**Managing Activity on Omnipod 5**

Managing activity on hybrid closed loop pump systems can still be tricky. Below are some of our top tips but please bear in mind that glucose levels respond differently to activity for everyone, so this is just general advice. Some people find that they need to come out of SmartAdjust Auto Mode completely during activity. If you would like to discuss this is more detail, please contact us for an appointment.

**TOP TIPS:**

* Use the ACTIVITY target of 8.3mmol/L.
* Ideally try to start the ACTIVITY target 1 to 2 hours before activity.
* **DO NOT** eat extra carbohydrates before activity without giving a bolus dose of insulin. SmartAdjust will notice a rise in glucose levels and will try to correct this by increasing insulin. If you need to take in extra carbohydrates during activity, we recommend “drip feeding” these- up to 8g (e.g. 2x jelly babies) every 20 minutes as required.
* You may need to keep your ACTIVITY target running for up to 90 minutes post activity