DEXCOM G7

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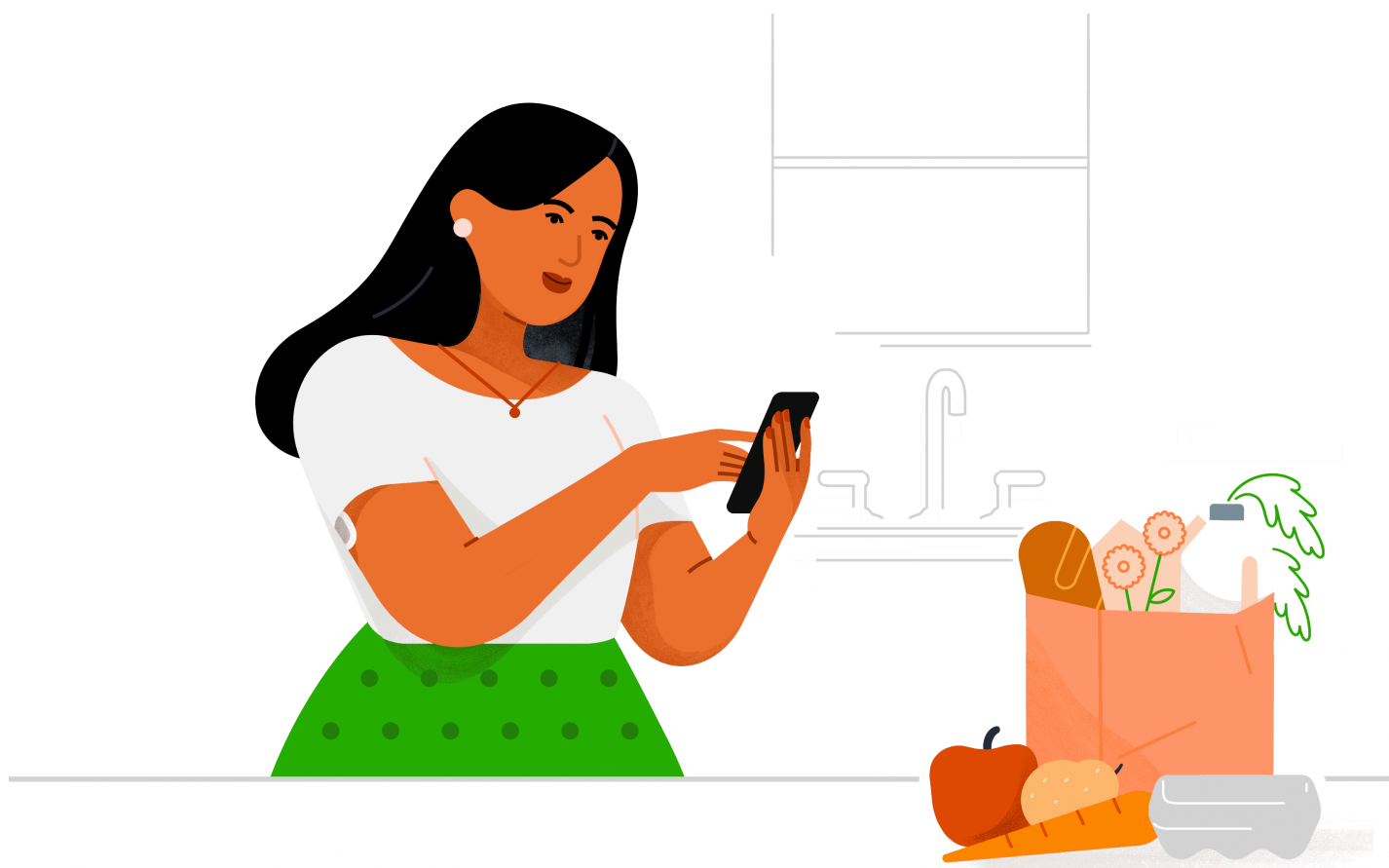
CGM 101: **You and Your Dexcom G7**

You have **one** Dexcom account, it is used to login to:
- Dexcom G7 app
- Dexcom Clarity app
- Web-based Clarity

