

MiniMed Flex™ system

Software update guide

 minimed



Made by
 Abbott

Contents

I. How to update your MiniMed Flex™ pump software

This update is for people who are already using their MiniMed Flex™ pump. It updates the Flex pump to the latest software version.

Software update process

- Step 1 Get Ready
- Step 2 Download the update
- Step 3 Install the update
- Step 4 Confirm settings and start sensor

II. All about the Instinct sensor

Learn more about the Instinct sensor, made by Abbott, including how to get started and tips for using it successfully.



Your pump software updates are managed through the MiniMed™ app, which also serves as the screen and controller for the MiniMed Flex™ pump.



How to update your MiniMed Flex™ pump software

Follow these steps to update the pump to the latest software version.

Software update overview

Software is first downloaded to the MiniMed™ app on your compatible mobile device or App Manager and then installed on your pump. Your pump software updates are managed in the MiniMed™ app.



Check you are using the latest version of the MiniMed™ app available in your app store.

Best practices



- Complete the update early in the day. If you are using SmartGuard™ mode, there will be a 5 hour warm-up period after the update, during which you will be in Manual mode. Completing the updating earlier in the day helps ensure you can return to SmartGuard™ mode before bedtime.
- Before you start your update, check that you are using the latest version of the MiniMed™ app available in your app store.
- Make sure your mobile device or App Manager is charged.
- Make sure your MiniMed Flex™ pump stays charged to at least 70% for the entire update process. Starting with a fully charged pump helps ensure the software update process can be completed successfully.
- Downloading and installing the software can take up to 35 minutes.

Step 1: Get ready (page 5)

1. Fully charge the MiniMed Flex™ pump
2. Charge your mobile device or App Manager
3. Write down your pump settings
4. Sync to CareLink™ Personal (recommended)

Step 2: Download the update (page 10)

1. Check if a software update is available
2. Download the update to your mobile device or App Manager
 - The download takes up to 15 minutes depending on internet speed

Step 3: Install the update (page 12)

1. Install the new software on your pump
 - The install takes up to 20 minutes

Step 4: Confirm settings and start sensor (page 14)

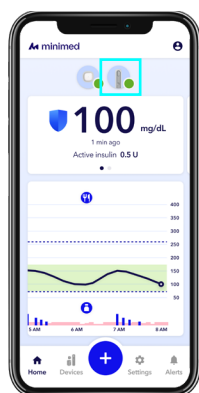
1. Confirm your insulin settings, alert and glucose settings, SmartGuard™ settings
2. Start your sensor

Important reminders:

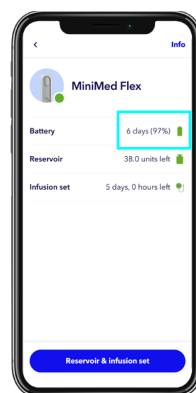
Throughout the software update, make sure your pump and your phone are never further apart than 3 meters (10 feet).

How to check your pump's charge:

The MiniMed Flex™ pump must have more than 70% charge throughout the entire update process. If at any time during the update process the charge drops below that percentage the update will not be able to proceed. Your pump can charge during the software update process. However, starting with a fully charged pump helps ensure the update completes successfully.



Open the MiniMed™ app and tap the pump icon.



The battery life will be displayed.

The pump must have more than 70% power throughout the entire update process.

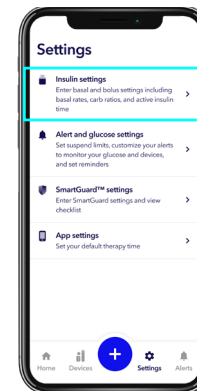
Step 1: Get ready

Write down your settings. After updating your pump, you will need to confirm that your settings transferred correctly. You will need to have your current settings written down. Follow the process in the next few pages to find and write down your settings.

Find your settings



Open the MiniMed™ app and tap **Settings**.

