Your Guide to Automated Insulin Delivery (AID) Choices

Choose the RIGHT System for YOU!

Type One Journeys

Choose the RIGHT Automated System for YOU!

Each Automated Insulin Delivery (AID) system is unique, and choosing one is a personal decision.

The good news is, each system is an excellent choice, and using *any* AID system is a step forward. The best choice is the one that helps you feel most comfortable and confident in managing your diabetes.

Reflect on which elements matter most to you...

THE PIECES

Wearing it...

- Pump style, look & feel
- Insulin capacity & indications for use
- Infusion set choices, insertion, & considerations
- Lifestyle factors *(wearability, waterproof, etc.)*
- Glucose sensor (CGM) choices

THE ALGORITHM

Trusting it...

- How does basal automation work?
- Does the system auto-correct between meals?
- How much is automated vs. customizable?
  - → *Which settings are you willing to TRUST?*
  - → *Which settings do you prefer to ADJUST?*
- What causes automation to stop & switch to “open loop”?

KEY FUNCTIONS

Using it...

- Display screen, navigation, & menus
- Bolus delivery experience and options
- Additional display options &/or display sharing
- Charging or battery use

EXTRAS

Optimizing it...

- Flexible modes for activity or temporary changes
- Meal or bolus features
- Additional or unique customization options
- Compatible software integration

YOU!

Feeling good about it...

- Past or current experiences
- Your overall personal **preference & feelings**

IMPORTANT NOTE:
Provincial funding &/or private insurance coverage varies by region and plan. Continue to check on updates, as coverage continues to expand.

More tools, learning, & support at:
typeonejourneys.ca

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Automated Insulin Delivery (AID) Systems in Canada

Wearing it...

- Pump style, look & feel
- Insulin capacity & indications for use
- Infusion set choices, insertion, & considerations
- Lifestyle factors *(wearability, waterproof, etc.)*
- Glucose sensor (CGM) choices

THE PIECES

	Insulet **Omnipod 5** 	Medtronic **780G** 	mylife YpsoPump & **CamAPS FX** 	Tandem **Control-IQ** 	Do-It-Yourself **Loop** 
Pump Style	Patch Pump Omnipod 5 + Controller	Durable Pump Medtronic 780G + Optional Phone App Android & Apple compatible	Durable Pump mylife YpsoPump + Phone App Android compatible	Durable Pump Tandem t:slim X2 + Optional Phone App Android & Apple compatible	Select Pumps + Phone App Not Health Canada approved. Must build yourself.
Pump Capacity	200 units	300 units	160 units	300 units	pump choice dependent
Age & Body Weight Indications	≥ 2 years old	7-80 years old 10-300 kg	≥ 1 year old; pregnancy 10-300kg	> 6 years old 25-140 kg	No Health Canada indications.
Total Daily Insulin	> 5 units/day	> 8 units/day	5-350 units/day	10-100 units/day	
Insulin Delivery Via	Pods angled, soft cannula, auto-insertion	Infusion Set *Options:* angled or straight-in insertion +/- inserters; soft cannula or stainless-steel needle			pump choice dependent
Site Wear Time	2-3 days	2-3 days *or* up to 7 days (*with extended wear infusion set*)	2-3 days	2-3 days	pump choice dependent
Waterproof Rating	Pods: XP28 Waterproof: 7.6 meters for 1 hour	Pump: IPX8 Waterproof: 3.6 meters for up to 25 hours	Pump: IPX8 Watertight: 1 meter, 60 mins	Pump: IPX7 Watertight: 3 feet, for 30 mins	pump choice dependent
Glucose Sensor (CGM) Choices	Dexcom G6 or G7	Medtronic Guardian 3 or 4	Dexcom G6	Dexcom G6 or G7	Dexcom G6 or G7
Sensor Wear Time	10 days	7 days	10 days	10 days	10 days

Learn more at: **typeonejourneys.ca**

Disclaimer: We strive to provide accurate information, but product specifications may change. Refer to the manufacturer's website for the most current details.

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Trusting it...

- How does automation work?
- Does the system auto-correct between meals?
- How much is automated vs. customizable?
  - →*Which settings are you willing to TRUST vs. want to ADJUST?*
- What causes automation to stop & switch to "open loop"?

THE ALGORITHM

All systems ↑, ↓, and pause/suspend insulin delivery based on rising & falling glucose levels.





