Using the Apple Watch with the twiist™ System

The Apple Watch is an optional way to view glucose and insulin information from the twiist System. When the watch is connected to the iPhone and Loop is on*, it can be used to:

- Enter carbohydrates
- Deliver a bolus
- View glucose and insulin information
- Turn Pre-Meal Preset on or off
- Turn Workout Preset on or off



* The twiist System is automatically adjusting basal insulin delivery.



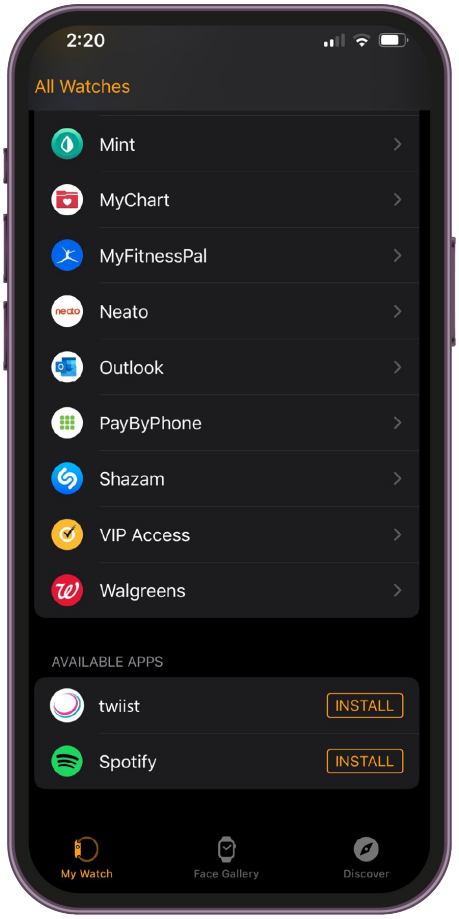
IMPORTANT

- The watch must stay connected to the iPhone to communicate with the twiist Pump, even if your Apple Watch is on its own cellular plan. If the connection is lost, watch commands will not reach the pump.
- A passcode must be set up on the Apple Watch before the twiist App can be used. If the passcode is not turned on, the twiist App will not open or allow actions from the watch.

Adding the twiist App to your Apple Watch

Adding the twiist App to your Apple Watch can be done using your iPhone, making the installation a breeze. Make sure the twiist App is installed and set up on your compatible iPhone. Follow the steps below to get twiist on your Apple Watch.

1. Open the **Watch** app
2. Tap the **My Watch** tab
3. Scroll to the **Available Apps** section and find the twiist App
4. Tap **Install** to add the twiist App to your Apple Watch



View twiist Information on the Watch Face

Add the twiist App to the Apple Watch face to see important information at a glance. The app display on your watch face updates approximately every 15 minutes, but times may vary based on your Apple Watch update limits.



To select and add the twiist App to an Apple Watch face:

1. Open the **Watch** app
2. Tap the **Face Gallery** tab to browse, select, and customize a new watch face

> **Note:** Not all watch faces support the twiist App display. Choose a compatible watch face and color setting. If a watch face is not compatible, you may see a ***Not Supported*** message. Select a different watch face.

3. Tap **Get** on your chosen watch face
4. Change features as desired, such as color or style
5. Add twiist to the watch face:
   a. **Tap** a position (Top Left, Top Right, or Bottom)
   b. **Swipe** to find the twiist App from the list of available options
   c. **Tap** twiist App
6. Tap **Add to Watch**

Using the twiist App on Apple Watch

Home Screen

The twiist App on the Apple Watch displays twiist Status and CGM Status, Carb Entry and Meal Bolus, Bolus Entry, Pre-Meal Preset, and Workout Preset buttons (Settings button is not available).



Status Screen

Swipe left on the twiist App home screen to view the Glucose Chart.

Scroll down to view:

- Active Insulin
- Active Carbs
- Insulin Delivery Status
- Cassette and Battery Information



Carb Entry and Meal Bolus

Tap **Carb Entry** to enter carbs you have already eaten or plan to eat to deliver a bolus for your meal.

1. Tap
2. Tap or to decrease or increase carbs by 5g or turn the Digital Crown to adjust carbs by 1g
3. Tap a **Food Type** emoji to select an absorption time
4. Tap **Continue**
5. Tap **Save** & **Bolus**
6. Turn the Apple Watch Digital Crown to deliver the bolus when prompted



Bolus Entry (Correction Bolus)

Tap **Bolus Entry** to receive a recommendation for a correction bolus to lower high glucose.

1. Tap
2. Tap or to decrease or increase correction bolus by 0.1 units or turn the Digital Crown to change by 0.01 units
3. Tap **Bolus**
4. Turn the **Digital Crown** to deliver the bolus when prompted



Pre-Meal Preset

To turn on the Pre-Meal Preset

1. Tap
2. Tap **On**

When the Pre-Meal Preset is active, the button color on the Apple Watch app is reversed.

To turn off the Pre-Meal Preset

1. Tap
2. Tap **Off**



Workout Preset

To turn on the Workout Preset

1. Tap
2. Tap **On**

When the Workout Preset is active, the button color on the Apple Watch app is reversed.

To turn off the Workout Preset

1. Tap
2. Tap **Off**



To Verify your twiist App on the Apple Watch is Connected

The iPhone must stay connected to the Apple Watch for commands to reach the pump. If you want to confirm the actions you took on your Apple Watch have completed, review the **charts** on the twiist App Home Screen and **Event History** using your iPhone to confirm recent activity.

To see Event History, tap the **Active Insulin** chart.



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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