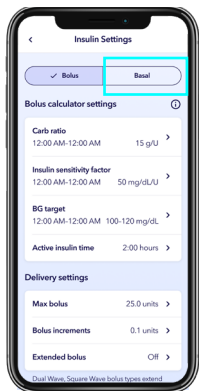


Tap **Insulin Settings**.

Write down your pump settings

Bolus Calculator Settings

Carb Ratio		Insulin Sensitivity Factor		BG Target	
12:00am -	g/U	12:00am -	mg/dLU	12:00am -	- md/dL
-	g/U	-	mg/dLU	-	- md/dL
-	g/U	-	mg/dLU	-	- md/dL
-	g/U	-	mg/dLU	-	- md/dL
Active Insulin time					
Max bolus					
Bolus increments					
Extended bolus		Dual	On / Off		
		Square	On / Off		



Basal Settings

Basal pattern name:		Basal pattern name:	
12:00am -	U/hr	12:00am -	U/hr
	U/hr		U/hr
	U/hr		U/hr
	U/hr		U/hr

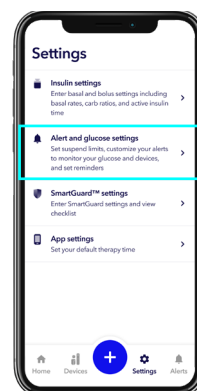
Delivery Settings

Max basal rate	U/hr
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After recording your Bolus Settings, tap **Basal**.



Open the MiniMed™ app
and tap **Settings**.



Tap **Alert and
glucose settings**.

Low glucose alerts

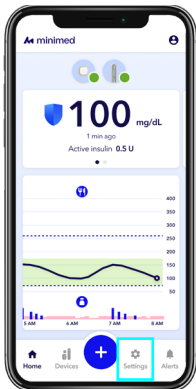
Set Day and Night?: ON / OFF

Day Settings		Night Settings	
Day start	AM	Night start	AM
Low limit	mg/dL	Low limit	mg/dL
Alert before low	ON / OFF	Alert before low	ON / OFF
Alert on low	ON / OFF	Alert on low	ON / OFF
Fall alert	ON / OFF	Fall alert	ON / OFF
Fall Rate	md/dL per min	Fall Rate	md/dL per min
Suspend Limit		Suspend Limit	
Suspend before low	ON / OFF	Suspend before low	ON / OFF
Alert for Suspend before low	ON / OFF	Alert for Suspend before low	ON / OFF
Suspend on low	ON / OFF	Suspend on low	ON / OFF
---	---	Max volume	ON / OFF
Snooze duration	hr	---	---

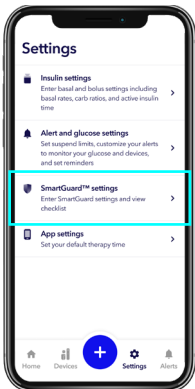
High glucose alerts

Set Day and Night?: ON / OFF

Day Settings		Night Settings	
Day start	AM	Night start	AM
Low limit	mg/dL	High limit	mg/dL
Alert before high	ON / OFF	Alert before high	ON / OFF
Alert on high	ON / OFF	Alert on high	ON / OFF
Rise alert	ON / OFF	Rise alert	ON / OFF
Rise Rate	md/dL per min	Rise Rate	md/dL per min
---	---	Max volume	ON / OFF
Snooze duration	hr	---	---



From the MiniMed™ app Home Screen tap **Settings**.



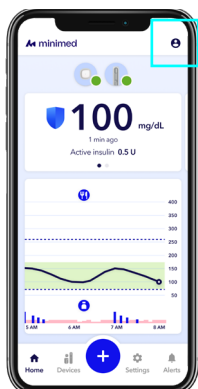
Tap **SmartGuard™ settings**.
Next, tap **Settings**.

