Dexcom

your guide to Dexcom G7

GETTING STARTED, MAKING IT PERSONAL AND STAYING CONNECTED.

This guide is for concept illustration only.
For complete instructions, read the indications, warnings, precautions, and instructions provided with your Dexcom G7 CGM System.

This guide is designed to walk you through the Dexcom G7 Continuous Glucose Monitoring (CGM) System.

We will cover CGM basics, starting steps, personalizing your Dexcom G7, and will share useful tips along the way

what is CGM?

CGM stands for **Continuous Glucose Monitoring** – a wearable device that is painlessly[1] inserted underneath the skin and measures glucose throughout the day and night.

The Dexcom G7 CGM system delivers real-time glucose numbers to your smartphone* or receiver - no fingersticks required.† This can allow individuals to effortlessly see glucose levels and where they're headed.

Worn over a 10-day session, with a 12-hour grace period, glucose data updates on the Dexcom G7 app up to every 5 minutes. Dexcom G7 is waterproof‡ and does not need to be removed to shower, sleep or workout.

1. Dexcom G7 User Guide, 2023

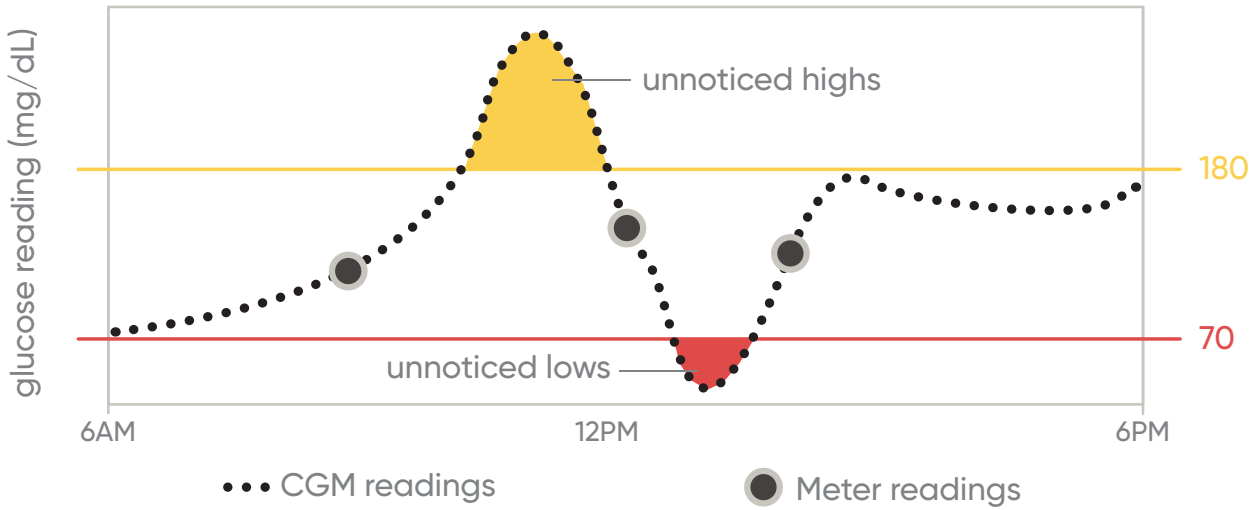
*Smart device sold separately. For a list of compatible devices: dexcom.com/compatibility

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

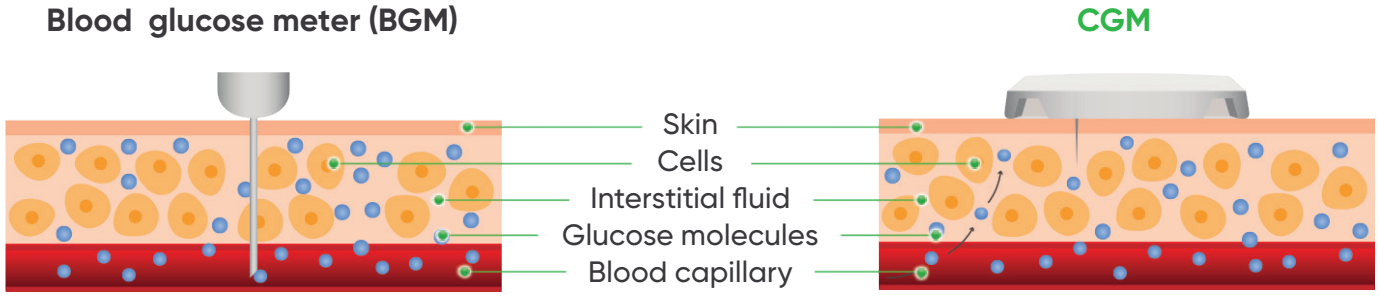
‡ The Dexcom G7 sensor is waterproof and may be submerged under eight feet of water for up to 24 hours without failure when properly installed.

CGM vs BGM

A blood glucose meter (BGM) measures glucose levels at a single moment in time, while CGM continually checks glucose levels throughout the day and night and can alert you if your glucose levels go too high or too low.



