

# dexcom G7



## receiver and app setup

### GETTING STARTED GUIDE FOR VETERANS, ACTIVE DUTY SERVICE MEMBERS AND THEIR FAMILIES

This guide is for concept illustration only. For complete instructions, read the indications, warnings, precautions, and instructions provided with your Dexcom G7 Continuous Glucose Monitoring (CGM) System. All images are representational. Smart device sold separately. For a list of compatible devices: [dexcom.com/compatibility](https://dexcom.com/compatibility)

# HOW DOES THE DEXCOM G7 WORK?

Choose a display device to set up. If you want to set up both, fully set up one first and then you will be able to join the active sensor session.



## Applicator

Sensor insertion with the push of a button.



## All-in-one wearable sensor

Continuously measures glucose levels and automatically sends the numbers directly to a smartphone\* or Dexcom receiver.



\* Smart device sold separately. For a list of compatible devices: [dexcom.com/compatibility](https://dexcom.com/compatibility)

## Choice of display device

A receiver or compatible smartphone\* displays readings up to every 5 minutes.

# NEED HELP?

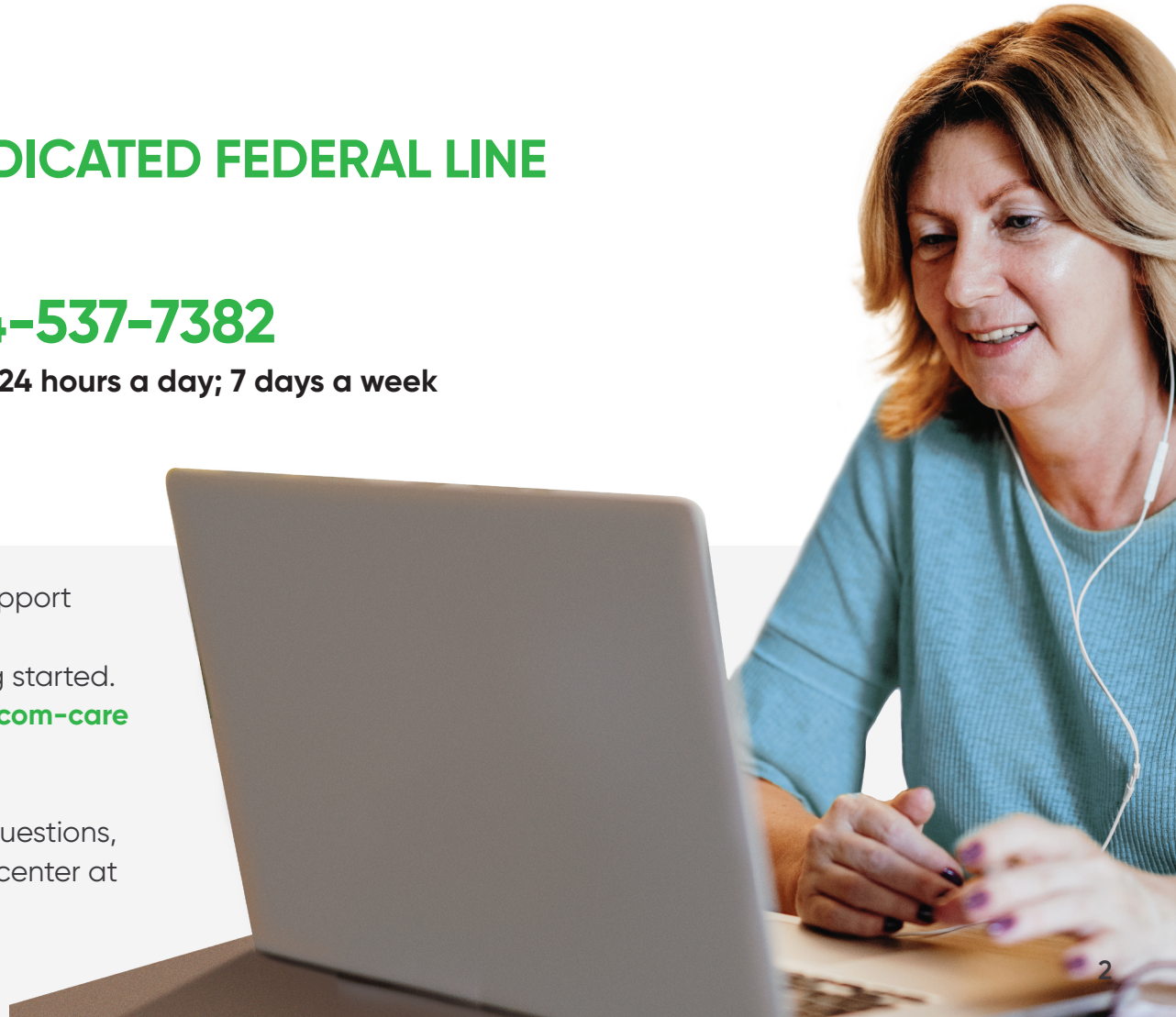
## CALL THE DEDICATED FEDERAL LINE



### 1-844-537-7382

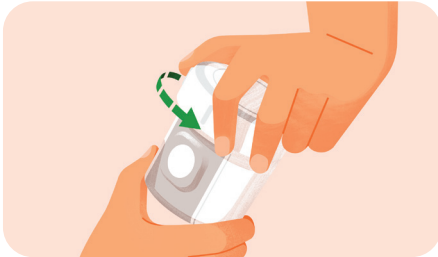
Available 24 hours a day; 7 days a week

- Press 1 for technical support
- Press 2 for help getting started.  
See [dexcom.com/dexcom-care](https://dexcom.com/dexcom-care)  
for hours.
- For frequently asked questions,  
visit the Dexcom help center at  
[dexcom.com/faqs](https://dexcom.com/faqs)

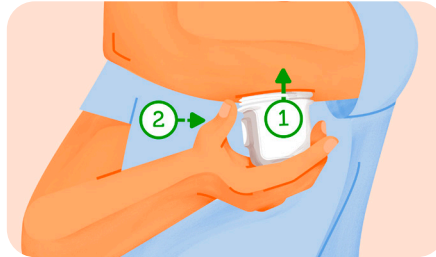


# INSERT SENSOR

See instructions in the sensor box for wear locations. Before you begin, wash and dry your hands; then clean the sensor site with alcohol.



Unscrew Cap. Don't touch inside applicator.



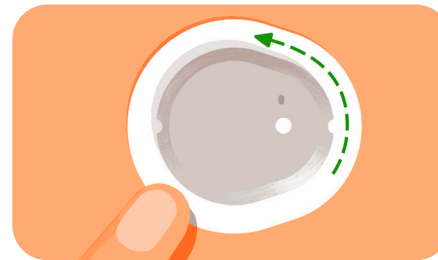
Press and hold applicator firmly against skin until clear safety guard is pushed in. Then push button.



Remove applicator.



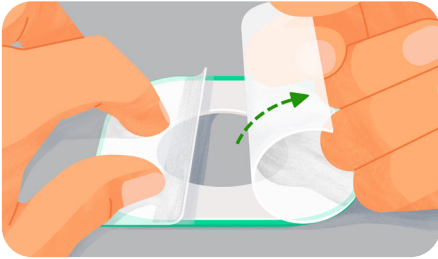
Press sensor for 10 seconds.



Rub around patch 3 times.

# APPLY OVERPATCH

**Note:** You may need to look in a mirror for this part.



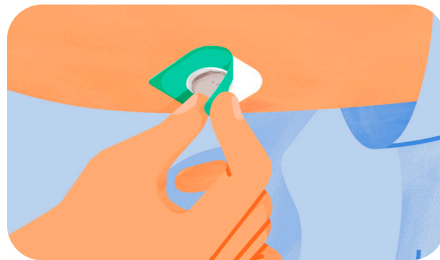
Carefully pull off both clear liners, one at a time. Don't touch adhesive area.