SmartGuard Settings

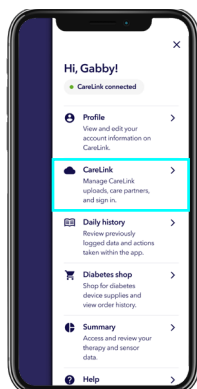
SmartGuard Target	100 110 120
Auto Correction	ON OFF

Sync to CareLink™ Personal using the MiniMed™ app

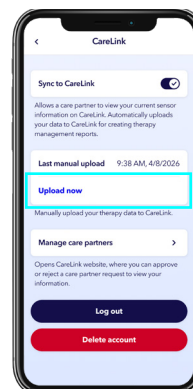
It is recommended to sync your existing pump data to your CareLink™ Personal account before completing the update. This uploads your data to the CareLink™ cloud making sure your recent pump data and current settings are saved. Use the MiniMed™ app and complete the instructions below.



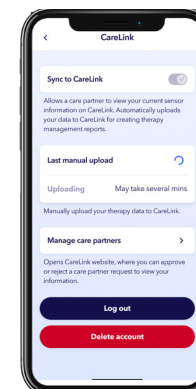
From the MiniMed™ app Home Screen tap **Profile**.



Tap **CareLink**.



Tap **Upload now**.



It may take a few minutes for the upload to complete and longer if it's been awhile since your last upload.

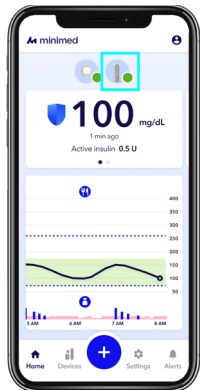
You can go back to the Home screen of your MiniMed™ app by tapping the back arrow and then tapping the x.

Go to the next page to Get Started with the update.

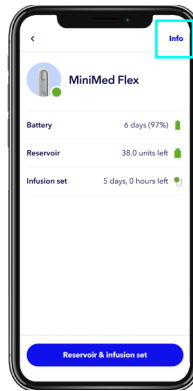
Step 2: Download the update

Check if a software update is available

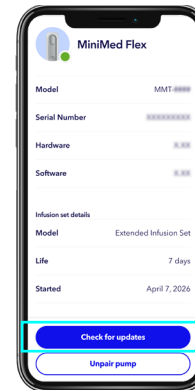
Make sure you have a stable internet connection, preferably Wi-Fi.



Open the MiniMed™ app and tap the MiniMed Flex™ pump.

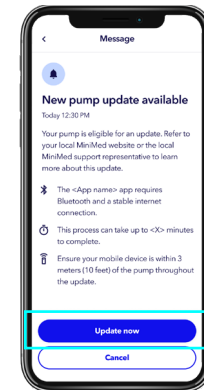


Tap **Info**.



Tap **Check for updates**.

If an update is not available the app will tell you.



Tap **Update now**.

Download the update



The download can take up to 15 minutes. You may see your time remaining go up or down depending on your internet connection and phone use.



Before continuing make sure your pump and mobile device are fully charged.



Ensure Bluetooth is turned on.



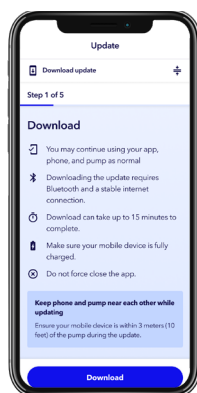
Make sure you have a stable Internet connection, preferably Wi-Fi.



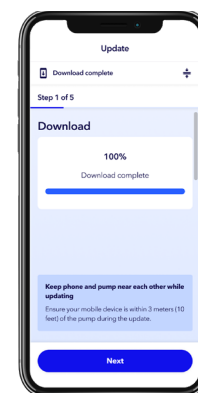
Keep your mobile device within 3 meters (10 feet) of the pump throughout the update.



Do not force close the app (for example, swiping the app window up on Apple iOS device) during the download as this will cancel the download. You may otherwise continue to use your phone normally, including taking calls, answering messages and using other apps.



Tap **Download**. Do not force close the app.



The app screen will show the progress of the download. This can take up to 15 minutes. Once complete, tap **Next**.

