

Setting Expectations with Automated Insulin Delivery (AID) Systems

Hybrid closed loop systems—also called automated insulin delivery (AID) systems—can make managing diabetes easier and improve quality of life. However, they are **not a cure** and **do not replace daily diabetes care**. Understanding how they work will help you use them safely and successfully.

What These Systems Do

- Automatically adjust insulin based on sensor readings
 - Help keep blood sugar in range more often
 - Reduce, but do not eliminate, high and low blood sugars
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Important Limitations

- Blood sugar will **not be perfect all the time**
 - Low and high blood sugar can still happen
 - The system only works well when sensor data is available
 - Sensor failures or warm-up times can limit performance
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Meals and Insulin

- **Meal boluses are still needed**
 - Insulin takes time to work, so telling the system when you eat helps prevent spikes
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Diabetes Skills Still Matter

- Users must understand basic diabetes care
 - Manual pump skills are important for times when the system is not working
 - Knowing how to problem-solve helps you use the system more safely
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Sensor and Pump Site Care

- Rotate sites regularly
 - Keep sites clean and well maintained
 - Pump site failures can still happen
 - You may need to:
 - Change the pump site
 - Give insulin manually if blood sugar stays high
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Understanding Alerts and Taking Action

- **Low blood sugar**
 - The system will suspend insulin and give warnings
 - You may still need to eat carbohydrates
 - **High blood sugar**
 - The system will try to increase insulin to keep you in range
 - Extra insulin may still be needed
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Key Takeaway

Hybrid closed loop systems are powerful tools—but they work best when combined with:

- Good diabetes knowledge
- Regular self-care
- Understanding system alerts and data

You are still the most important part of diabetes management.