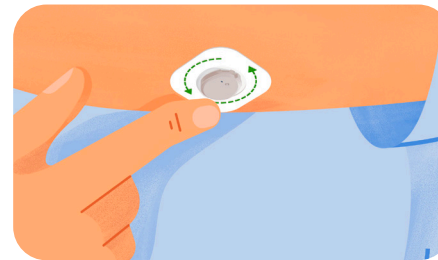
Use colored tab to place overpatch around sensor.



Rub around overpatch.



Use tab to peel off liner.



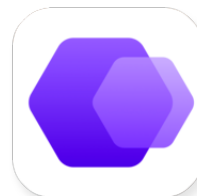
Rub around overpatch.

# GETTING STARTED ON THE **DEXCOM G7 APP**

First, download the Dexcom G7 app and create your account.  
If you've created a Dexcom account in the past, use that  
username and password.



**dexcom G7**



For VA supplied  
iPads, go to the Hub

The Dexcom G7 app walks you through setup and sensor  
insertion step-by-step. Education and instructions are  
provided at every step.



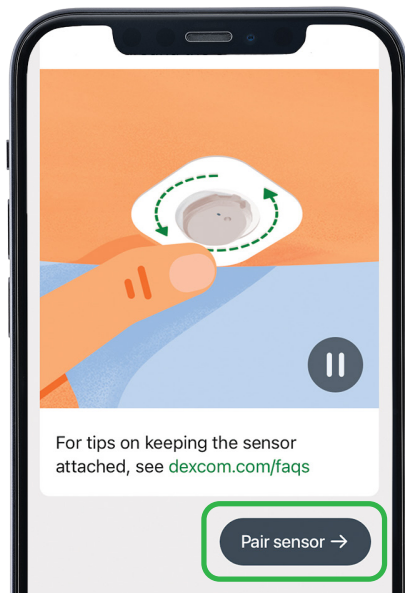
**TIP:** Visit [dexcom.com/compatibility](https://dexcom.com/compatibility)  
to check that your smartphone is  
compatible with the Dexcom G7 app.



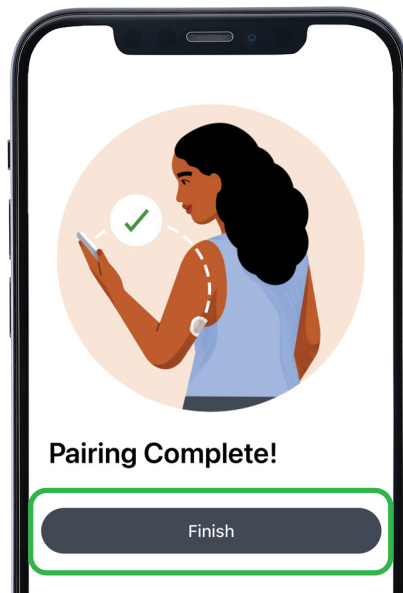


# PAIR AND START WARMUP

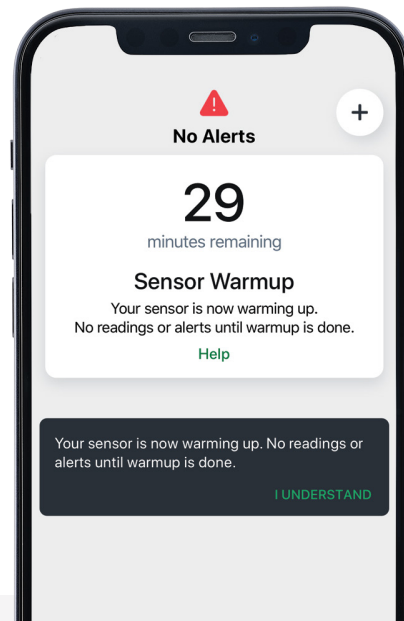
After inserting the sensor, tap pair sensor and wait for your sensor to pair.



