

Training Takeaways

Welcome to the Tandem Family! Here are some important reminders from your training session to help you get comfortable with insulin pump therapy.



Changing Your Infusion Set:

- ✦ Every 2-3 days (2 days for TruSteel)
- ✦ When in doubt, change it out. If you have unexplained high glucose, consider changing your infusion set.
- ✦ Rotate your site each time
- ✦ Make sure your skin is clean and dry prior to infusion set insertion
- ✦ Your next site change will be: _____

Charging Your Devices:

- ✦ Charge your pump for 10-15 minutes each day
- ✦ If using Tandem mobile apps be sure to keep your phone charged

Filling Your Cartridge:

- ✦ Fill the cartridge with room temperature insulin
- ✦ Fill the cartridge with _____ units of insulin

Uploading Pump Data:

If using a **Tandem mobile app**, your data will automatically upload every hour if the app is kept open on your phone.

OR

If you're **not using a Tandem mobile app**, you can upload data using the Tandem USB cable and your computer prior to appointments with your healthcare provider.

Visit: source.tandemdiabetes.com

If helpful, record your Tandem Source platform login information here:

Username: _____ Password: _____

NOTES: _____

Alerts and Alarms:

Respond to all alerts and alarms to avoid interruption of insulin delivery and/or draining the battery. Once the issue is addressed, be sure to clear the notification on the pump or in the notifications section of the mobile app.

If you get an alarm and are not sure what to do, refer to the Help section of the mobile app, Pump User Guide, or Tandem support web pages.

Additional Supplies to Keep with You:

- + Insulin (pen and/or vial and syringes)
- + Infusion sets
- + Cartridges
- + Pump and phone charging equipment
- + CGM sensors/transmitter or glucose meter/strips

Backup Plan:

Talk to your healthcare provider about a backup plan for scheduled or unscheduled times when you might be off your pump. These could include a day at the beach, a medical procedure, during contact sports, or a pump malfunction.

A backup plan might include:

- + Instructions from your healthcare provider on how to deliver insulin while off the pump
- + Doses for rapid-acting and long-acting insulin
- + Additional supplies such as syringes or insulin pens/pen needles
- + Your current pump settings (found on your pump in Personal Profiles or on Tandem Source)

Your trainer will contact you on: _____

Ongoing Support:

If you have questions about the training you received:

Contact your trainer _____ at _____ during normal business hours.

Questions about your diabetes management:

Contact your healthcare provider: _____

To order pump supplies:

Contact Tandem at 877-801-6901 or distributor: _____

If you have issues with your CGM, contact the CGM manufacturer:

Dexcom: 844-607-8398 Abbott: 855-632-8658



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RX ONLY. Indicated for patients with type 1 diabetes, 6 years and older. Safety info: tandemdiabetes.com/safetyinfo

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