Remember your Dexcom username and password

My Dexcom prescription was sent to: _____

The address/phone number is: _____

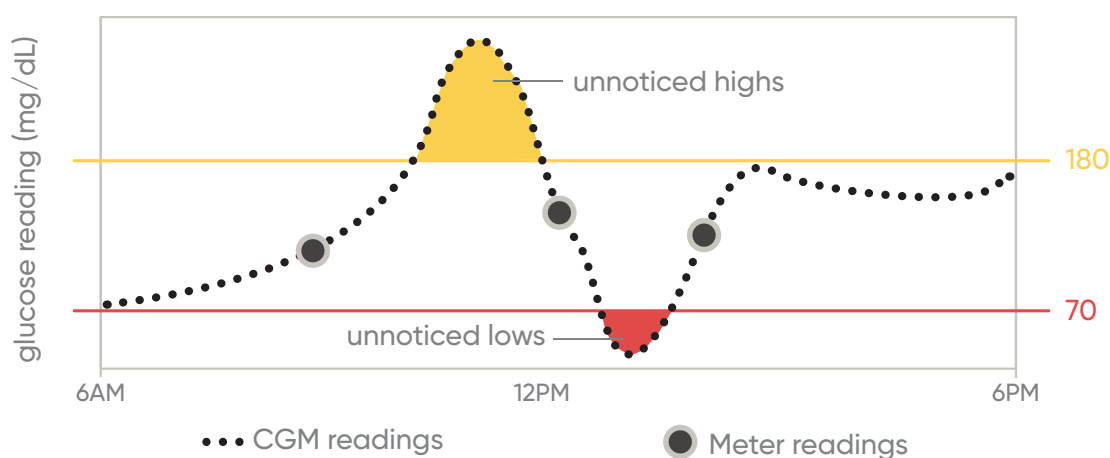Refill: every **month** or **every 3 months** (circle one)

WHAT IS CONTINUOUS GLUCOSE MONITORING (CGM)?

Using a sensor inserted just underneath your skin, a CGM lets you see your glucose numbers in real-time — no fingersticks required.[†]
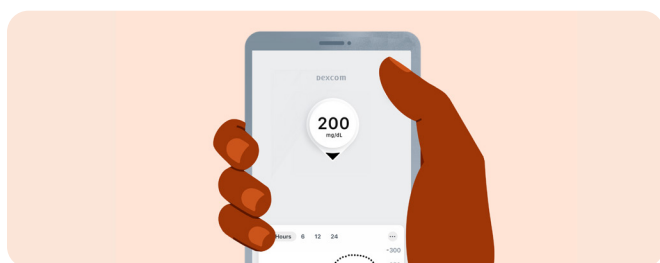
†Fingersticks required for diabetes treatment decisions if symptoms or expectations do not match readings.

Applicator

Sensor (inside)

