



## Managing meals on mylife CamAPS FX

**Note:** Please discuss all recommendations with your diabetes team.

### Top tips for managing meals on the mylife CamAPS FX app:

- Try to choose lower glycaemic index (GI) foods.
- Aim to give mealtime insulin 10–15 minutes before eating (5–10 minutes if using ultra-rapid insulin).
- Carbohydrate counting influences post-meal glucose levels, so aim to be as accurate as possible when estimating carbohydrates.
- Consider reviewing the insulin-to-carbohydrate ratio (ICR) across the different times of the day around 1–4 weeks after starting mylife CamAPS FX and periodically thereafter.
  - If you see the algorithm routinely shutting off insulin delivery directly after the meal, the ICR may be too strong.
  - If the algorithm ramps up to give a lot of insulin directly after the meal, the ICR may be too weak.
- If a bolus is accidentally given late or forgotten, consider reducing the calculated bolus (about 50%) or using the “Boost” function to help correct the high as the algorithm will have increased insulin delivery to cover some of the meal already.
- For people with unpredictable appetites, consider covering the minimum amount of carbohydrate that might be consumed in the pre-meal bolus and, if more is eaten, delivering an extra bolus at the end of the meal or entering the extra carbohydrates in the “Add meal” function.

### Large meals:

- For large carbohydrate-containing meals or where you previously split the bolus, you may not want to give all the insulin pre-meal as this might cause a hypo because large meals take longer to digest and therefore raise glucose levels more slowly. On mylife CamAPS FX, you can split the insulin dose by entering some of the carbohydrate in the meal in to the bolus calculator and delivering a bolus pre-meal for that amount. A good starting point for splitting a large carbohydrate meal might be around 60 g for the average adult (less in children).
  - Adjust the carbohydrate amount entered via the bolus calculator depending on the outcome.
- For the remaining carbohydrates in the meal, you could consider:
  - leaving the mylife CamAPS FX algorithm to deal with extra carbohydrates or
  - putting the extra carbohydrates eaten into the “Add Meal” function and “Meal or Snack” or
  - entering the extra carbohydrates in bolus calculator to give another bolus at the end of the meal.



For safety reasons, the mylife CamAPS FX bolus calculator will only work if the phone has a security pin or password locking it when not in use.

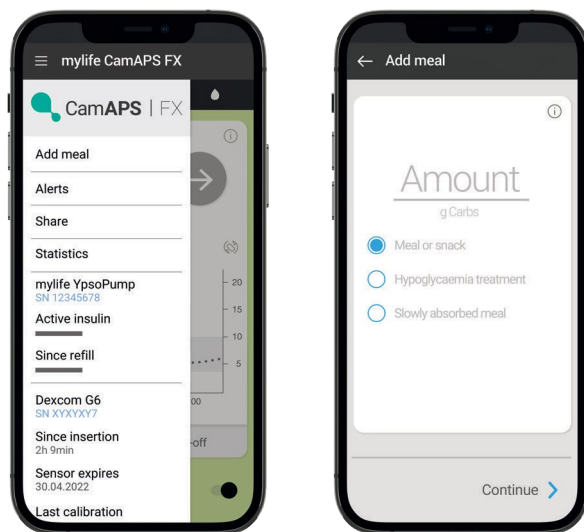


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### Slowly absorbed meals:

- For slowly absorbed meals (higher fat, protein and/or very low GI meals) consider splitting the bolus, but this time add the remaining (second) amount of carbohydrate in the “Add meal” function AND choosing “Slowly absorbed meal”.
- mylife CamAPS FX will deliver additional insulin, if required, for the next 3–4 hours in response to rising glucose levels.
- You will see a carbohydrate entry every 30 minutes, six over three hours (irrespective of amount of insulin delivered) on Glooko® when this feature is used.

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rtCGM: real time continuous glucose monitoring  
 mylife YpsoPump and CamAPS FX are class IIb devices. Only rapid-acting insulin at a concentration of 100 U/ml (insulin analogue) may be used with the mylife YpsoPump system. Always read the label and use only as directed. Consult your healthcare professional to see if these products are right for you.

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