



Travelling with mylife Loop



Note: Please discuss all recommendations with your diabetes team.

Going on holiday or travelling with mylife Loop is easy!

- Take plenty of supplies (insulin vials, spare background (long-acting) and rapid-acting insulin pens, infusion sets, reservoirs, batteries, blood glucose and ketone testing strips etc). Do not forget your phone charger and travel plug.
- Ask your diabetes team for a travel letter for airport security.
- Consider using “Ease-off” and/or setting a higher personal glucose target to reduce the risk of low glucose levels (hypos) for the first few days of holiday and/or if you are going to be more active than usual or are staying in a hotter climate.
- Consider using “Boost” and/or slightly lowering your personal glucose target temporarily to manage highs without increasing the risk of hypos if your glucose levels are running higher than usual while on holiday or travelling.

Flying with mylife Loop

- The mylife CamAPS FX app communicates with the sensor and mylife YpsoPump via Bluetooth®.
- Some airlines will ask for the phone to be put in “Airplane mode” for the take-off and landing which might turn off Bluetooth® communication in some phones.
- If Bluetooth® is turned off, the algorithm will continue to deliver insulin for about 30 minutes before the pump’s pre-programmed basal rate takes over.
- Once safe to do so, “Airplane mode” should be switched on so that the mylife CamAPS FX app can continue to receive glucose data and allow “Auto mode” to adjust the insulin delivery accordingly.
- Disconnect the pump’s infusion set from the cannula on take-off and landing. Please do not forget to reconnect once at cruising altitude or when landed.

Changing time zones

- If the smartphone settings allow for automatic time zone updates, the mylife CamAPS FX app and the mylife YpsoPump will automatically update as well, so there is no need to manually change the time on the app and on the insulin pump.

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 For safety information on mentioned products, see Instructions for Use or www.mylife-diabetescare.com/safety