After inserting sensor and overpatch tap **Pair sensor**.



Wait for sensor to pair.  
Tap **Finish**.



Begin 30 minute warmup.

# GLUCOSE TAB AND TREND ARROWS

Glucose tab shows sensor glucose reading, trend graph, and trend arrow.



Trend arrows show the direction your glucose is heading and how fast.

**STEADY**



**SLOWLY  
RISING OR  
FALLING**



**RISING OR  
FALLING**



**RAPIDLY  
RISING OR  
FALLING**





# CUSTOMIZING ALERTS AND EVENTS

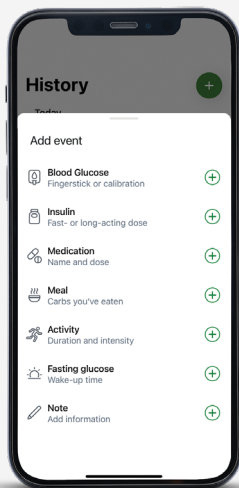
Your glucose alerts help you stay in your target range.

The default alert settings are:

**High:** 250 mg/dL

**Low:** 70 mg/dL

Work with your healthcare provider to customize your alerts to fit your lifestyle and goals. You can customize your alerts in **Profile > Alerts**.

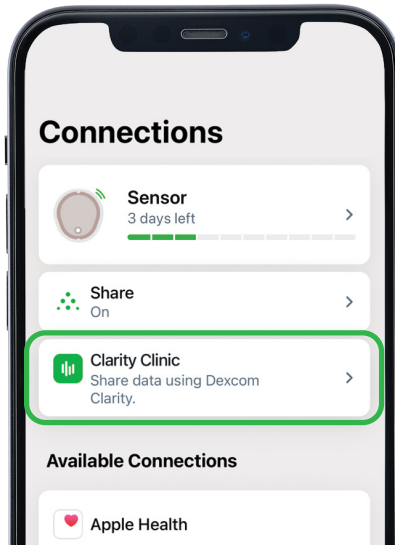


Events can help you understand glucose changes. For example, **what happens to your glucose after breakfast?** Reflecting on glucose changes after the event can offer insights.

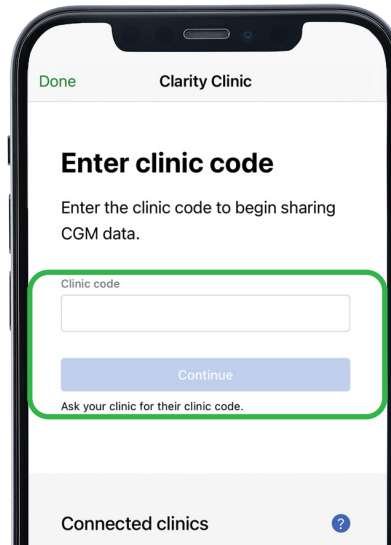
Events can be added by using the **History tab** or added by hitting the **plus (+) button**.

# SHARE DATA WITH **YOUR CLINIC**

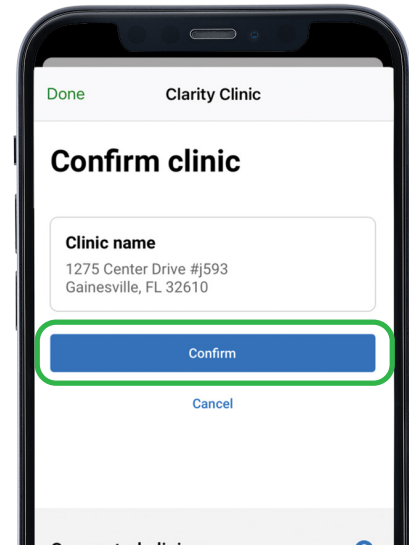
You can authorize data sharing with your clinic so they have access to your data. Your clinic will provide you with a clinic code. To begin sharing data:



In the **Connections** tab tap **Clarity Clinic**.



