

# Top 5 Tips

## for inserting your Simplera Sync™ or Simplera™ sensor†



### 1 Find your sweet spot

Your sensor is designed and approved to be worn on the back of the upper arm, which makes it the perfect spot for optimal sensor performance and longevity. Don't forget to choose a flat area on the back of your upper arm where you can "pinch an inch" that's also free of scar tissue.

### 2 Prep the skin

It's important to prep your skin properly before sensor insertion. Give the area a quick wipe with an alcohol swab. And remember, let it dry completely before inserting the sensor! Clean, dry skin is key.

### 3 Seeing red? Don't fret!

It's not unusual to spot a bit of blood after insertion. If it stops quickly, just wipe and keep going. If it continues, press with gauze at the top of the sensor for up to 3 minutes. Still bleeding or feeling discomfort? Remove the sensor, apply pressure, and insert a new one in a different spot. You can request a sensor replacement online at [Diabetes.shop](https://Diabetes.shop) if needed.

### 4 Get it to stick

Your sensor has a strong adhesive, so you usually won't need extra tape. Just make sure to smooth down the adhesive with your finger after insertion to help it stay in place. If you're very active or in a hot, humid environment, adding overtape can offer extra hold. When it's time to remove the sensor, take it slow – peel gently and consider using an adhesive remover to help protect your skin.



### 5 Don't worry if "Sensor Updating" appears!

This is a safety feature that's most likely to happen on the first day. There's nothing you need to do unless your device alerts you. For most people, it goes away on its own, usually within one hour if you're using the Simplera Sync™ sensor, or within three hours for the Simplera™ sensor. If it lasts longer than that,‡ replace the sensor and contact Medtronic for help.



### Looking for support resources? We've got you covered!



For a refresher on how to insert your sensor, [check out this video](#) or scan the QR code.



Need handy hints for securing and removing your sensor? This [Tape Tips Guide](#) can help and [Diabetes.shop](#) offers a variety of adhesives and other helpful supplies.



### Need a sensor replacement, tape kit, or additional training?

Request any of these or get extra help here: [bit.ly/OnlineReplacement](https://bit.ly/OnlineReplacement).



### Have more questions?

Call Tech Support at 1-800-646-4633, option 1. 24 hours a day, 365 days per year.



### Need more help?



Use the QR code or visit [medtronicdiabetes.com/support](https://www.medtronicdiabetes.com/support) to explore all resources that Medtronic provides.



**We're with you  
on this journey.**

† The Simplera Sync™ sensor, approved for use on the back of the upper arm for ages 7 and older, is compatible with the MiniMed™ 780G system. In contrast, the Simplera CGM sensor, approved for the same site but for ages 18 and older, is intended for use with the InPen™ smart insulin pen and is not compatible with the MiniMed™ 780G system.

‡ Monitor BG with a meter for treatment decisions.

#### **Simplera Sync™**

MiniMed™ 780G System is for type 1 ages 7 and over. Prescription required. **WARNING: Do not use SmartGuard™ feature for people who require less than 8 units or more than 250 units of insulin/day.**

For details, please visit <https://www.medtronicdiabetes.com/support/download-library/user-guides> and [www.medtronicdiabetes.com/importantsafetyinformation](https://www.medtronicdiabetes.com/importantsafetyinformation) for complete details.

#### **Simplera™ System**

The Simplera™ System requires a prescription and is indicated for the management of diabetes in persons ages 18 years and older. The sensor is indicated for up to 6 days of use plus an additional 24-hour grace period. Blood glucose (BG) readings are required (1) during the first 12 hours of use, (2) if no sensor data is available, (3) when symptoms do not match the sensor glucose (SG) value, and (4) when taking certain medications. Not taking BG readings as indicated can lead to incorrect sensor glucose readings, over-administration of insulin, and possible hypoglycemia. Proper settings and hearing are also required. Sensor use can also result in skin irritation, bruising, discomfort, redness, bleeding, and infection, and sensors in general also pose a choking risk to young children, which can result in serious injury or death. For complete details see <https://www.medtronicdiabetes.com/support/download-library/user-guides> and <https://bit.ly/SimpleraSafety>.