

# MiniMed™ 780G system

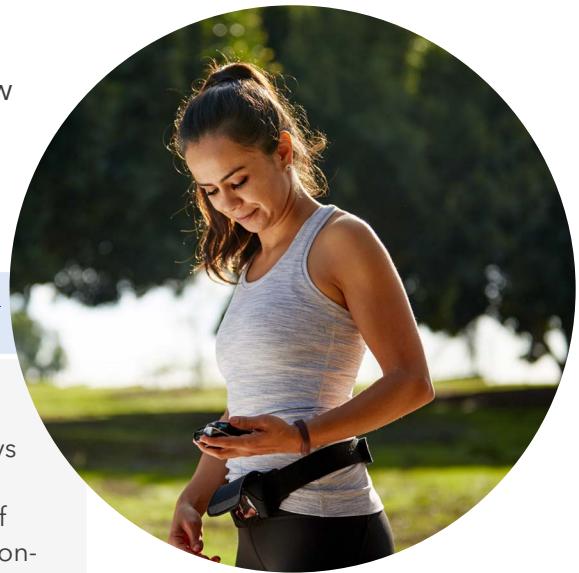
## Type 1 Diabetes & exercise

### Benefits & Recommendations

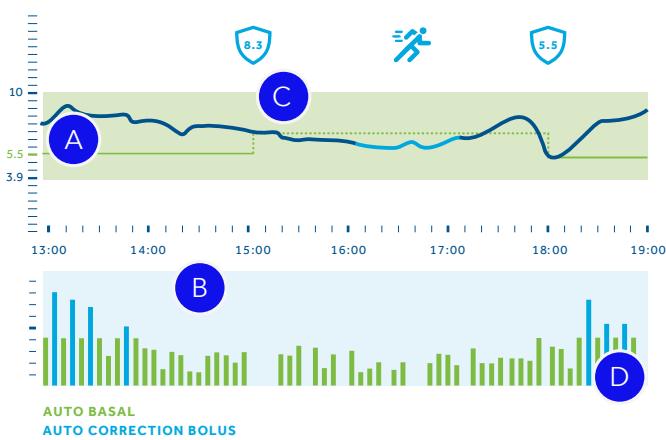
Do you want to exercise but find it hard to know what to do before, during and after exercise? We have put together a few considerations for you.

#### Why is it important to exercise?

Benefits <sup>1,2,3</sup>	ADA recommendations <sup>4</sup>
<ul style="list-style-type: none"><li>• Improved lipid profile</li><li>• Weight reduction</li><li>• Blood pressure</li><li>• Insulin sensitivity</li><li>• Reduction of diabetes-related comorbidities &amp; cardiovascular risk</li><li>• Psychological well being</li></ul>	<ul style="list-style-type: none"><li>• 150 minutes per week aggregate</li><li>• Avoid 2 consecutive days without physical activity</li><li>• 2-3 sessions per week of resistance exercise on non-consecutive days</li></ul>



#### 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

**ⓘ** A temporary target (temp 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.

# Exercise protocol MiniMed™ 780G system for a common 45 min exercise when using the SmartGuard™ feature<sup>5</sup>



**Start Temp Target**  
60 - 120 min prior to 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

## Do's

- 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 stopping 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

## Dont's

- Exercise with rapidly rising glucose levels
- Over treating hypoglycaemia
- Enter replacement carbs in the SmartGuard™ Bolus screen\*
- Exercise with high insulin on board
- Carb-load before exercise

\* Only carbs for regular meals or snacks should be entered into the SmartGuard™ Bolus feature - no rescue or supplemental carbs should be entered.

If you have further questions about exercise and MiniMed™ 780G system please contact your local diabetes team for more support: for UK **01923 205167** and ROI **015111499**.

### References:

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.
4. 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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