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?**

<table>
<thead>
<tr>
<th>BENEFITS</th>
<th>ADA RECOMMENDATIONS²</th>
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<tr>
<td>• Improves insulin sensitivity, which means your insulin works better²</td>
<td>• 150 minutes per week aggregate</td>
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<td>• Weight management¹,²,³</td>
<td>• Avoid 2 consecutive days without physical activity</td>
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<td>• Helps to build and tone muscles²,³</td>
<td>• 2-3 sessions per week of resistance exercise on non-consecutive days</td>
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<td>• Lowers your risk of heart disease</td>
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<td>• Preserves bone mass²,³</td>
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<tr>
<td>• Enhances quality of life²,³</td>
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</table>

**HOW THE MINIMED™ 780G SMARTGUARD™ FEATURE ADAPTS TO YOUR GLUCOSE LEVELS**

[A] 5.5 mmol/L (100 mg/dL) is the default setting, but you could choose to change it to 6.1 mmol/L (110 mg/dL) or 6.7 mmol/L (120 mg/dL).

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

[C] Temp Target of 8.3 mmol/L (150 mg/dL) 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 (120 mg/dL), as determined by the algorithm.

**A TEMPORARY TARGET (TEMP TARGET) of 8.3 mmol/L (150 mg/dL) can be used at any time you may be concerned about lows, such as exercise.**

**THE AUTO CORRECTION feature is inactive when a Temp Target is running. It resumes after the Temp Target has ended.**
EXERCISE PROTOCOL MINIMED™ 780G SYSTEM FOR A COMMON 45 MIN. EXERCISE WHEN USING THE SMARTGUARD™ FEATURE

START TEMP TARGET
60-120 min. prior to exercise

SUPPLEMENTAL CARBS
required 15 min. before exercise:
If glucose < 5.0 mmol/L (90mg/dL): 10-20g carbs
If glucose 5.0-6.9 mmol/L (90-124 mg/dL): 10 g carbs

STOP TEMP TARGET
0-15 minutes after your exercise has ended

HELPFUL
- Discuss your exercise strategy with your diabetes healthcare team
- Start Temp Target 1-2 hours before the exercise starts
- Start exercise in target range
- If low before / during exercise, consider taking supplemental carbs - but do not enter and bolus for supplemental carbs through the SmartGuard™ Bolus Feature*
- If disconnecting the pump for exercise (e.g. contact sport), manually suspend insulin delivery to ensure correct tracking of insulin delivery - but keep manual suspension of the pump to a minimum
- Turn off Temp Target 0-15 minutes after exercise
- Post-exercise meal: usual bolus or slight reduction (<25%)
- Trust the system and let the algorithm do the work

AVOID
- Starting your exercise if glucose levels are rising rapidly
- Overtreating hypoglycaemia
- Bolussing for supplemental (rescue) carbs*
- Exercising with high active insulin on board
- Carb-loading before exercise

* Only enter and bolus for carbs for regular meals or snacks through the Bolus Feature - do not bolus for supplemental (rescue) carbs.

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

References

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