		Insulet **Omnipod 5**	Medtronic **780G**	mylife YpsoPump & **CamAPS FX**	Tandem **Control-IQ**	*Do-It-Yourself* **Loop**
BASAL	**Automated Basal Delivery**	Adjusts from a basal rate calculated by the system (i.e. adaptive basal)	Delivers basal doses calculated by the system (i.e. auto basal)	Delivers basal doses calculated by the system (as extended boluses)	Adjusts from baseline of personal basal rates	
	Predictive?	✓ uses 60 min predicted glucose	✗ uses current glucose & trend	✓ uses 2.5-4 hr predicted glucose	✓ uses 30 min predicted glucose	✓ uses predicted glucose over next 6 hr
	Adaptable?	✓ updates at each pod change based on total daily insulin delivery history	✓ updates daily based on total daily insulin delivery history	✓ updates based on total daily insulin, time of day, & meal responses	✗ user adjusts baseline basal rates & settings as needed	
BOLUS	**Meal Bolus**	Manual carbohydrate or meal entry required.				
	Auto-Correction Boluses	✗ user may deliver manual correction doses as needed	✓ up to every 5 mins if ≥6.7 mmol/L & at max basal delivery	✗ use caution with manual correction boluses	✓ up to 1x per hr, if predicted glucose >10 mmol/L (60% of calculated dose)	✓ Optional
SETTINGS	**Settings to TRUST**	• Basal insulin	• Basal insulin • Correction factor (ISF) • Auto-correct target: 6.7 mmol/L	• Basal insulin	• Insulin action time: 5 hrs • Treatment range: 6.25-7.9 mmol/L • Bolus target: 6.1 mmol/L	*All core pump settings can be adjusted:* ✓ Carb ratio ★ Basal rates ★ Correction factor ★ Insulin action curve ★ Target: *value or range within* 4.8-10.0 mmol/L
	Settings to ADJUST ★ *Impacts automation*	✓ Carb ratio ✓ Correction factor ✓ Insulin action time ★ Target: 6.1, 6.7, 7.2, 7.8, or 8.3 mmol/L *(by time of day)*	✓ Carb ratio ★ Insulin action time ★ Target: 5.5, 6.1, or 6.7 mmol/L	✓ Carb ratio ✓ Correction Factor ✓ Insulin action time ★ Target: *value within* 4.4-11.0 mmol/L *(by time of day)*	✓ Carb ratio ★ Basal rates ★ Correction factor	
STOP	**Stop Automation Reasons** (reverts to "Open Loop")	Loss of sensor data Min/max delivery limits	Loss of sensor data Min/max delivery limits	Loss of sensor data Loss of phone connection with pump	Loss of sensor data	Loss of sensor data Loss of phone connection with pump

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Navigation & Menus	Touchscreen Menu-driven	Buttons Icon and menu-driven	App: Touchscreen & menu-driven Pump: Icon pump menus	Touchscreen Menu-driven	Touchscreen Menu-driven
Bolus Delivery Via...	Controller with Omnipod 5 App	Pump	mylife Phone app (Android) + Basic bolus functions via pump	Pump *or* Phone App	Phone App (iOS) Smartwatch
Bolus Calculator Key Features	• Carbohydrate *or* custom food item entry • Option to adjust for sensor glucose + trend • Dose override option	• Carbohydrate entry • Sensor glucose auto-populates	• Carbohydrate *or* meal size entry • Option to use sensor glucose	• Carbohydrate entry • Sensor glucose auto-populates • Dose override option	• Carbohydrate entry • Sensor glucose auto-populates • Dose override option
Additional Display Options for User	*NA* Sensor data viewable via Dexcom apps	MiniMed™ mobile app phone & smartwatch	*NA* Sensor data viewable via Dexcom apps	t:slim mobile app + Dexcom apps	*NA* Sensor data viewable via Dexcom apps
Real-Time Sharing with Support Persons	Omnipod View App Dexcom Share/Follow	Carelink Connect App	mylife CamAPS FX Companion App Dexcom Share/Follow	*NA for pump data* Dexcom Share/Follow	Nightscout, Tidepool, Dexcom Share/Follow
Charging or Battery Use	Pods: single use Controller: rechargeable	Pump: AA battery	Pump: AAA battery Phone: rechargeable	Pump: rechargeable	Pump: *pump choice dependent* Phone: rechargeable

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For LESS Insulin *e.g. exercise or insulin sensitive*	**Activity** • ↑ target to 8.3 mmol/L • Set for 1 - 24 hours	**Temp target:** • ↑ target to 8.3 mmol/L • Set for up to 24 hours • No auto-correction boluses	**Ease Off** • ↑ personal target & insulin sensitivity • Can pre-program up to 24 hours in advance	**Exercise Activity** • ↑ treatment range to: 7.8-8.9 mmol/L • Set for 30 min – 8 hours	**Temp Overrides:** • ↑ or ↓ *all* insulin needs &/or target range • Ability to pre-program multiple options • Can schedule future start time
For MORE Insulin *e.g. illness or insulin resistance*	---	---	**Boost** • ↑ insulin delivery if glucose rises • Can program up to 24 hours in advance	**Sleep Activity** • Tightens treatment range to 6.25-6.7 mmol/L • No auto-correction boluses • Personalize schedule	
Unique Meal Bolus Features	**Custom food feature:** • Save common foods &/or program set carb amounts for meals **"Use SENSOR" option:** • Adds sensor glucose & trend arrow adjustments to bolus calculation	**Meal detection:** • Auto-correction boluses may be stronger with rapid glucose rises	**Pre-defined meal option** • Customize meal size categories **Add meal function for:** • Delayed meal entry • Low treatment • Slowly absorbed meal	✓ Extended bolus option with Control-IQ use (via pump only)	✓ Option to change meal type (carb absorption time) ✓ Pre-meal target option ✓ Ability to change meal entry time for delayed boluses
Other	---	---	---	Alternate personal profiles (customize any adjustable settings for specific needs)	Remote bolus options
Compatible Software	Glooko Auto-uploads via controller	CareLink Auto-uploads via app	mylife Cloud Auto-uploads via app	Tandem Source Auto-uploads via app	Nightscout Tidepool

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