



MiniMed Go™ system

System training guide

Welcome

We want your MiniMed Go system setup to be smooth and stress-free. This guide helps you to get started and feel confident.

Need help?
Call our product support team at 1-800-646-4633.

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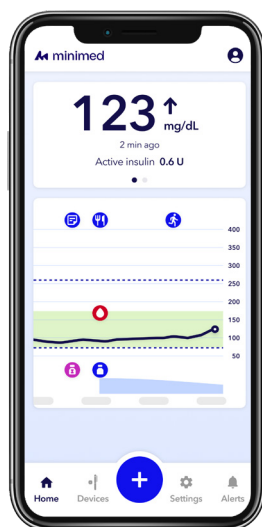
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Get ready!



Meet the MiniMed Go system

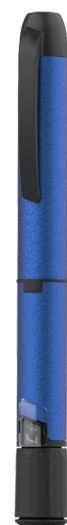
Your system is composed of the MiniMed Go app that works together with the InPen smart insulin pen and compatible sensor.



- Dose calculator in the app tells you how much insulin to take
- Actionable insulin dose alerts
 - Missed dose alert
 - Correct high glucose alert
- Long-acting dose reminder
- Provides data and reports to your healthcare professional (HCP)

MiniMed Go app

Shows insulin dosing and glucose information on your smartphone. Calculates insulin doses and tracks active insulin.



- Doses in 0.5 and 1-unit increments
- Tracks insulin age and temperature
- 1 year battery life
 - No charging needed
- Compatible insulins:
 - Humalog®
 - Novolog®
 - Fiasp®

InPen smart insulin pen

Reusable insulin pen that automatically logs insulin doses when used with the MiniMed Go app.



Instinct sensor



Simplera™ sensor

Compatible sensor

Measures glucose in the fluid under your skin and sends the values to your app.



Apple Watch (sold separately)

Displays glucose values and alerts from the app. Use of the watch is optional.

Review the compatible sensors

Instinct sensor

Instinct sensor with the InPen smart insulin pen is indicated for people with diabetes 7 years and older and patients ages 2 to 6 years under the supervision of an adult caregiver.

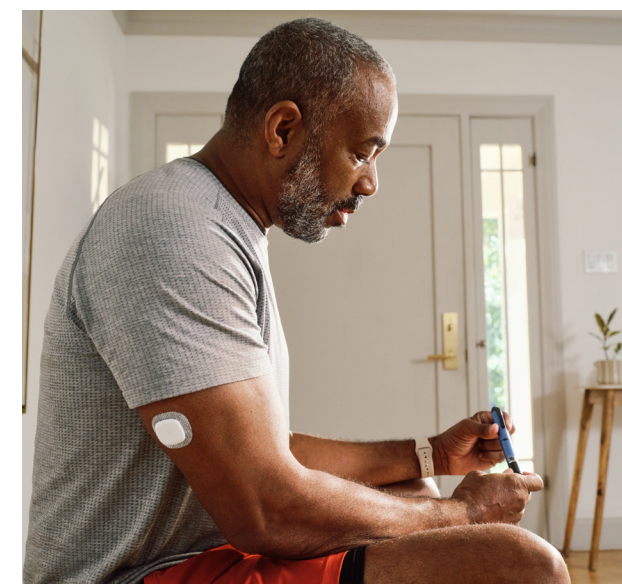
- Up to 15-day wear
- One-piece application
- Updates every minute
- 1 hour warm-up
- Indicated for ages 2 years and older
- Apply on the back of upper arm



Simplera™ sensor

Simplera sensor with the InPen smart insulin pen is indicated for people with diabetes 18 years and older.

- Up to 6-day wear (followed by a 24-hr grace period)
- All-in-one design
- Updates every 5 minutes
- 2 hour-warmup
- Indicated for ages 18 years and older
- Insert on the back of upper arm



Download the MiniMed Go app

You will need a CareLink™ Personal account. The app can help you create one. Don't have one? Follow the MiniMed Go in-app steps to register. Your CareLink Personal account allows care partners and your HCP to see your data.

