



The MiniMed Go™ system

School employee guide

A guide to understanding the basics when supporting a child on the MiniMed Go system.



Introduction and diabetes technology

My name is _____. My child _____
was diagnosed with type 1 diabetes _____ years ago.

The MiniMed Go™ system helps my child with diabetes track their insulin doses and receive actionable alerts through the MiniMed Go app. These alerts can only happen when the system is paired with a compatible continuous glucose monitor (CGM).

We use the following devices to help manage their diabetes:

☐

Insulin pump

The pump delivers insulin to my child through a small tube attached to their body.

☐

Smartphone and/or watch

Mobile apps allow my child and I to view their sugar and insulin levels in real time.

☐

Continuous glucose monitor (CGM)

The CGM tracks my child's sugar levels and sends readings to the pump every 5 minutes.

Blood glucose (BG) meter: The meter allows my child to test their glucose, if needed.

Checking sugar levels with a blood glucose meter

If my child expresses or is displaying symptoms that are different than their CGM reading, please test their glucose using a blood glucose meter.



To check a BG level using a BG meter

- 1 Wash hands
- 2 Insert test strip into meter
- 3 Draw blood from a fingertip using lancing device
- 4 Apply blood to test strip and wait for reading
- 5 Check glucose levels against the range to the left

Managing low glucose

My child could experience a **low glucose (hypoglycemia)** while at school.

For children living with diabetes, glucose is considered **low** when it falls **below 70 mg/dL**.

Low <70 mg/dL	In Range 70-180 mg/dL	High >180 mg/dL
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Common symptoms

Some common signs of a low glucose are:



LETHARGY



DIZZINESS



COLD SWEATS



CONFUSION



INTENSE HUNGER

My child's symptoms

I've also identified these symptoms as indicating a low glucose for my child:

Low glucose can be very dangerous if untreated.

For **low glucose (hypoglycemia) below 70 mg/dL**, please treat my child with fast-acting carbs as outlined below and then notify the school nurse.

1. Have my child consume 15 g of fast-acting carbs (for example, 4 oz. juice or 3-4 glucose tabs).
2. Wait 15 minutes and check my child's glucose again.
3. If still below 70 mg/dL, repeat steps above every 15 minutes until they're back in range.



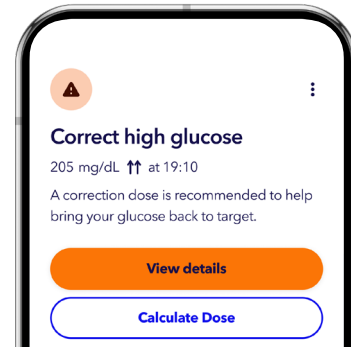
If my child experiences an extreme low and is unable to eat or drink, glucagon can be given by injection or by using nasal spray. Always connect with the school nurse if this occurs.

Managing high glucose

Because my child does not produce insulin, they can experience **high glucose (hyperglycemia)** while at school.

For children living with diabetes, glucose is considered **high** when it rises **above 180 mg/dL**.

Low <70 mg/dL	In Range 70-180 mg/dL	High >180 mg/dL
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Common symptoms

Some common signs of a low glucose are:



EXCESSIVE THIRST



FREQUENT URINATION



NAUSEA



FATIGUE



HEADACHE

My child's symptoms

I've also identified these symptoms as indicating a low glucose for my child:

Whenever my child eats a snack or meal, their glucose may rise. To address this, a meal dose of insulin should be given 15 minutes before my child begins eating.

High glucose is most common after meals and can be dangerous if left untreated. If my child is experiencing any unexplained sugar levels **above 180 mg/dL** after eating, please connect with the school nurse to determine what is needed to correct the **high glucose**.



Additional instructions for my child:

Exercise

Physical activity can also impact my child's sugar levels. While everyone is different, aerobic activities (such as running or cycling) are more likely to lead to a **low glucose**, and anaerobic activities (such as weightlifting) are more likely to lead to a **high glucose**.

I've found this activity _____
_____ (noun) makes my
child go _____
_____ (adjective).



Before starting any physical activity (such as recess, sports, or gym class), please work with my child to:

If you're unsure what to do in any situation, please connect with the school nurse. If you have any questions, you can call / text me at _____ (number).

If you cannot reach me, please contact _____ (name & relation) at _____ (number) or dial 911.

Important safety information

MiniMed Go System (InPen + Instinct+ Simplera)

The MiniMed Go system includes the MiniMed Go app, InPen smart insulin pen injector and either the Instinct continuous glucose monitoring (CGM) sensor or Simplera CGM sensor. The system is intended to aid in diabetes management through multiple daily injections of compatible rapid-acting insulins (Humalog, Novolog, or Fiasp). The app and system components each require a prescription. When used with Instinct CGM, the app is indicated for patients ages 7 years and older, or patients ages 2 to 6 years under the supervision of an adult caregiver. When used with Simplera CGM, the app is indicated for patients ages 18 and over. If using InPen alone, the app is intended for all ages, with patients under age 7 requiring supervision. Use of these systems requires, among other things, adequate hearing and vision, a compatible mobile device and operating system, an open app, adequate pairing and connectivity, proper setting, use of an approved rapid-acting insulin, mobile device battery power, proper settings, accurate manual logging of insulin doses administered by means other than InPen, and occasional blood glucose meter (BGM) readings. Establishment of settings and treatment decisions should be made in consultation with a healthcare professional and on the basis of a combination of glucose readings, trend arrows, glucose target, active alerts, and recent events (such as insulin doses, exercise, meals, and medications). Failure to observe these and other details as found in the user guides can result in incorrect dosing, missed alerts and notifications, and ultimately hypoglycemia or hyperglycemia, with serious injury or death possible. For additional safety information and user guides, see <https://bit.ly/MiniMedRisks>.

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