



experience, experiment and reflect

The Dexcom G7 app shows real-time glucose numbers on your smartphone* – no fingersticks required.† This can allow individuals to effortlessly see glucose levels and where they're headed, so people can make smarter decisions about food and activity in the moment to take better control of health.

Glucose data updates on the Dexcom G7 app every 5 minutes, that's up to 288 glucose readings per 24 hours! Your Dexcom sensor is waterproof‡ and does not need to be removed to shower, sleep or workout.

See first-hand how this technology can be a game-changer for people living with diabetes and for clinicians to enable timely diabetes management.

GET STARTED

Follow three simple steps to get started:

1 Download the Dexcom G7 app and create account

Note: If you've created a Dexcom account in the past, use that username and password.

2 Set up Dexcom G7 app

The Dexcom G7 app walks you through setup step-by-step. The app will walk you through inserting your sensor and provide education so you can learn about your Dexcom G7 app.

3 Experiment!

Throughout your session, consider experimenting with any of the suggested ideas as they fit into your schedule and health.



Scan to watch
education
videos.

*Smart device sold separately.

†Fingersticks required for diabetes treatment decisions if symptoms or expectations do not match readings.

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

EXPERIENCE 'PERSONAL EXPERIMENT' IDEAS

To get the most out of your experience, here are some ideas for 'personal experiments' you can try. You will be able to make a variety of choices and see how they impact your glucose.

One option is to do what you normally do. Or, experiment and see if certain foods or activities have a different impact on your glucose. Or do both! Eat your normal foods and do regular activities part of the time and then experiment with foods or activities on other days.

- Do you wonder how certain foods or drinks affect your glucose? Look at your glucose when you start eating/drinking and 1-2 hours after to see the change.
- Compare a carbohydrate rich breakfast (cereal, pancakes, bagel) to a protein-based breakfast (eggs, Greek yogurt, cottage cheese).
- Go for a 10–15 minute walk after lunch and compare to a day you don't walk.
- Pick two meals to compare.

Here are some prompts to help familiarize you with features of the Dexcom G7 app:

1 Explore the 'Profile' tab and customize your alert settings	2 Review quiet mode options - 'Vibrate' and 'Silence All'	3 Move your finger across the trend line to find the highest glucose in last 12 hours	4 Find your time in range (TIR) for the first 3 days in the 'Trends' tab	5 Take a photo of your food
6 Review 'Trends' tab and view in app reports	7 Share your data with another person in the 'Connections' tab*	8 Connect your sensor with an Apple Watch using Direct to Watch†	9 Add a 'Second Alert Profile'	10 Compare your 7-day TIR to your 3-day TIR in the 'Trends' tab

* Internet connection and separate Follow app required. To view compatibility, visit dexcom.com/compatibility.

† Smart device sold separately. To view a list of compatible devices, visit dexcom.com/compatibility. Compatible smartphone is required to pair a new Dexcom sensor with a compatible Apple Watch. To use Share/Follow your compatible Apple Watch must be connected to the internet via Wi-Fi.

REFLECT ON YOUR EXPERIENCE

- ✓ What surprised you?
- ✓ Did you change any food choices or activities based on your glucose data?
- ✓ How will this experience impact your food and activity choices?

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.

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