



Thank you for scheduling your training! We look forward to meeting with you.

**Reminder to please do not use your device until you have been trained by a Health Care Provider.**

Before the training, it is recommended that you watch the Quick Start video at:

<https://www.myceqursimplicity.com/trainingvideos> .

Prior to our scheduled training, please have the following items ready:

- CeQur Simplicity Starter Kit
- Vial of Humalog® (lispro) U-100 or NovoLog® (aspart) U-100 insulin
- Alcohol wipe & sharps container

Please ensure the following:

- Please be sure your insulin is at room temperature for 15 minutes prior to training
- Please wait until virtual training to get started with CeQur Simplicity

If you have any questions, you can reach out to one of our Patient Care Coordinators at 877-313-5120, Monday through Friday, 8am to 8pm Eastern time.