



## Pod placement options

Discreet and wearable in so many places

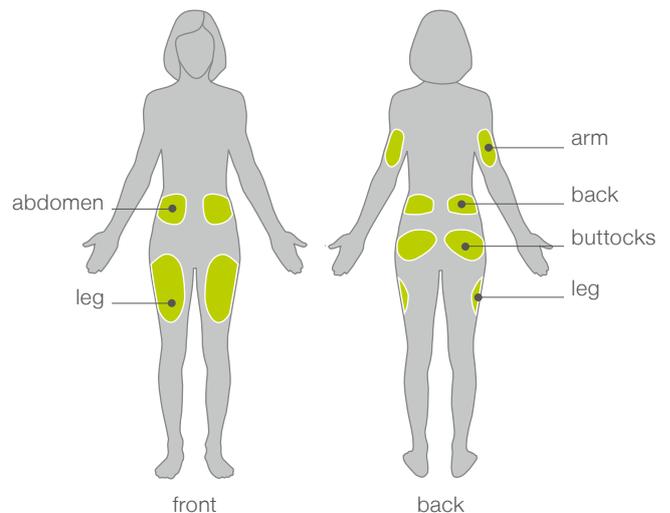
The mylife™ OmniPod® has no tubing. There is no need to carry a pump on a belt clip, in a small pouch under your clothes or in a bra. No more snagged or twisted infusion sets.

A Pod can be worn in most places where an injection would be possible with insulin pen treatment (MDI/ICT), meaning fewer site management challenges. And because it's so small, it attracts less attention and provides a greater sense of freedom.

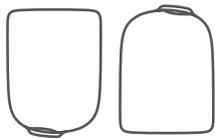
### Site selection

Change the site location each time you apply a new Pod; improper site rotation can reduce insulin absorption. The new site should be at least 2.5 cm away from the previous site, 5 cm away from the navel and not over a mole or a scar.

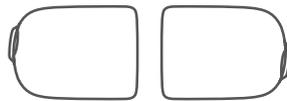
And be careful not to put it where it will be uncomfortable or dislodge when you sit or move around; for instance, don't place it near folds of skin or directly under your waist band.



### Recommended positioning for each body area



**On arms and legs**  
Apply Pod vertically or at a slight angle.



**On the lower back, abdomen and buttocks**  
Apply Pod horizontally or at a slight angle



Do not place the Pod on tattoos or scar tissue or where it will be affected by skin folds or a belt, as this might affect placement or absorption of insulin.

### Pinching up

Place your hand over the Pod and pinch the skin surrounding the viewing window. Then press the Start button on the PDM. Release pinch when the cannula inserts. This step is critical if the insertion site is very lean or does not have much fatty tissue.





## Pod adhesion tips and resources

### Discreet and wearable in so many places

The mylife™ OmniPod® is all about freedom – including the freedom to swim and perform active sports. The Pod’s adhesive keeps it securely in place for up to 3 days. However, if necessary, products are available that may enhance adhesion. These tips from “Podders” and prescribing healthcare professionals (HCPs) may provide added adhesion of your Pod.

#### Site preparation

- Be cool and dry (not perspiring) for Pod change
- Clean your skin well. Body oils, lotions and sunscreen can loosen the Pod’s adhesive
- To improve adhesion, use an alcohol swab to clean the area around your site – about the size of a tennis ball
- Then let it air dry completely before applying the Pod. We do not recommend blowing on it

Issues	Solution
<b>Oily Skin</b> Residue from soap, lotion, shampoo or conditioner can prevent your Pod from sticking securely.	Clean your site thoroughly with alcohol before applying your Pod – and be sure to let your skin air dry.
<b>Damp Skin</b> Dampness gets in the way of adhesion.	Towel off and allow your site to air dry thoroughly; do not blow on it.
<b>Body Hair</b> Body hair gets between your skin and your Pod – and could keep the Pod from sticking securely.	Clip or shave the site with a razor to create a smooth surface for Pod adhesion. To prevent irritation, we recommend doing this 24 hours before putting on the Pod.



## Available products

Experienced “Podders” have reported using the following products to assist with their Pod’s adhesion during vigorous physical activity<sup>1</sup>. Many of these products are available at your local pharmacy. Everyone’s skin is different – Consult your HCP to determine where to begin and what options are best for you.

Issues	Available products
<b>Preparing the skin</b>	_____
	_____
	_____
<b>Protecting the skin</b>	_____
	_____
	_____

Issues	Available products
<b>Holding the Pod in place</b>	_____
	_____
	_____
<b>Gentle removal of the Pod</b>	_____
	_____
	_____

<sup>1</sup> Insulet and Ypsomed have not tested any of these products in combination with the Pod and do not endorse the use of these products with the Pod. These recommendations have been shared with Insulet or Ypsomed by other mylife™ OmniPod® users, whose needs, preferences and situations may differ from yours. Consult with your healthcare provider prior to the use of any of these products with the Pod.

700001436/10067472-UK-en/V01 OmniPod is a registered trademark of Insulet Corporation.