Step 3: Install the update



The install may take up to 20 minutes. You may see your time remaining go up or down depending on your internet connection and phone use.



Make sure you have a stable Internet connection, preferably Wi-Fi.



Make sure your pump and mobile device are fully charged.



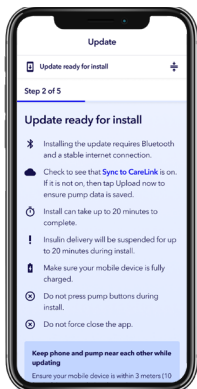
Keep your mobile device within 3 meters (10 feet) of the pump throughout the update.



Ensure Bluetooth is turned on.



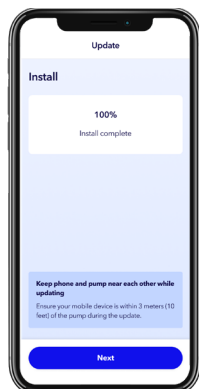
Do not force close the app (for example, swiping the app window up on Apple iOS device) during the download as this will cancel the download. You may otherwise continue to use your phone normally, including taking calls, answering messages and using other apps.



1. Read the Update ready for Install screen, tap **Next**.
2. Read and acknowledge each item by tapping the check box on User acknowledgments. Tap **Next**.
3. Read and confirm each item by tapping the check box on Pre-install check list. Tap **Next**.

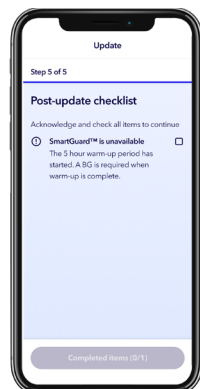


This Installation may take up to 20 minutes. If this isn't a convenient time, you can pause and complete it later. However, be sure to finish it the same day as the download to avoid repeating the process.

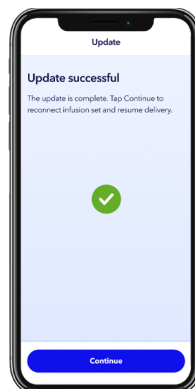


The install will begin. This can take up to 20 minutes. It's important to keep the app open in the background (you can use other apps and phone functions) and not touch any buttons on the pump.

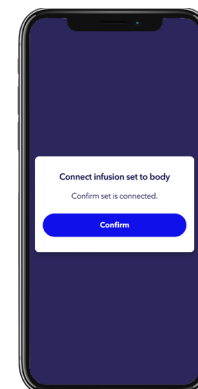
Once complete, tap **Next**.



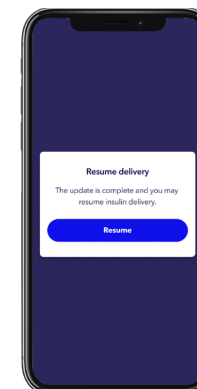
Read and acknowledge the items in the Post-update checklist. Tap **Next**.



The update successful message will appear. Tap **Continue**.



Connect your infusion set to your body and tap **Confirm**.



Tap **Resume** to resume insulin delivery.

Congratulations! Your pump is now updated.



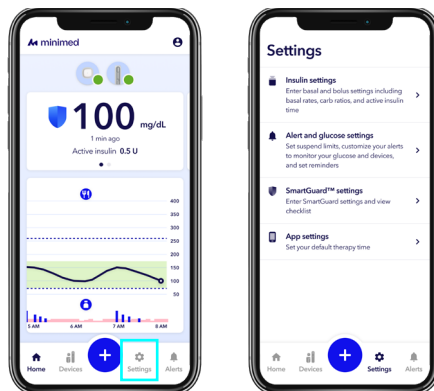
SmartGuard™ mode warm-up:

If you were using SmartGuard™ mode before the update, please note that SmartGuard™ mode will require a 5 hour warm-up period before it can be used again. During this warm-up period, you will be in Manual mode. Use Suspend before low or Suspend on low during this time.