Make sure to write down your username and password.

CareLink Personal username

CareLink Personal password

Download and install the MiniMed Go app

Step 1: Download and install the MiniMed Go app from the app store onto your Android or iOS phone.



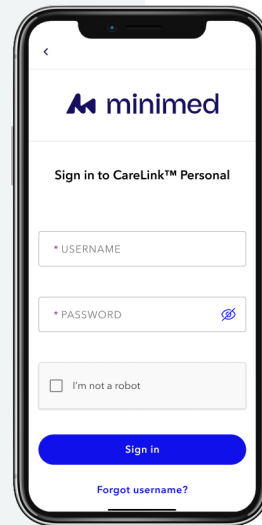
www.minimed.com/mmgo-apple



www.minimed.com/mmgo-google

Step 2: Open the app.

Step 3: Sign in or create a CareLink Personal account if you don't already have one.



Problems downloading the app? Scan here to make sure your mobile device is compatible.

www.minimed.com/en-us/products/device-compatibility

Important: Turn OFF Automatic Software Updates on your phone to avoid unverified app versions.

Gather your supplies:

- MiniMed Go app on a compatible device
- InPen smart insulin pen
- Compatible sensor
- 3.0 mL U-100 rapid-acting insulin cartridge
- Pen needles
- Alcohol wipes
- Insulin and glucose alert settings recommended by your HCP

Once you have downloaded the MiniMed Go app and gathered all the items needed, you are ready to get started on your new system.

The MiniMed Go app can be set up without having the InPen or a sensor to pair with; they can be added later.

2

Get started!



Set up the MiniMed Go app

The app will walk you through:

1. App settings, security, and permissions
2. Selecting and pairing your products
 - Compatible sensor
 - Applying the sensor
 - Pairing the sensor via the MiniMed Go app



Want to view how the Instinct sensor is applied and paired? Scan the QR code.



Want to view how the Simplera sensor is inserted and paired? Scan the QR code.

- InPen smart insulin pen
 - Pairing your pen
 - Preparing the pen by installing an insulin cartridge



Watch a video on how to prepare your InPen.

3. Programming your therapy settings, including insulin, CGM, and alert settings
 - Long-acting insulin settings
 - Rapid-acting insulin settings and Meal therapy type
 - Glucose alerts
4. A welcome tour of the MiniMed Go system

Enter your app settings

The insulin settings for the MiniMed Go app should be provided by your HCP.

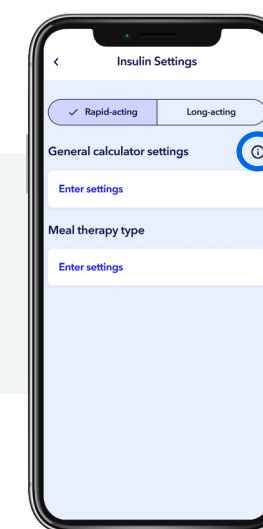
Long-acting insulin:

- This is your “background” insulin between meals and during sleep.
- This insulin is not delivered by the InPen
- In the app, set how often you take it, the insulin name, and the amount.
- Turn on the long-acting insulin reminder if you want a notification for missed doses.

Rapid-acting insulin:

- This is the insulin you use for meals (carbs) and to correct high glucose.
- The system tracks “active insulin” (insulin still working from a recent dose). The Active insulin time tells the system how long each dose keeps working.
- Your HCP recommends the maximum recommended dose per injection.

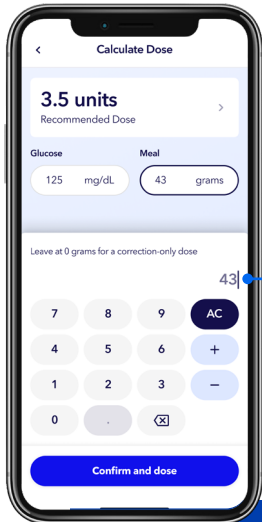
Tap the information icon in your app to learn more about rapid-acting insulin settings



Select your Meal therapy type

There are three Meal therapy types in the MiniMed Go app, and your HCP will select the best option for you. Here is a brief description of each one:

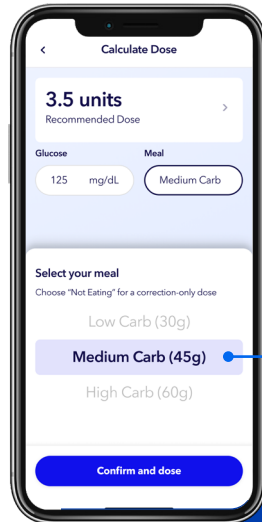
Carb counting



Enter carbs per meal
(keypad can be used as a calculator if needed)

I'm pretty good at counting my carbs and have a few carb ratios.

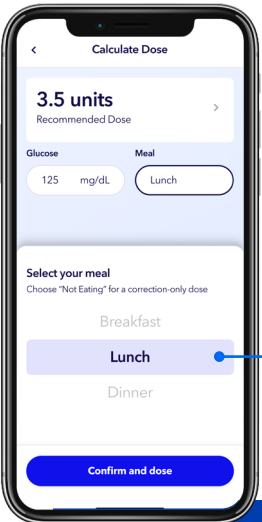
Meal estimation



Enter the estimated carb size of your meal

Carb counting is overwhelming, but I can estimate the carb size of my meal.

Fixed dose



Enter which meal
(Breakfast, Lunch, Dinner, or Snack)

I don't even know what a carb is. I want to keep this as easy as I can.

Learn about the recommended Glucose alerts

View default settings ^

Low glucose alerts

- Low limit: 70 mg/dL
- Alert on low ON
- Snooze: 20 minutes

High glucose alerts

- Set day and night ON
- Day starts at 6:00 am
 - Missed dose ON
 - Correct high glucose ON
- Snooze: 2 hours
- Night starts at 9:00 pm
 - No alerts ON

The MiniMed Go app has default Glucose alert settings. Select the default settings, if appropriate, or choose customized options.

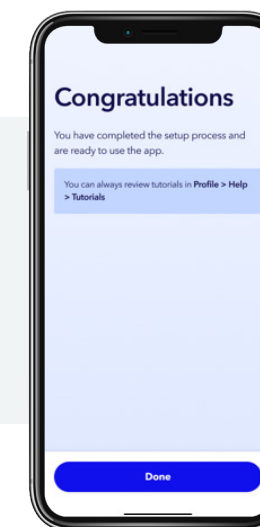
- There are both low and high glucose alert settings
- Alert settings can differ between day and night.
- The Urgent low glucose cannot be changed or turned off
 - Instinct sensor alerts below 55 mg/dL
 - Simplera sensor alerts below 64 mg/dL
- Alert before high/low and Rise/Fall alerts are only available when using the Simplera sensor.

Make sure you receive your alerts:

- Do not force-close the app. If the app is closed, the app will not send glucose information or alerts. If this happens, open it back up.
- Always allow notifications for the app. If notifications are turned off, the app will not send any alerts, including the Urgent Low Alert.
- Make sure Bluetooth is on, even if the mobile device is in airplane mode.
- Turn OFF automatic operating system updates to avoid incompatible versions.
- Alerts for the app will sound through headphones when headphones are connected. If headphones are connected but they are not being used, glucose alerts may not be heard.
- The app may drain your phone battery faster – keep a charger handy.

For device-specific help, see the MiniMed Go app user guide.

Tap the MiniMed Go app on your device to begin.



This screen appears when you have completed your system startup and tour.

3

Get going!