Enter your clinic code and tap **Continue**.



Confirm your clinic.

# ENDING YOUR **SENSOR SESSION**



Each sensor has a 12-hour grace period. After that time your sensor will automatically shut off. Don't worry, you'll be alerted before that happens.

**After your sensor session ends, peel off the patch like a bandage.**

## ENDING SENSOR SESSION EARLY

To end your sensor before it expires automatically, you must first stop the sensor.

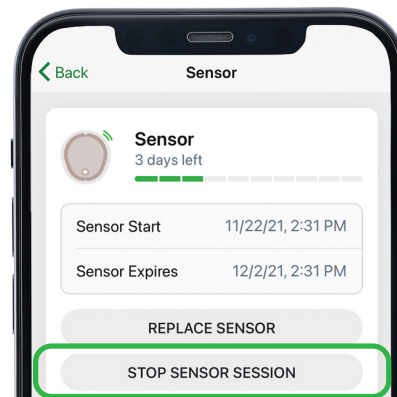


In the **Connections** tab tap **Sensor**.



Tap **REPLACE SENSOR**: If you want to start a new sensor immediately.

OR

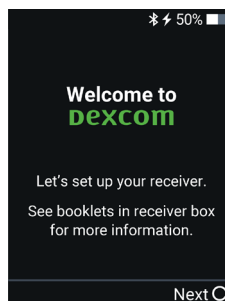


Tap **STOP SENSOR SESSION**: If you want to stop sensor without starting a new one.

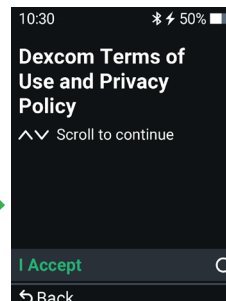
# GETTING STARTED ON THE DEXCOM RECEIVER



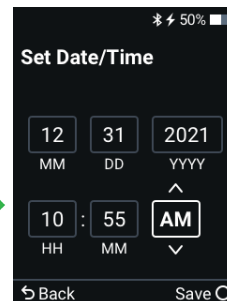
To turn the receiver on press and hold the **Select** button for 3-5 seconds. The receiver walks you through setup step-by-step.



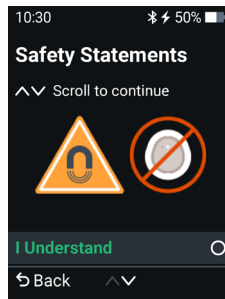
Select **Next** on the Welcome screen.



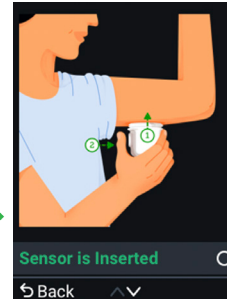
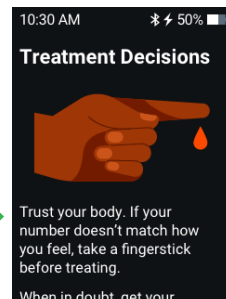
Accept Terms of Use.



Enter date and time.

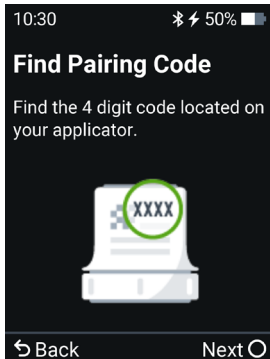


View mini tutorial on safety, treatment decisions, trend arrows, reading your home screen, and alerts.

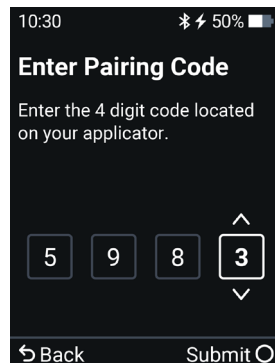


Insert sensor.