Step 4: Confirm your settings and start sensor

Confirm your insulin settings, alert and glucose settings and SmartGuard™ settings

Your insulin settings should transfer automatically after the update. It's important to double-check that everything transferred correctly. Follow the steps below to confirm your settings.



From the MiniMed™ app
Home Screen tap **Settings**.

Insulin settings

Confirm bolus and basal settings

Alert and glucose settings

Confirm high and low alert settings

SmartGuard™ settings

Confirm your SmartGuard™ target
Confirm Auto Correction settings

Be sure the SmartGuard™ mode is turned on. The SmartGuard™ mode will take 5 hours to warm up before it can be used.

During this warm-up period, you will be in Manual mode. For this reason, it is recommended you turn on Suspend on low or Suspend before low feature to keep you safe until SmartGuard™ mode can take over.

If Suspend before low or Suspend on low are both off the system will automatically suspend your insulin when your sensor glucose reaches 54 mg/dL.

Start sensor

Your current sensor will continue to work and can stay in place after the update. When you're ready, you can start a new sensor.

All about the Instinct sensor

Learn more about the Instinct sensor, made by Abbott, including how to get started and tips for using it successfully.

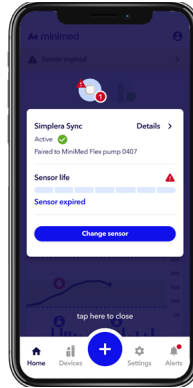


How to start the Instinct sensor

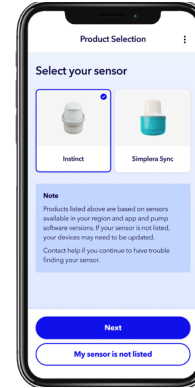
The MiniMed™ app will walk you, step-by-step, through starting the Instinct sensor. Read and follow the in-app instructions.



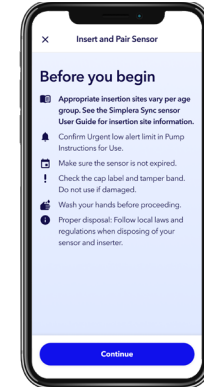
Tap the sensor device icon.



Tap **Change sensor**.
Your previous sensor will automatically unpair.



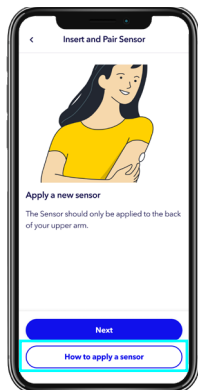
Select **Instinct sensor** and tap **Next**.



Read the “Before you begin” screen in your MiniMed™ app.

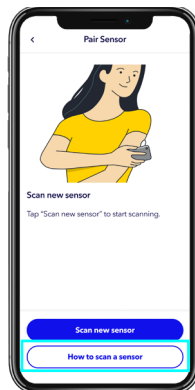
Tap **Continue**.

Tap **OK** to acknowledge that when using the Instinct sensor, the Urgent low sensor glucose alert will alert you when your glucose falls below 55 mg/dL.



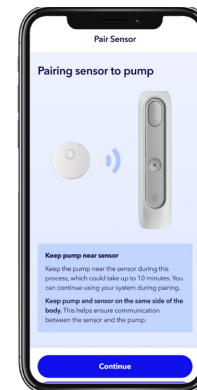
Tap **How to apply a Sensor** and follow the app's step-by-step instructions.

Once the sensor is applied, tap **Next**.



Tap **How to scan a sensor** and follow the app's step-by-step instructions.

Once you know how to scan, tap **Done** and then tap **Scan new sensor**.



Tap **Continue** on the Pairing sensor to pump screen.

Keep your pump and sensor close during pairing. It's important to note this could take up to 10 minutes. You can continue to use your system during pairing.

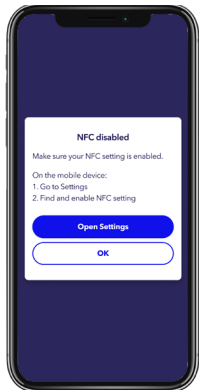
Review the alert and glucose settings changes in the app. Then return to the MiniMed™ app Home screen.