Meet the MiniMed Go app

Home screen

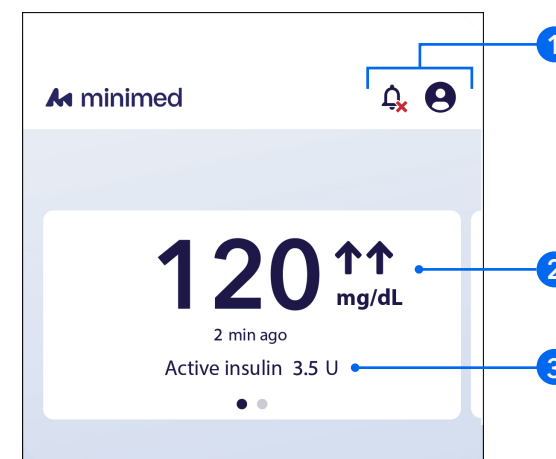


- 1 **Home screen icons:** Easy access to main actions and functions within the app.
- 2 **Profile menu:** View information such as the Daily history and the Help menu. Daily history is where you can view previously logged data, alerts, and actions taken within the app.
- 3 **Therapy status:** View your glucose and therapy information. Swipe left for details about your Time in Range.
- 4 **Therapy graph:** View the graph to see your glucose levels over time. Tap on the icons for more information about events, such as BG meter readings and insulin doses.
- 5 **Action button:** Allows you to calculate a dose or log an event.
- 6 **Menu bar:** Access your device information, settings, and alert history.

Home screen icons:

Icon Name	Description
	Tap this icon to return to the Home screen.
	Tap this icon to display the devices currently paired to the app and the device status. Allows you to pair or unpair devices.
	Allows you to Calculate a dose or Log an event.
	Allows you to access Insulin and Glucose Alert settings and review and edit settings.
	Displays Open Alerts and History of alerts.

Therapy status



1 System icons:

	Alerts disabled	All alerts are off. You will not get any notifications.
	Alerts muted	All alerts are muted. Alerts will vibrate if mobile device vibration is on.
	CareLink logout	CareLink is not connected.
	Sensor life	Indicates there is less than one day left of overall sensor life.
	Sensor expired	The sensor has expired and must be replaced.

2 Your current sensor glucose (SG) and trend arrows will display here:

Trend Arrows	Simplera sensor	Instinct sensor
↑ or ↓	Your SG is rising or falling at a rate of 1 to 2 mg/dL per minute.	Your SG is rising or falling at a rate between 1 and 2 mg/dL per minute.
↑↑ or ↓↓	Your SG is rising or falling at a rate of 2 to 3 mg/dL per minute.	Your SG is rising or falling at a rate of more than 2 mg/dL per minute.
↑↑↑ or ↓↓↓	This means SG is rising or falling at a rate more than 3 mg/dL per minute.	Does not display 3 arrows. If the SG is rising or falling more than 3 mg/dL. You will still see 2 arrows.
No arrows	When there are no arrows, your sensor glucose is stable.	

When glucose levels are rising or falling quickly, expect larger differences between your blood glucose (BG) and sensor glucose (SG) readings.

Examples:

- After meals or taking rapid-acting insulin.
- During exercise.
- When arrows appear on your Home screen.

Three key things to remember:

1. Larger differences between BG and SG are common on day 1 of sensor wear.
2. Only enter a BG when it's truly needed – more isn't always better.
3. When in doubt, always rely on a BG for treatment decisions.

- 3 **Active insulin:** The amount of insulin from previously logged rapid acting insulin doses that is still working to lower your glucose.

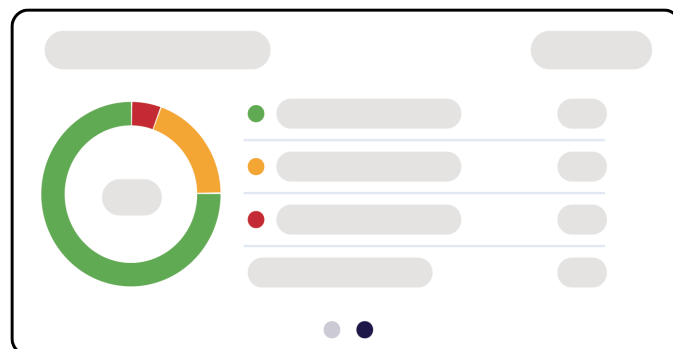
Time in Range

Swipe left on the Therapy status section of the Home screen for details about your Time in Range. The Time in Range graph shows the percentage of time you spent in and out of the preset SG range of 70 to 180 mg/dL (this range cannot be changed).

