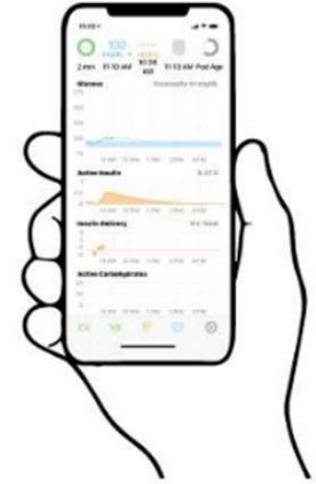


Loop AND Learn

Master Your DIY Closed-Loop Insulin Delivery System



What is Loop?

Information for new and potential Loopers

May 2021

[Link to YouTube Video](#)

Disclaimer

The Loop app is a do-it-yourself closed-loop algorithm.

This presentation is provided to assist you in making your own decisions, in consultation with your health care professionals, regarding your own diabetes self-management.

You take full responsibility for building and running this system and do so at your own risk.

→ Please remember that the Loop app is not FDA-approved for therapy. ←

This video is for you, if ...

You are a T1D or are caring for a T1D

You've heard about **Loop** but aren't quite sure **what it is** and **how it works**.

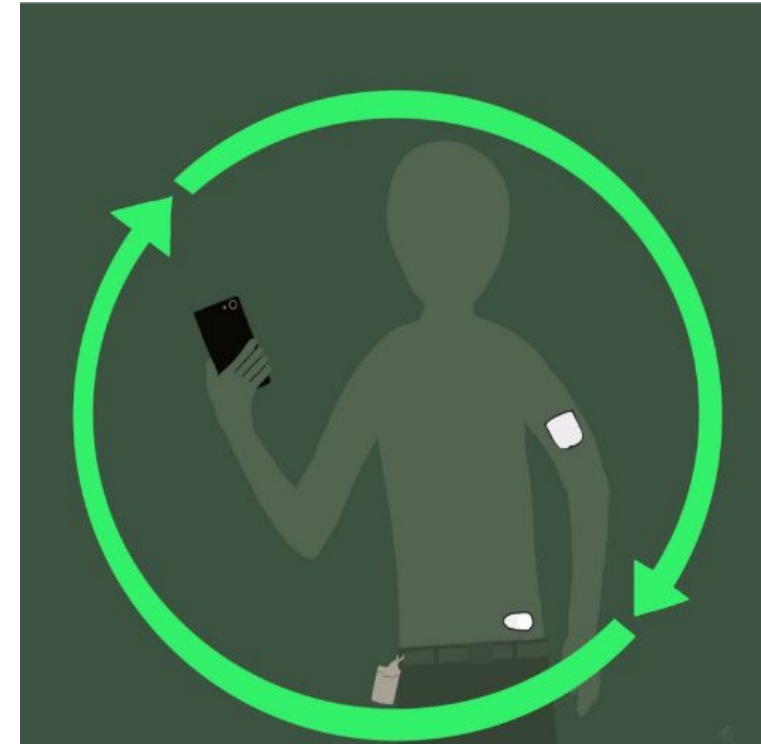
You have some **understanding** of

- **Basal Rates,**
- **Insulin Sensitivity Factor** and
- **Carbohydrate Ratio**

Content / Agenda

1. What is Loop?
2. How does Loop work?
3. What does Loop look like?
4. Where do I get Loop?
5. What equipment will I need?
6. What if I need help?

Simplified view of the silent communications between your iPhone, CGM, insulin pump, and radio-link:

