical information that pertains to the therapy or products discussed.

Always read the instructions for use.

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