The **orange** section shows the percentage of time that you spent above 180 mg/dL during the past 24 hours.

The **green** section shows the percentage of time that you spent between 70 and 180 mg/dL during the past 24 hours.

The **red** section shows the percentage of time that you spent below 70 mg/dL during the past 24 hours.

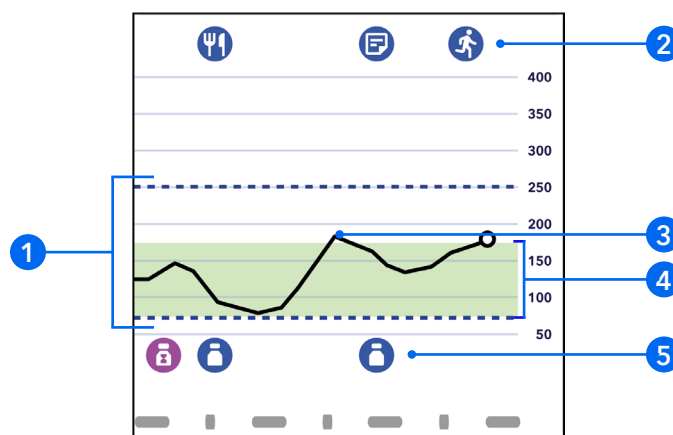


Your average SG reading is shown at the bottom of the screen.

If there is no sensor data for the past 24 hours, the message **Not enough data** is shown.

Therapy graph

- 1 **High and low limits:** The low or high glucose limits you have set.
- 2 **Event markers:** Tap on event markers to view details of your logged events.
- 3 **Sensor tracing:** Tap anywhere on the sensor tracing to view glucose readings at that time.
- 4 **Time in Range:** The glucose range is 70-180 mg/dL.
- 5 **Insulin dose markers:** Tap on event marker to view dose details.



Logging an event







The MiniMed Go app allows you to log events and notes about things that may impact your glucose levels.

Events will appear on your therapy graph and you can also view them in your Daily history, located in your Profile menu.

Events also will show up on your CareLink reports, so your HCP has a better idea of events that are impacting your glucose levels.

How to log an event:

1. Tap the **Action button** on the Home screen.
2. Tap Log event.
3. Select the event to log.

	Rapid-acting insulin dose
	Long-acting insulin dose
	Blood glucose
	Carb
	Exercise
	Note

Meet the InPen smart insulin pen

Calculating and taking an insulin dose

Prior to taking insulin for carbs or a high glucose level (correction), make sure to consult the MiniMed Go app dose calculator.

Home screen








Action button





1. On the **Home** screen of the MiniMed Go app, tap the **Action** button.
2. Tap **Calculate dose**.
3. Enter your glucose level.
4. Enter your meal information. For a correction dose only, leave at "0" or "Not Eating," based on your Meal therapy type.
5. Press **Confirm and dose**.
6. The recommended dose will be in a blue banner at the top of the home screen.†
7. After placing the needle on your InPen, remember to prime the InPen with 2 units.
 - Make sure you see drops of insulin at the needle tip.
8. Select your desired insulin dose.
 - If you select a wrong dose, simply change it by turning the knob in either direction.
9. **Prepare your insertion area, insert the needle, press the dosing knob in until it stops and hold for at least 8 seconds before removing.**
10. Once dose is given, "InPen dose event recorded." will appear on the screen.

† If you have taken any rapid-acting insulin from a device other than InPen smart insulin pen, it must be logged manually in the app. The dose calculator does not account for injections taken with other injectors, unless you manually log the dose within the app. If you do not manually log doses taken with other injectors, the dose calculator could recommend more insulin than is needed. Too much insulin may result in hypoglycemia.



Icons related to the InPen

Pen battery icon	Description
	When the battery has more than 3 months left, the icon is solid green.
	When the battery has less than 3 months left, the icon is yellow.
	When the battery has 7 days or less left, the icon is red.
	When the battery is depleted, the icon is gray with a red outline.
	If the battery level is unknown, the battery icon has a question mark.