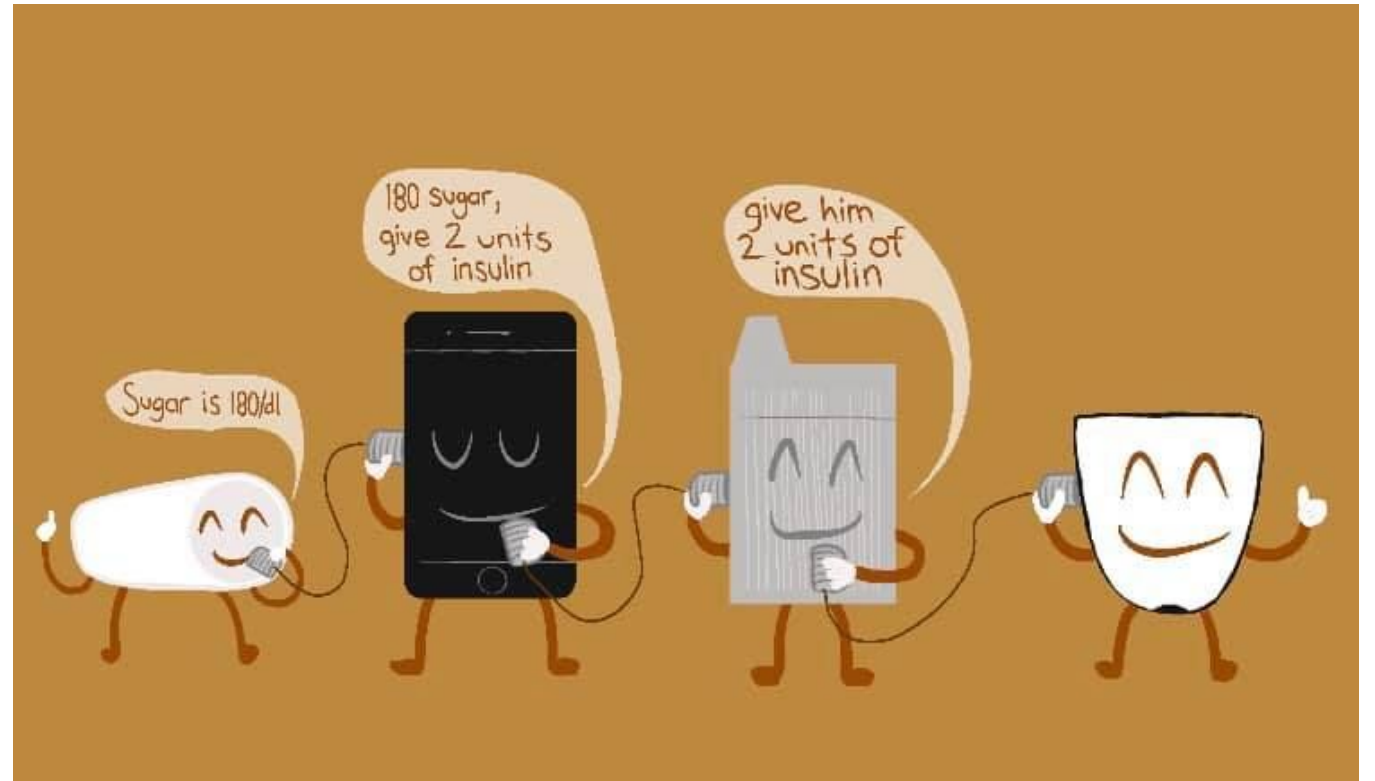


What is Loop?

Loop is an iPhone app that works together with your

- CGM,
- Pump, &
- Radio-link device

to manage your insulin delivery by predicting Blood Glucose outcomes.



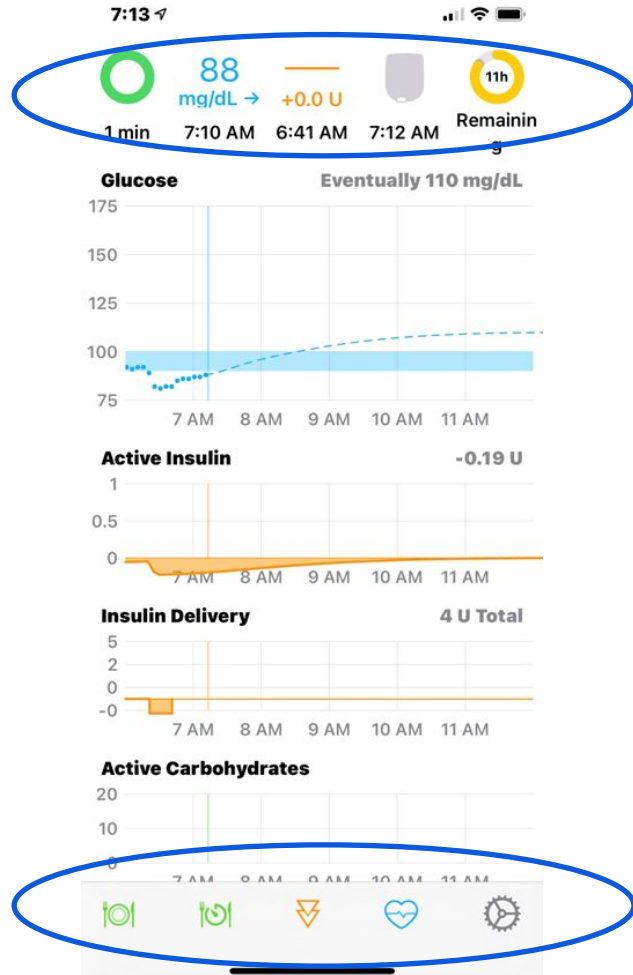
Loop uses an algorithm that predicts Blood Glucose

Your predicted Blood Glucose is based upon:

- **Carbs on Board (COB)**
- **Insulin on Board (IOB)**
- **Current BG**
- **BG Momentum**
(How fast your BG is changing)
- **Retrospective Correction**
(Looking at past predictions and results)