How to scan the Instinct sensor

Every new Instinct sensor needs to be scanned to start working

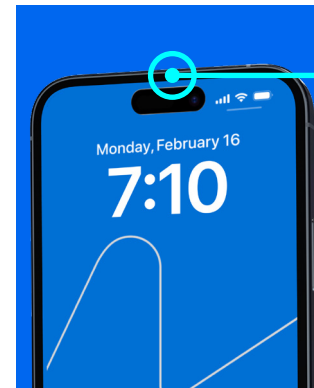
The MiniMed Flex™ system uses a feature called NFC (near-field communication) to connect the sensor to the pump. NFC is a connection that works when your phone is held very close to the sensor. You may be familiar with NFC if you use Apple Pay or Google Pay at a store.

Your phone has built-in NFC antenna that makes this connection. The location of the antenna can vary by phone type and model, so you may need to adjust where you place your phone to successfully pair the sensor.



NFC needs to be on.

The MiniMed™ app will tell you if NFC is off in your mobile device. If NFC is disabled (meaning it is off) and you receive this app screen, tap **Open settings** and turn on NFC.



For iPhone users, the antenna will be at the **top** of the phone.

For Android users: NFC location varies by phone model. **Check your phone's online user guide.**

Where and how you hold your phone matters. Slowly move your phone over the sensor to find the NFC spot on your phone. You may need to hold your phone still over each spot for a few seconds until it scans. Once you find it, consider marking it for future scans.



Some phone cases can interfere with NFC.
For best results, consider removing your case before scanning.

How to stay connected

Wear your pump and the Instinct sensor on the same side of your body in direct line of sight.

Keep your pump and sensor close

Make sure your pump and sensor are in a line of sight so they can “see” each other. This helps them stay connected.

Keeps your pump and sensor path clear

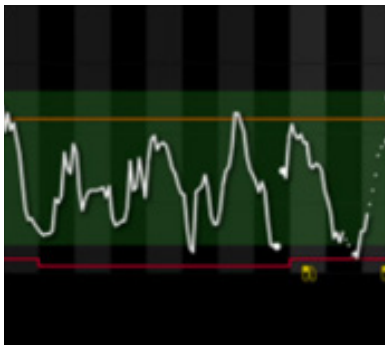
Make sure nothing, like clothing or your body, is in the way. This helps your pump and sensor “talk” to each other and share real-time information

Pick any side for your infusion set

You can choose either side of your body for the infusion set. It does not need to be on the same side as your pump and sensor.



Understand changes in your data



The Instinct sensor sends glucose updates more often than other sensors. If you’ve used another sensor before, you may notice that your sensor graph looks bumpier and less smooth. You may also see more trend arrows.

Changes to how the data is displayed does not affect how SmartGuard™ works or delivers insulin. SmartGuard™ mode still works the same to automatically adjust your insulin and help keep your glucose levels on track.

Tips for keeping your sensor in place



Easy does it

Be careful not to catch your sensor on objects such as doorways, car doors, seat belts, and furniture edges.



Pat dry

After a shower or swim,[†] take extra care when toweling off to avoid catching or pulling off your sensor.



Dress for success

Give your sensor room to breathe by wearing loose-fitting clothing[†] and lightweight materials.



Slow down

When dressing or undressing, be careful not to catch your undergarments on the sensor.



Play it safe

For contact sports and heavy exercise, select a sensor site on the back of your upper arm that minimizes the risk of the sensor being knocked off.



Hands off

Try not to play with, pull, or touch the sensor while wearing it.

Products that add extra stickiness[§]



Overbandage

A medical-grade adhesive; bandage or tape.[‡]



Skin-Prep[®] protective barrier wipes

Protective liquid dressing that allows skin to breathe so tapes and films adhere better.



