

# MiniMed™ 780G system

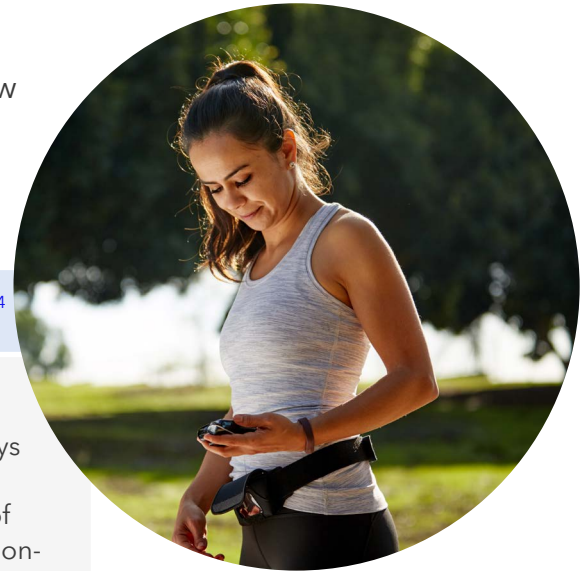
## Type 1 Diabetes & exercise

## Benefits & Recommendations

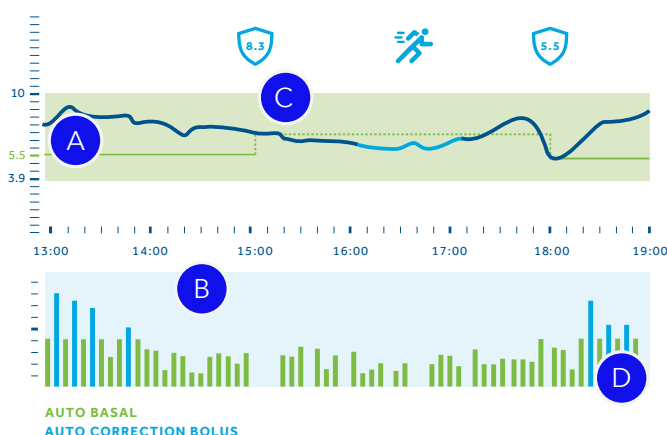
Do you want to exercise but find it hard to know what to do before, during and after exercise? We have put together a few considerations for you.

### 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

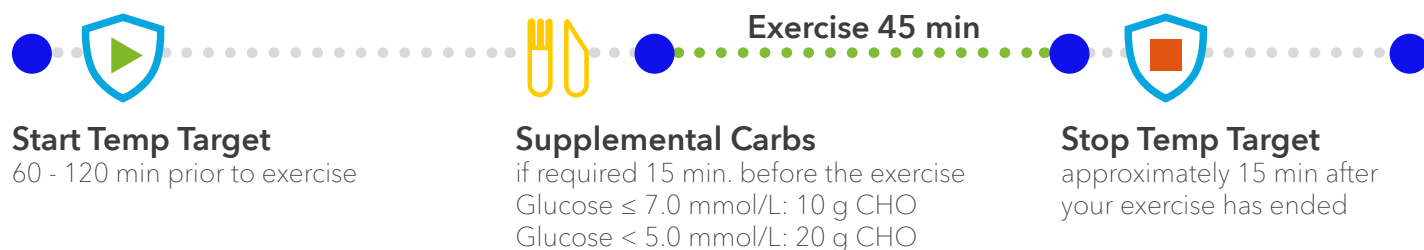


- A** 5.5 mmol/L is the default setting but you could choose to change it to 6.1 mmol/L or 6.7 mmol/L
- B** Basal insulin adjusts every 5 min based on SG values
- C** Temp Target of 8.3 mmol/L is activated by the user due to exercise.
- D** Auto corrections delivered every 5 min if max basal is reached and SG is above 6.7 mmol/L, as determined by the algorithm

**i** A temporary target (temp target) of 8.3 mmol/L can be set for high activity situations, such as exercise.

**i** 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>



## 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



**United Kingdom**  
Building 9, Croxley Park,  
Hatters Lane,  
Watford  
WD18 8WW  
Diabetes Helpline UK:  
+44 (0)1923 205167

**Republic of Ireland**  
Block 3090-3094,  
Lake Drive City West  
Business Campus, Dublin  
DN24XN47  
Diabetes Helpline Ireland:  
+353 (0) 15111499

UK-GDB-2300044 © Medtronic 2023. All rights reserved. Medtronic and the Medtronic logo are trademarks of Medtronic.™\* Third party brands are trademarks of their respective owners. All other brands are trademarks of a Medtronic company.

[medtronic-diabetes.co.uk](https://medtronic-diabetes.co.uk)

[medtronic-diabetes.ie](https://medtronic-diabetes.ie)

**Medtronic**