Loop's display provides easy access to details

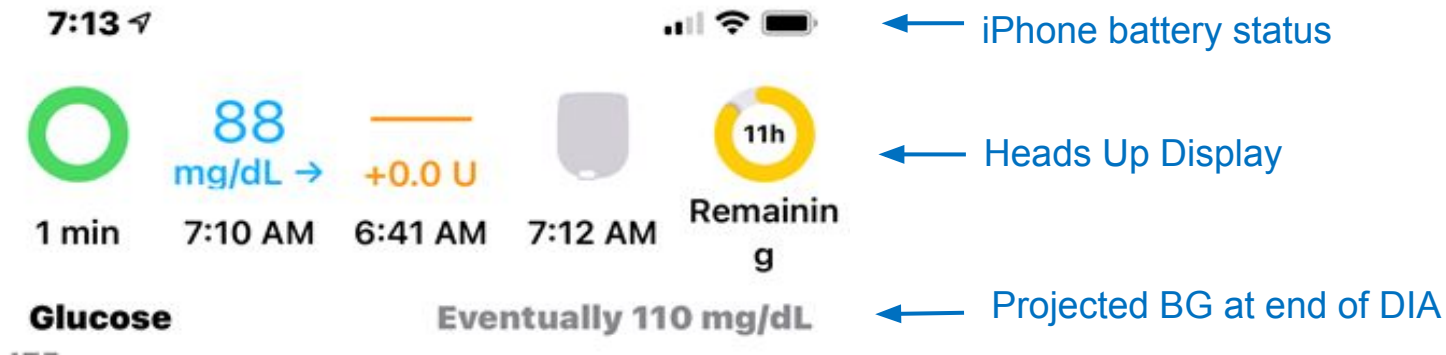


1. Heads Up Display

2. Charts

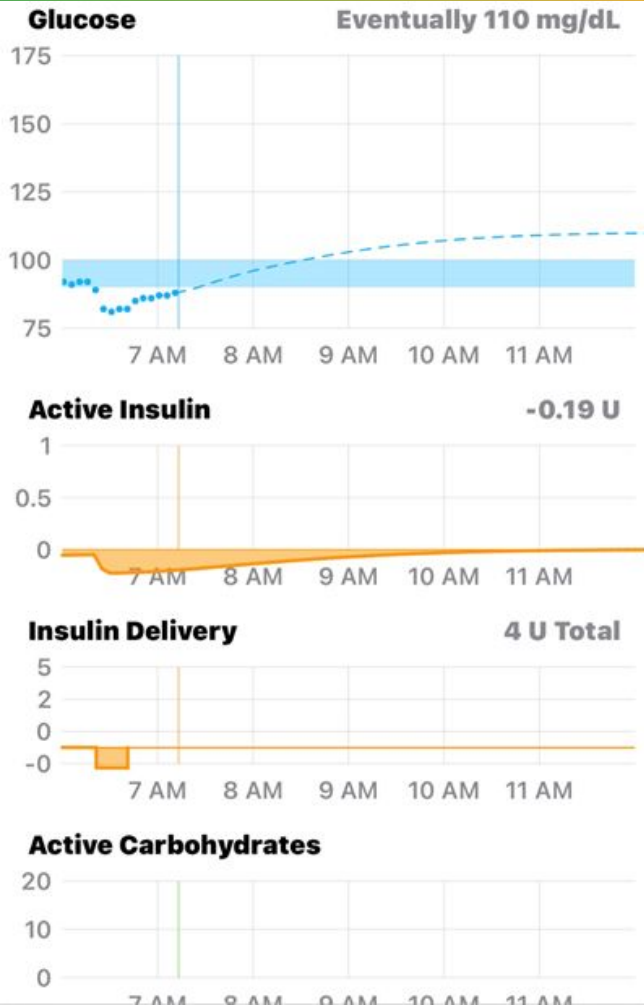
3. Toolbar

Heads Up Display is a snapshot of Loop's components



- Loop status icon: green, yellow or red
- Blood Glucose value
- Basal rate is RELATIVE to the scheduled basal rate
- Pump reservoir status
- Battery status (Medtronic only) or Omnipod Pod life remaining

Four charts reflecting critical information



Glucose Chart

Insulin on Board Chart

Temp Basal Chart

Carbohydrates Chart

By tapping on the Charts, you reveal more details about:

- Glucose,
- Active Insulin
- Insulin Delivery
- Carbohydrates

Easy-to-use Toolbar at the bottom



The Toolbar is located at the bottom of the main screen and has icons you tap to configure:

- Meals
- Pre-Meal target
- Bolus
- Overrides
- Settings

Simple 3-step meal entry



Tap the Meal icon on left side of Toolbar to reveal the Add Carb Entry screen:

1. Add Amount Consumed
2. Tap Food Type (slow, medium, fast)
3. Tap Continue

Verizon LTE 12:28 PM 100%

[Cancel](#) Add Carb Entry [Continue](#)

Amount Consumed 1 45g

Date 4/2/21, 12:28 PM

Food Type 2

Absorption Time 3 hr

Choose a longer absorption time for larger meals, or those containing fats and proteins. This is only guidance to the algorithm and need not be exact.