A newly installed insulin cartridge is good for 28 days. The color of the icon changes as shown.

Insulin age icon	Description
	When the cartridge has 8 to 28 days until it expires, the icon is green.
	When the cartridge has 7 days or less, the icon is yellow.
	When the cartridge has 1 day or less, the icon is red.
	When the insulin is expired, the icon is red with a white X.

The InPen temperature icon will appear when the pen has detected a very high or very low temperature. Based on the temperature reading, consider replacing your insulin cartridge. The icon will clear when a new insulin cartridge is installed.

Temperature icon	Description
	When the pen is above 37° C (99° F), the icon is red.
	When the pen is below 5° C (41° F), the icon is blue.

Setting up the InPen

Let's do a quick review of what you learned in the app about setting up your InPen.

Steps to installing an insulin cartridge:

1. Remove cartridge holder
2. Rewind the screw
3. Insert the insulin cartridge
4. Attach the cartridge holder



Act on your alerts and reminders

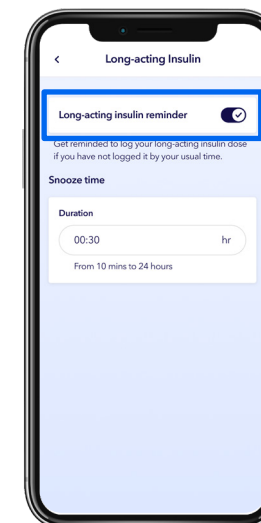
Long-acting insulin reminder:

Having trouble remembering to take your long-acting insulin?

This reminder will alert you if you forget to take your dose prior to the programmed time. If you log your dose, no reminder will occur.

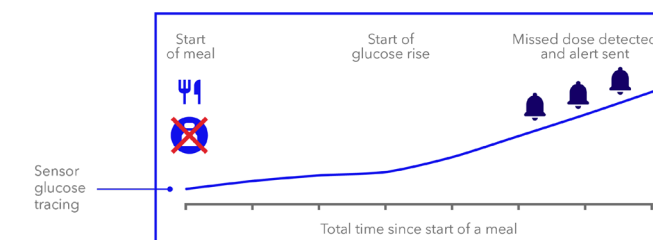
To turn on the reminder:

1. Select **Settings** from the bottom of the Home screen.
2. Select **Alert and glucose settings**.
3. Under Reminders, select **Long-acting insulin** and toggle the reminder on. Set the Snooze time duration.



Missed dose alert:

You will receive this alert if your glucose is rising fast and you have not taken a recent insulin dose.



How to respond to the alert:

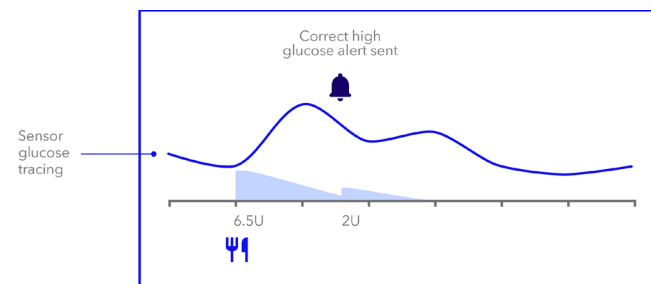
1. If you get this alert open it immediately.
2. Tap **Calculate missed dose**.
3. Enter the grams of carbs or meal type you ate. (Since it has been a while since your meal, there is no need to enter a glucose level.)
4. Tap **Confirm and dose**. Deliver the full suggested dose using your InPen.

This alert is on during the day and off at night if default settings are used.

Correct high alert:

You will receive this alert only when your glucose is high and you do not have enough active insulin in your body to get you back to your glucose target.

It takes into consideration the amount of active insulin still working to lower glucose.



How to respond to the alert:

1. If you hear the alert, respond immediately.
2. Tap **Calculate dose**.
3. Enter your current glucose. The recommended dose will populate.
4. Tap **Confirm and dose**. Deliver the full suggested dose using your InPen.

This alert is on during the day and off at night if default settings are used.

