



# Carb Amount and Absorption Time

The twiist™ AID System uses the **amount of carbohydrates consumed** (grams of carbohydrates) and **absorption time** to help determine your insulin needs.

Absorption time tells twiist **how quickly** and for how long carbs are estimated to affect your glucose levels.

## Your Role

Estimate amount of carbs and absorption time to help guide twiist. It does not have to be exact!

## twiist's Role

Use your estimated carb entry and glucose readings to help determine your insulin needs.

	Food/Drink Type	Absorption Time	Example
	Fast	30 minutes	Juice, fruit, candy, glucose tabs
	Medium	3 hours	Sandwich, mixed meals, protein bar/shake
	Slow	5 hours	Pizza, fried food



Foods and drinks containing fat or protein can slow absorption time.



The default emoji is 🌮. It is optional to change the 🌮 icon. It's about "this meal acts like 🌮 or 🍕 in my body, not "I ate a taco" or "I ate a pizza".



Start simple, stay with 🌮 for your meals. Over time, you will learn what works best for you!



Only enter one emoji per meal. If multiple are entered, the system only uses the selected absorption time of the last emoji entered.

## Active Carbohydrates Chart

Sometimes, the absorbed carbs may be higher or lower than what you entered. The twiist AID System tracks how your glucose responds after eating. If your glucose rises more than expected, twiist will show more absorbed carbs. If your glucose rises less, it will show fewer absorbed carbs.

### Why would your carb absorption values be different than the number of carbs entered?

- Activity or exercise
- Stress, illness, hormones
- twiist settings like carb ratio or insulin sensitivity might need adjustment
- Inaccurate carb counting

Even when you do everything right, glucose can still be unpredictable. The twiist AID System updates its predictions up to every 5 minutes using your settings, pump data, and CGM readings. If a prediction doesn't seem right, check back in 5 minutes to see if the algorithm has updated with new information.

## Customer care 1 877-4TWIIST (1-877-489-4478)

The twiist™ Automated Insulin Delivery (AID) System is for people with type 1 diabetes, 6 years of age and above, available with a prescription, only in the U.S.

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