

SYSTEM PROFILE

Omnipod 5 at a glance

TARGET

Primary optimisation lever

Glucose target drives time-in-range. 53.8% of users on the lowest target (6.1 mmol/L) achieve the highest TIR.

REAL-WORLD TIR

64.2%

at 6.1 mmol/L target

REGISTRY

69,902

users · Forlenza 2024

AGE

2+

years and older

Ref: Brown SA et al. 2021 (SECURE-T1D pivotal) · Forlenza GP et al. 2024 (real-world registry) · Pemberton & Uday 2026 (configuration).

THE ESSENTIALS

- ✓ **Tubeless Pod.** No tubing. The only tubeless AID on the UK market.
- ✓ **Algorithm lives in the Pod.** Adjusts every 5 min even without phone connection.
- ✓ **Compatible CGMs:** Dexcom G6 / G7 · FreeStyle Libre 2 Plus.
- ✓ **Five target options** - 6.1, 6.7, 7.2, 7.8, 8.3 mmol/L (110-150 mg/dL).
- ✓ **Activity Mode.** Raises target temporarily for exercise.
- ✓ **Auto-correction boluses.** Every 5 min above target when algorithm judges appropriate.
- ✓ **First Pod learning ~3 days.** Expect stronger performance from the second Pod.

GNL CONFIGURATION FRAMEWORK · PEMBERTON & UDAY 2026

Three tiers - pick the one that fits you

TIER	GLUCOSE TARGET	AIT	OUTCOME PROFILE
Optimal	6.1 mmol/L	2 hours	Highest TIR (64.2% registry)
Balanced	6.7 mmol/L	2.5 hours	Moderate approach
Protective	7.2 mmol/L	3 hours	Most conservative

Target is the biggest lever. Lower target → more aggressive algorithm → more time in range. But only if your boluses keep up with meals. Discuss the right starting tier with your team.

ACTIVITY MODE

Managing exercise on Omnipod 5

- ▶ **Turn on 60-90 min pre-exercise.** Raises target to 8.3 mmol/L, reduces basal delivery.
- ▶ **Keep on during exercise** and turn off 60 min after you stop.
- ▶ **For longer sessions** - reduce mealtime bolus beforehand as well. Activity Mode alone won't cover a 90-min run.

GETTING THE MOST FROM OMNIPOD 5 · PART 1

Bolus engagement - the second biggest lever

Omnipod 5 cannot anticipate meals. Your pre-meal bolus still does 70-80% of the mealtime work. The algorithm auto-corrects what's left.

- ▶ **Pre-bolus when you can.** 10-20 min earlier if glucose is stable, longer if rising.
- ▶ **Count carbs honestly.** Under-bolusing leaves too much for auto-corrections to clean up.
- ▶ **Extended boluses.** Useful for slow-release meals (high-fat, pizza) - split 50/50 over 2 hours.

POD CHANGES & SUPPLY

Planning around the 3-day cycle

- ▶ **Every 3 days** (72 hours max). The algorithm briefly re-learns at each new Pod.
- ▶ **Carry a spare.** Pod failures happen - no more than once a week on average.
- ▶ **Site rotation.** Abdomen, lower back, thighs, upper arm. Rotate every change.

MAJOR IN THE MAJORS · #1

Two settings, most of the outcome

- ▶ **Glucose target.** Lower target = more algorithm work done. Start where your team advises. Move down when you're comfortable.
- ▶ **Active Insulin Time (AIT).** How long the algorithm thinks a bolus is still working. Too long = algorithm holds back. Too short = stacks insulin.
- ▶ **Carb ratios.** Used for all meal boluses - the algorithm uses your settings, not a model of you.
- ▶ **Keep reviewing.** First 4 weeks, then monthly with your team. TIR trend matters more than any single day.

MAJOR IN THE MAJORS · #2

When auto-corrections fall short

- ▶ **Auto-correct is every 5 min.** Maximum one per cycle. Max delivery caps protect you.
- ▶ **If glucose stays above 10 mmol/L for an hour** - consider a manual correction bolus.
- ▶ **Walking a high down** still works. The algorithm won't hurt you for doing it.
- ▶ **Repeated highs at the same time each day** - look at your carb ratio or target, not the algorithm.

MAJOR IN THE MAJORS · #3

Two actions that move HbA1c most

The AID Optimiser models what target + AIT changes will do. Use it before you change anything.

ACTION 1 **AID Algorithm Optimiser**
Model target and AIT changes for Omnipod 5 · SmartAdjust. See expected TIR shift before you commit. →

ACTION 2 **Exercise Planning Explorer**
Before, during and after exercise on Omnipod 5. Activity Mode + bolus reductions modelled for your session. →

GO DEEPER

GNL explorers, guides & podcasts

Interactive tools, graded evidence and long-form reading when you want more than a leaflet.

GUIDE **Full AID Guide - 5-part series**
How every AID algorithm works, side by side. →

SYSTEM **GNL Omnipod 5 Page**
Deep dive - SmartAdjust, registry data, real-world use. →

PODCAST **AID Series - Omnipod 5 episodes**
User experience, DSN perspective, Insulet conversations. →

ASK **Grace - evidence-backed Q&A**
Ask anything about Omnipod 5, AID or T1D. →