

## How do I upload my Omnipod pump?

Before any appointment you should upload your data from your pump at home.

To download your data from your omnipod you are required to upload your data from your PDM onto Glooko

Step 1: Set up an account on <https://eu.my.glooko.com/> and enter our clinic ID when prompted.

Forth Valley's clinic ID is 20-63945

Step 2: Once you have an account with Glooko and have logged in download your data from your PDM to Glooko by connecting your PDM to your computer or laptop or tablet with the USB cable.

\*If you have an ipad you can buy a lightning or USB-C (ipad charge point) to micro USB adaptor for less than £10.