3 Continue

1 2 3
ABC DEF

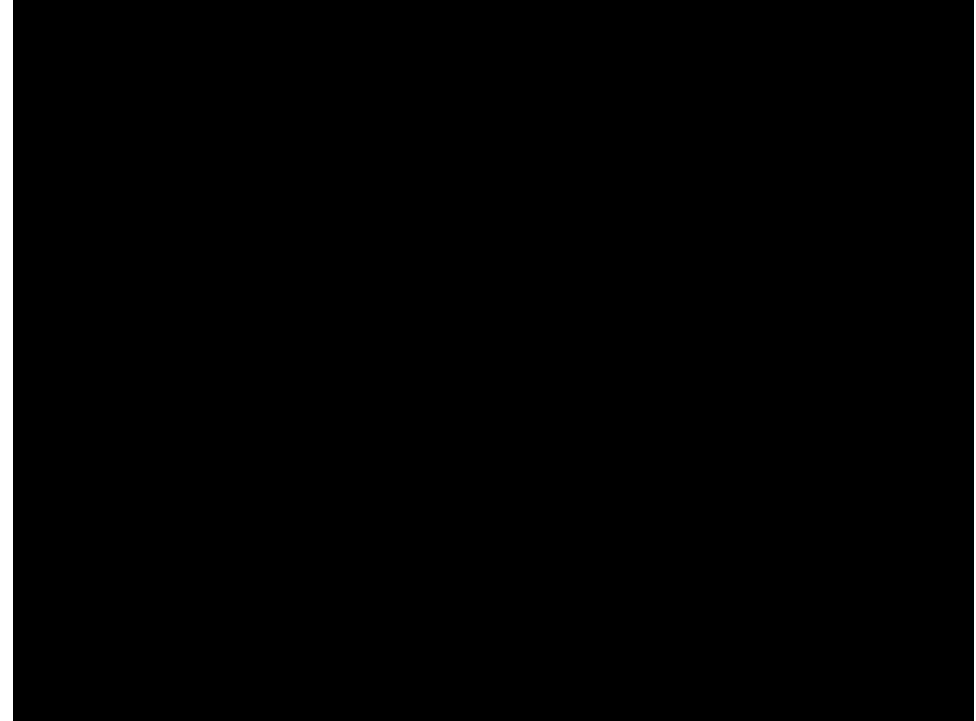
4 5 6
GHI JKL MNO

7 8 9
PQRS TUV WXYZ

. 0

Who doesn't love ice cream?

1. **Meal Entry for Ice Cream**
2. Hit the **Meal Icon** in the **Toolbar** at the bottom of the main screen
3. **Amount Consumed** is 9g carbs
4. **Food Type**, tap Plate Icon to reveal Ice Cream
5. **Absorption Time** is 2 hours default absorption time for Ice Cream, but we're going to select **3 hours** and **Continue**
6. By hitting the **Recommended** line, the amount of 0. units will be copied into the **Bolus** line (amount is based upon your individual settings)
7. Hit **Deliver**



Click on the black box above to start this short video

Note: Loop uses 2 hours for the ice cream icon
You may choose to modify that absorption time.

Where do I get Loop?

You cannot buy Loop or download it from the App Store.

You can learn more about how to build and operate **Loop** at

1. [LoopDocs](#)
2. [Loop and Learn's Starting Loop series](#)

Loop is DIY, which means **Do-It-Yourself**. It is **Not-Do-It-Alone!**

Special thanks to

- **Matthew Fouse** for the generous use of his **beautiful graphics**
- **Tina and Reese Hammer** for the **terrific video**
- **Loop and Learn community** for their **continued support**

Resources

LoopDocs: <https://loopkit.github.io/loopdocs/operation/features/carbs/>

Loop Basal & ISF: <https://youtu.be/AgSZp7juPc4>

ISF & Carb Absorption: <https://youtu.be/fZx1VRKj9fY>

Facebook LoopandLearn: <https://www.facebook.com/groups/LOOPandLEARN>

YouTube LoopandLearn Channel: <https://www.youtube.com/c/LOOPandLEARN>

Loop and Learn website: www.LoopandLearn.org

Facebook Looped: <https://www.facebook.com/groups/TheLoopedGroup>

Thank You for your attention!

Visit us at:

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- YouTube Loop and Learn

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