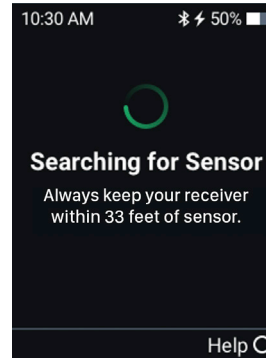
# PAIR AND START WARMUP



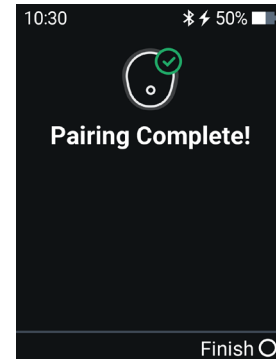
Find pairing code; located on applicator.



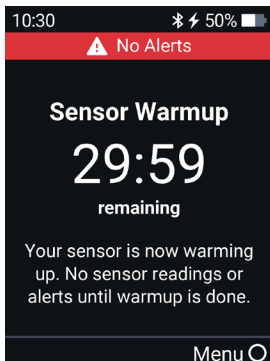
Enter pairing code.



Wait for sensor to pair.



Pairing complete.



Once communication is confirmed, the warmup will start. Warmup starts at sensor insertion, so you may see a less than 30 minute warmup remaining.

The sensor warmup timer tells you when you will start getting readings and alerts.

Keep smart device within 33 feet during this time.

# GLUCOSE TAB AND TREND ARROWS

Glucose tab shows sensor glucose reading, trend graph, and trend arrow.



Trend arrows show the direction your glucose is heading and how fast.

**STEADY**



**SLOWLY  
RISING OR  
FALLING**



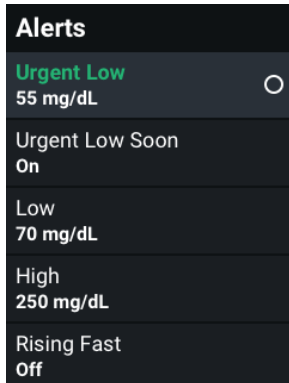
**RISING OR  
FALLING**



**RAPIDLY  
RISING OR  
FALLING**



# CUSTOMIZING ALERTS AND EVENTS

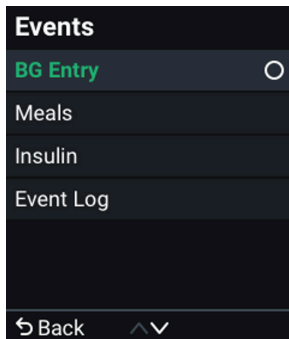


Your glucose alerts help you stay in your target range. The default alert settings are:

**High:** 250 mg/dL

**Low:** 70 mg/dL

Work with your healthcare provider to customize your alerts to fit your lifestyle and goals. You can customize your alerts in **Menu > Settings > Alerts**.



Events can help you understand glucose changes. For example, **what happens to your glucose after breakfast?** Reflecting on glucose changes after the event can offer insights. Once entered, events can be viewed in Dexcom Clarity reports.

Events can be added in **Menu > Events**.



# ENDING YOUR **SENSOR SESSION**

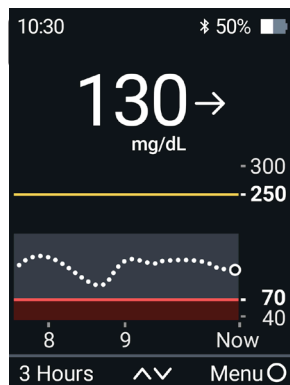


Each sensor session has a 12-hour grace period. After that time your sensor will automatically shut off. Don't worry, you'll be alerted before that happens.