Tegaderm I.V. (Overbandage)

A transparent film that provides adhesive strength.



Mastisol[®] liquid adhesive

Clear, non-irritating, non-water-soluble liquid adhesive that secures dressings even in moist areas.



Torbot Skin Tac[™]

A hypoallergenic and latex-free “tacky” skin barrier.

We're with you on this journey!



Request a replacement sensor: Use the QR code or visit MiniMed.com/sensor to request a replacement sensor.



Get support: Use the QR code or visit www.MiniMed.com/support to explore all the resources MiniMed provides.



Speak to our team: Call Technical Support at 1-800-646-4633.



Order supplies: Visit Diabetes.shop to place your order.



For more helpful Instinct

sensor tips: Scan the QR code to get the sensor application and adhesion guide.

[†] Sensor is water-resistant in up to 1 meter (3 feet) of water. Do not immerse longer than 30 minutes.

[‡] The app can capture data from the sensor when it is within close proximity of the sensor. The proximity and orientation of the antenna in phones varies and the phone will have to be moved around to find the best position for scanning the sensor.

[§] The information above does not constitute an endorsement of the manufacturer or the product quality. Medtronic and Abbott Diabetes Care are not responsible for the completeness or accuracy of product information. Product availability may vary by country and region. The manufacturer's instructions for use of each product should be followed.

[‡] Over-bandage must be applied at the time of sensor application. The opening/hole in the center of the sensor must not be covered. Additional medical grade bandages/tape can be applied, but do not remove bandages/tape once applied until sensor is ready for removal.

Important safety information

MINIMED FLEX™ SYSTEM WITH SMARTGUARD™ TECHNOLOGY WITH SIMPLERA SYNC™ SENSOR AND INSTINCT SENSOR

The MiniMed Flex™ system is intended for the continuous delivery of basal insulin at selectable rates, and the administration of insulin boluses at selectable rates for the management of type 1 diabetes mellitus in persons 7 years of age and older, and of type 2 diabetes mellitus in persons 18 years of age and older requiring insulin. The system is also intended to continuously monitor glucose values in the fluid under the skin.

The MiniMed Flex™ system includes SmartGuard™ technology, which can be programmed to automatically adjust insulin delivery based on continuous glucose monitoring (CGM) sensor glucose values and can suspend delivery of insulin when the SG value falls below or is predicted to fall below predefined threshold values. The system is intended for use with connected sensors, including the Simplera Sync™ sensor and integrated continuous glucose monitors, including the Instinct sensor, each of which has different wear-time, form factor, insertion site, and other distinguishing characteristics that relate to sensor performance. Consult the appropriate sensor user guide when using the system. Discuss treatment decisions with your HCP.

WARNING: Do not use the SmartGuard™ feature for people who require less than 8 units or more than 250 units of total daily insulin per day. A total daily dose of at least 8 units, but no more than 250 units, is required to operate in the SmartGuard™ feature.

WARNING: Do not use the MiniMed™ Flex system until appropriate training has been received from a healthcare professional. Training is essential to ensure the safe use of the MiniMed™ Flex system.

WARNING: Do not use SG values to make treatment decisions, including delivering a bolus, while the pump is in Manual Mode. When the SmartGuard™ feature is active and you are no longer in Manual Mode, the pump uses an SG value, when available, to calculate a bolus amount. However, if your symptoms do not match the SG value, use a blood glucose (BG) meter to confirm the SG value. Failure to confirm glucose levels when your symptoms do not match the SG value can result in the infusion of too much or too little insulin, which may cause hypoglycemia or hyperglycemia.

Pump therapy is not recommended for people whose vision or hearing does not allow for the recognition of pump signals, alerts, or alarms. The safety of the MiniMed Flex™ system has not been studied in pregnant women or in persons using other anti-hyperglycemic therapies that do not include insulin. For complete details of the system, including user guides and important safety information such as indications, contraindications, warnings and precautions associated with system and its components, see <https://bit.ly/MiniMedRisks>.

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