Skin

Interstitial fluid
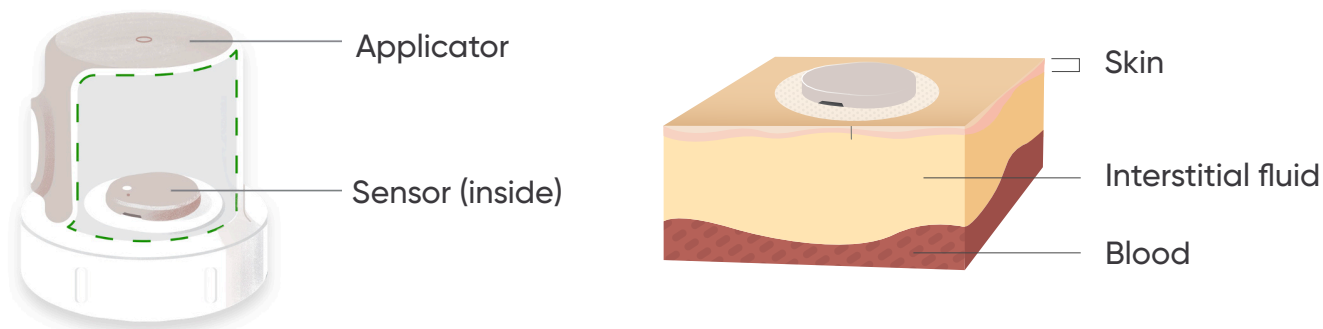
Blood

What is the difference between CGM and your blood glucose meter (meter)? Your meter measures glucose levels at a single moment in time, while CGM continually check glucose levels throughout the day and night and can alert you if your glucose levels go too high or too low.
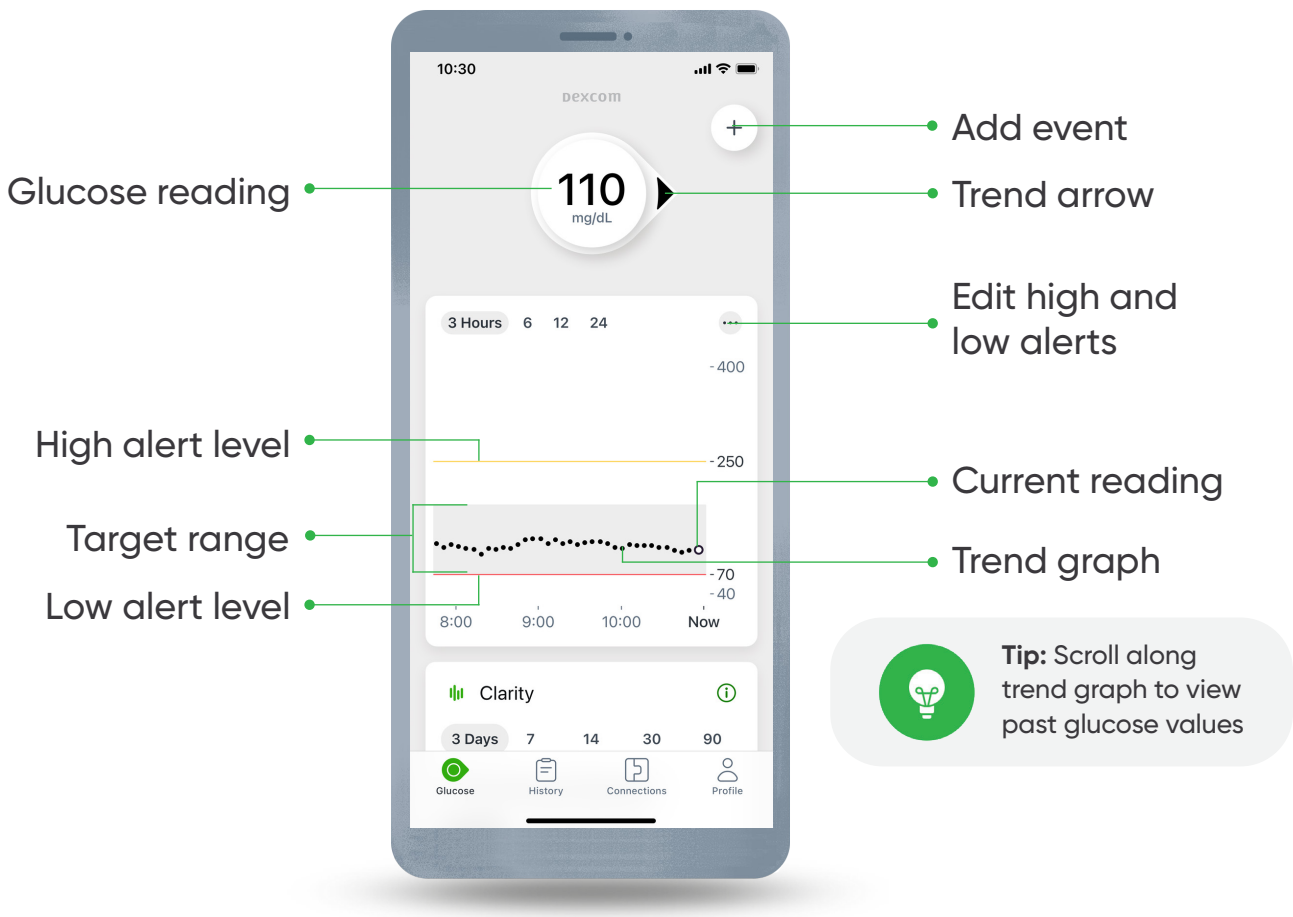
glucose reading (mg/dL)

unnoticed highs

180

70

unnoticed lows

6AM   12PM   6PM

••• CGM readings   ● Meter readings

CGM vs. Meters

200
mg/dL

170

CGM readings and meter values may not be the same and that's okay. CGMs and meters measure glucose from two different types of body fluids: interstitial fluid and blood. **Both readings can be different and still be considered accurate.**

GLUCOSE TAB AND ARROWS

Your glucose tab shows your sensor glucose reading, trend graph, and trend arrow.

Glucose reading

Add event

Trend arrow

Edit high and low alerts

High alert level

Current reading

Target range

Trend graph

Low alert level

Tip: Scroll along trend graph to view past glucose values

Trend arrows show the speed and direction your glucose is heading. Trend arrows can help you catch highs and lows before they happen.

	Steady		**Rising or falling**
	Slowly rising or falling		**Rapidly rising or falling**

HOW TO GET THE MOST OUT OF YOUR DEXCOM G7*

1. WEAR

The more you wear your Dexcom G7 the more you will understand your glucose responses. Use your Dexcom G7 to find out more about how food, physical activity, and insulin/ diabetes medications affect you.

