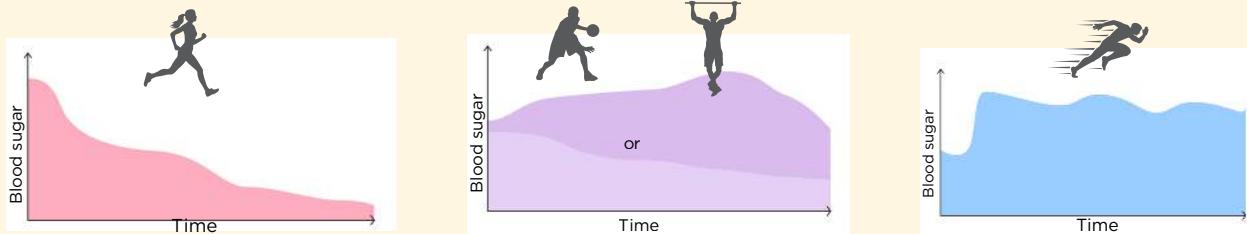


Management of blood sugar during physical activity with automated insulin delivery systems

Before physical Activity

Assess the anticipated blood sugar variation based on:

- The timing of exercise in relation to the previous meal.
- The type, duration, and intensity of the exercise.



If a decrease in blood sugar is expected, set 1 to 2 hours beforehand (or as soon as possible):

1.



Activity Feature



Temp Target



Exercise Mode



Ease-Off and/or increase target

2. If the physical activity starts less than 2 hours after meal, decrease meal bolus by 25 to 33%.

At the start of physical activity

If risk of hypoglycemia (e.g., insulin on board, blood sugar lower than 7 mmol/L), take 10-20g of carbohydrates, without entering them in the system.

For contact or water sports, pumps with tubing can be removed for up to 120 minutes.

During physical activity

For efforts lasting longer than 20 minutes, consider the CGM's trend arrows to assess the need for additional carbohydrates.

CGM trend arrow	Carbohydrate to take if blood sugar under 7mmol/L (DO NOT enter in the system)
↑	3-6 g
↓↑	6-9 g
↓	9-12 g
↓↓	12-20 g

Repeat every 20-30 minutes depending on blood sugar levels and trend arrows. More carbohydrates may be required for longer exercise or for performance.

After physical activity

Depending on blood sugar level and trend, stop or maintain the Activity feature, temp target, exercise mode, or Ease-off (e.g., for 120 minutes).

