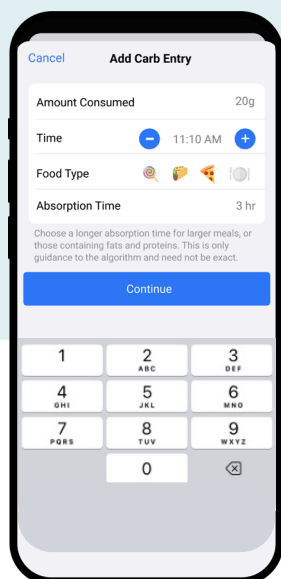




How to Give Mealtime Insulin

The twiist™ AID System automatically adjusts basal insulin throughout the day to help keep your glucose in range. Entering your meals helps the system manage glucose levels after you eat.

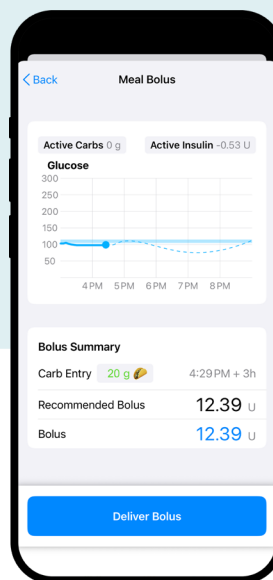
To enter a meal, **tap the  button** on your home screen.



- 1 Enter the number of carbohydrates in your meal
Use your best guess
- 2 Choose an emoji that matches how fast the food may raise your glucose
- 3 Tap **Continue**

Optional Feature

You can change the meal time and absorption time for personalized meal entry.



- 4 Review the information
- 5 Tap **Deliver Bolus**

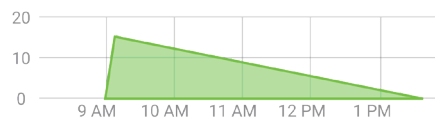
Food Type emoji represents how fast your food may absorb. Tap the emoji that corresponds to the absorption time of your food.

Absorption Time is added when an emoji is chosen. It defaults to taco, or 3 hours. If you feel some foods absorb faster or slower than others, tap Absorption Time to change. Select a time from 30 minutes to 8 hours, in 30-minute increments. **This is your best guess. It does not need to be exact.**

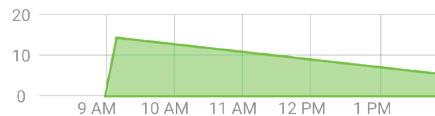
Fast:
30 min



Medium:
3 hours



Slow:
5 hours



Refer to the twiist User Guide for bolus options when Loop is off.

Customer care at 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.