

## How to upload the data from your Omnipod 5 system

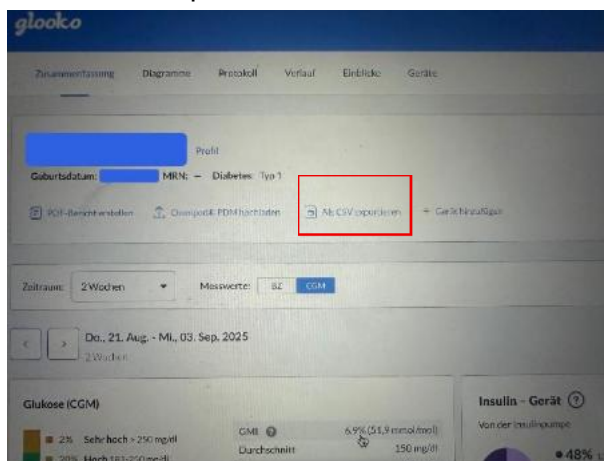


You can download your pump data using the **Glooko app**. Please follow these instructions:

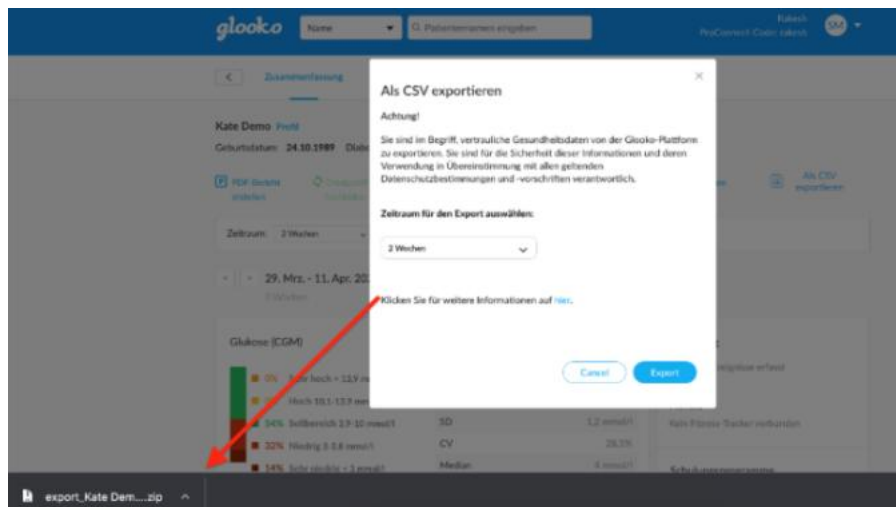
1. Open the **Glooko app** on your computer. Downloading the files via your mobile phone is not possible
2. Log in with your account credentials.



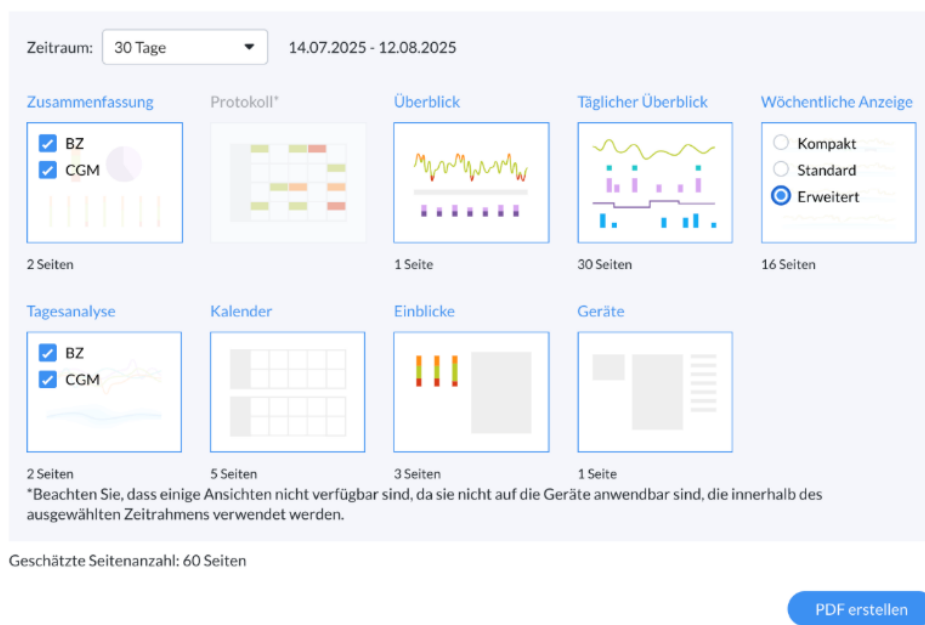
3. Click on « Export CSV files»



4. Select the desired time period. By default, the time range is set to 2 weeks. Instead, please choose “Custom Range” and enter the duration of your most recent menstrual cycle.



5. Save the **CSV file** on your computer.
6. In the main menu, then select **“Create PDF Report”** and set the custom time range.



7. Select the following views for download: Daily Overview, Day-by-Day Analysis, Calendar, and Devices.
8. Save the PDF file to your computer
9. Upload the PDF and CSV-file using the secure link we have provided.