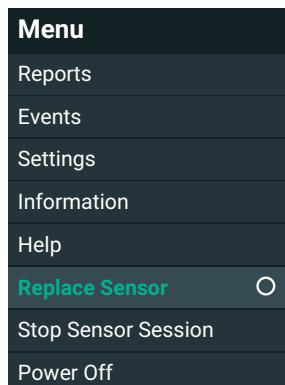
**After your sensor session ends, peel off the patch like a bandage.**

## ENDING SENSOR SESSION EARLY

To end your sensor before it expires automatically, you must first stop the sensor.

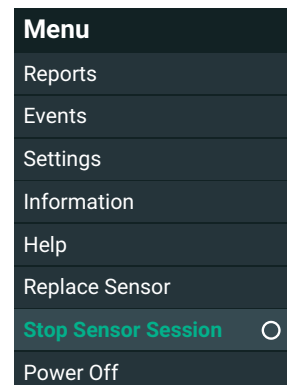


Select **Menu**.



Select **Replace Sensor**:  
If you want to start a new sensor immediately.

**OR**



Select **Stop Sensor Session**:  
If you want to stop sensor without starting a new one.

# DEXCOM CLARITY

Visit Dexcom Clarity at [clarity.dexcom.com](https://clarity.dexcom.com) to track your progress and share data with your clinic. Login using your existing Dexcom account or create a new account. To upload your receiver data, plug your receiver into the computer with your USB charging cable and follow onscreen instructions.



# FAQs

## Why doesn't my Dexcom G7 match my meter?

Dexcom G7 readings and meter values may not be the same and that's okay. The Dexcom G7 and a meter measure glucose from two different types of body fluids: interstitial fluid and blood.

**Both readings can be different and still be considered accurate.**

## Can I use Dexcom G7 during an MRI, CT scan, x-ray, or diathermy treatment?

Users should not wear any Dexcom G7 CGM component during magnetic resonance imaging (MRI) or high-frequency electrical heat (diathermy) treatment.

However, it's safe to have a CT scan or x-ray if the sensor is kept out of the scanned area and the sensor is covered with a lead apron.

## Can I get Dexcom G7 wet?

The Dexcom G7 sensor is waterproof up to 8 feet.\* You can also get the sensor wet while bathing, showering, or swimming. The Dexcom G7 receiver is not waterproof but is splash resistant.

If you're in or near water, your compatible display device<sup>†</sup> may need to be closer than 33 feet to get sensor readings. If you're in water, you may not get sensor readings until you get out. The patch stays on longer if kept dry.

\*The Dexcom G7 sensor is waterproof and may be submerged under eight feet of water for up to 24 hours without failure when properly installed.

## Can I wear Dexcom G7 through airport security?

You can wear your Dexcom G7 sensor when going through walk-through metal detectors and Advanced Imaging Technology (AIT) body scanners. Alternatively, you may ask for hand-wanding or a full-body pat-down and visual inspection. Ask for visual inspection of any part of your Dexcom G7 in the baggage scanning machine.

Most security check points require you to temporarily give up your smart device and receiver.

Dexcom G7 is safe to go through luggage scanning and will not affect product performance. To help you prepare for airport security checks and screening procedures for air travel, review any relevant airport websites and travel updates before your trip.







# dexcom G7

**BRIEF SAFETY STATEMENT:** Failure to use the Dexcom Continuous Glucose Monitoring System and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the Dexcom CGM do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

**BRIEF SAFETY STATEMENT:** The web-based Dexcom Clarity software is intended for use by both home users and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis, and evaluation of historical CGM data to support effective diabetes management. It is intended for use as an accessory to Dexcom CGM devices with data interface capabilities. Caution: The software does not provide any medical advice and should not be used for that purpose. Home users must consult a healthcare professional before making any medical interpretation and therapy adjustments from the information in the software. Caution: Healthcare professionals should use information in the software in conjunction with other clinical information available to them. Caution: Federal (US) law restricts this device to sale by or on the order of a licensed healthcare professional.

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