Daily to-dos

Be confident in your diabetes management everyday. **You can make this happen by doing the following:**

- Use your dose calculator every time you need to take a dose of rapid-acting insulin
- Respond to the actionable alerts

Changing your sensor

You can check your remaining sensor life by going to **Devices** on the Navigation bar of the Home screen, and looking at the Sensor life icon.



When the sensor is inserted, the icon is solid green,



When there is less than 24 hours remaining on the sensor, the icon is yellow.



When the sensor has expired, the icon is red.



when the sensor is not connected, the icon has a question mark.



When it is time to change your sensor, follow the steps below.

1. Go to **Devices** and select your current sensor type.
2. Select **Change sensor**.
3. Select your current sensor type.
4. Select **Next**.
5. Select **Start now**.
6. The app will walk you through applying and pairing the sensor.

Check your glucose with each new sensor

In the first 12 hours with a new sensor, do not use SG for treatment decisions. Follow the treatment options that you usually use to manage your diabetes. Treatment decisions include insulin, food (carbs), and activity. The MiniMed Go app, together with a sensor, can be used to make diabetes treatment decisions, except during the first 12 hours of use of each new sensor.

When you see the Check BG icon during the first 12 hours of wearing a new sensor:

- Use a blood glucose (BG) meter reading to make treatment decisions.
- Do not use sensor glucose (SG) readings to make treatment decisions.

Edit your settings

There might be times that you need to adjust your **Insulin settings**.



Here are the steps to do so:

1. From the **Home screen**, select **Settings**.
2. Select **Insulin settings**.
3. Under Insulin settings you can select between Rapid and Long-acting settings.
4. Rapid-acting settings include General calculator settings and Meal therapy type. Long-acting settings include the settings related to your long-acting dose.

SG readings can be used after the first 12 hours of wearing a new sensor when the Check BG icon no longer appears.

When the Check BG icon appears next to your SG reading, check and use a current BG reading to make treatment decisions.

The following shows the Check BG icon depending on the sensor you are using.

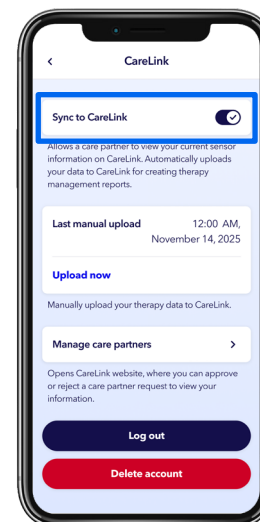
	Simplera sensor
	Instinct sensor

There might be times that you need to adjust your **Alert and glucose settings**.

Here are the steps to do so:

1. From the **Home screen**, select **Settings**.
2. Select **Alert and glucose settings**.
3. Under Alert and glucose settings you can select between Sound and vibration, Glucose alerts, System alerts, and Reminders.

Sync to CareLink



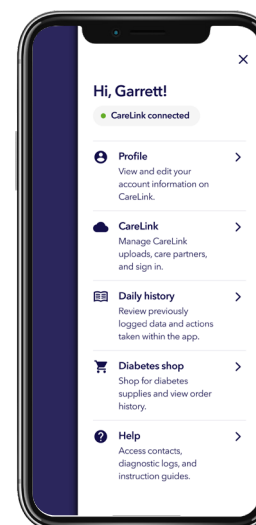
Is your data not syncing for your HCP?
Make sure Sync to CareLink is toggled on.

Share your data with others



The CareLink Connect app allows you to share your MiniMed Go system data and alerts with up to five care partners. The app does not need to be downloaded to your phone, those that want to view your information refer to the CareLink Connect app user guide.

Find additional support



Tap the **Profile** icon in the top right corner of the app to see your support within the app.

Visit the MiniMed Go system page at:
www.minimed.com/go

Want a little extra support with starting your system?
Our product support team is available at
1-800-646-4633.

Important Safety Information for the 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 complete details, consult the appropriate system and component user guides, and see <https://bit.ly/GoSafety>.

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(24-Hour Technical Support for physicians and medical professionals)

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