Factors that effect your body's glucose levels:

- ✅ Food
- ✅ Medication
- ✅ Activity
- ✅ Illness
- ✅ Stress

2. EXPERIMENT

Your Dexcom G7 is an excellent tool for discovering which foods raise your glucose or not. Try different foods or activities and ask yourself:

- ✅ How did that food/meal affect my glucose?
- ✅ Would I do anything differently?
- ✅ How did that activity change my glucose?

3. PERSONALIZE

- ✅ Personalize your Dexcom G7 to fit your needs.
- ✅ Reaching your goals can take time.
- ✅ Work with your HCP to create goals and targets.

My glucose goal before meals is less than: _____

My glucose goal for after meals is: _____

How did CGM help you achieve these goals: _____

_____

4. PLAN

Dexcom G7 offers custom alert settings that may help you achieve your glucose targets.

- ✅ Ask your HCP how to set alerts that work with your lifestyle.
- ✅ Talk about what your high and low alerts should be with you HCP.

5. RESPOND TO ALERTS

Don't ignore your alerts. When responding to an alert, take a minute to think about what might have caused it. Ask yourself:

- ✅ Did I eat more or less carbs than usual?
- ✅ Was I more or less active than usual?
- ✅ When did I last take insulin/diabetes medication?

70 mg/dL

When your glucose level goes below your set low alert, your number turns red.

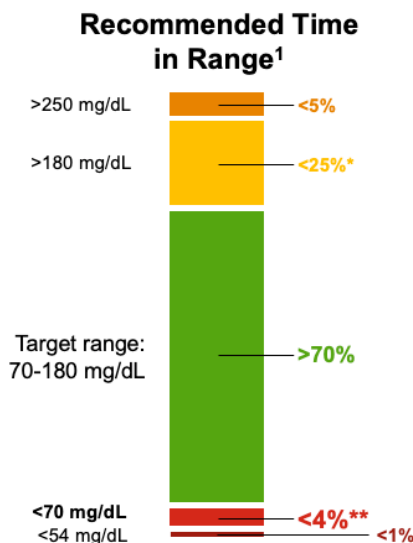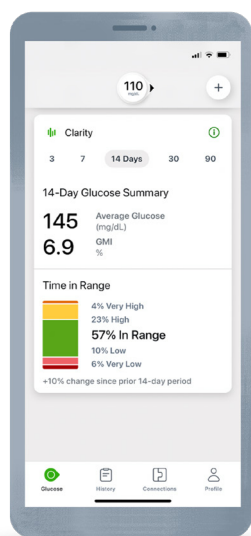Ask your HCP how to treat a low and enter their response here _____

_____

216 mg/dL

When your glucose levels go above your set high alert, your number turns yellow.

Ask your HCP how to treat a high and enter their response here _____

_____

WHAT IS TIME IN RANGE?

Time in Range (TIR) is the amount of time your body's glucose is within a target range. For most people with diabetes the target range is between 70 and 180 mg/dL.[†] The more time people spend in the green zone, the better they report feeling.[2]

Recommended Time in Range[1]

>250 mg/dL	<5%
>180 mg/dL	<25%*
Target range: 70-180 mg/dL	>70%
<70 mg/dL	<4%**
<54 mg/dL	<1%

Clarity
14-Day Glucose Summary
145 Average Glucose (mg/dL)
6.9 GMI %

Time in Range
4% Very High
23% High
57% In Range
10% Low
6% Very Low
+10% change since prior 14-day period

GOAL:
More Green
Less Red

†Recommendations from the International Consensus on Time in Range, 2019 recommend individualized glycemic targets for high risk and/or older adults with a focus on reducing the percentage of time spent less than 70 md/dL and preventing excessive hyperglycemia.

*Includes percentage of values >250 mg/dL **Includes percentage of values <54 mg/dL

1. Battelino T et al. Diabetes Care. 2019;42(8):1593–1603 2. Vigersky RA, McMahon C. Diabetes Technology Ther 2019;21:81–85 2. Dexcom, U.S. data on file, November 2020

RESOURCES

Videos and FAQs
View videos at **dexcom.com/training-videos**
View FAQs on the **"Learn"** section of **dexcom.com**

Customer Service
General customer inquiries, CGM training and education.
1-888-738-3646
See **dexcom.com**/**contact** for hours.

Technical support
1-888-738-3646
24 hours a day, 7 days a week