CGM readings and BGM 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 BGM AND CGM READINGS CAN BE DIFFERENT AND STILL BE CONSIDERED ACCURATE

Dexcom G7 components

Choice of display device

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

Applicator with built-in sensor

Applicator inserts the sensor with the push of a button

Sensor

Sensor continuously measures glucose levels under the skin for up to 10 days 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

getting started

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.

GETTING STARTED ON THE DEXCOM G7 RECEIVER

To setup the Dexcom G7 receiver, follow the in-box instructions.

GETTING STARTED ON THE DEXCOM G7 APP

The first step is to download the Dexcom G7 app and create your account. If you've created a Dexcom account in the past, use that username and password.

Download on the App Store

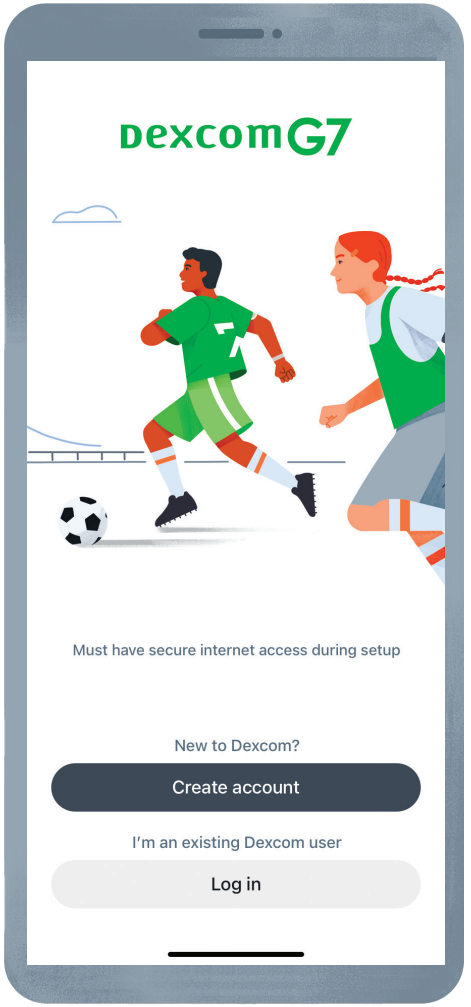
GET IT ON Google Play

The Dexcom G7 app walks you through setup step-by-step. The app will walk you through a mini tutorial so you can learn about Dexcom G7 and will show you how to insert your sensor.

Remember your Dexcom User ID and password

Use the same User ID to sign into web-based Dexcom Clarity or the Dexcom Clarity app.

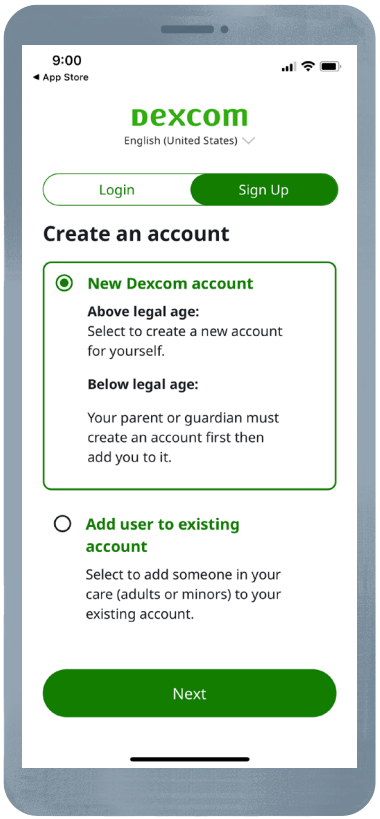
TIP: Scan the QR code or visit dexcom.com/training-videos for videos on getting started

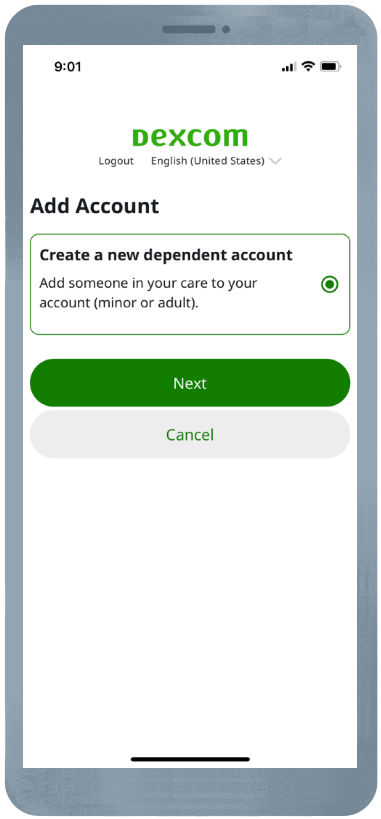


create an account

If you are a caregiver of a Dexcom user who is under 18 years old, you must create a dependent account for them to login. First, you must create a new account for yourself if you haven't already. Then you'll be able to create a dependent account.

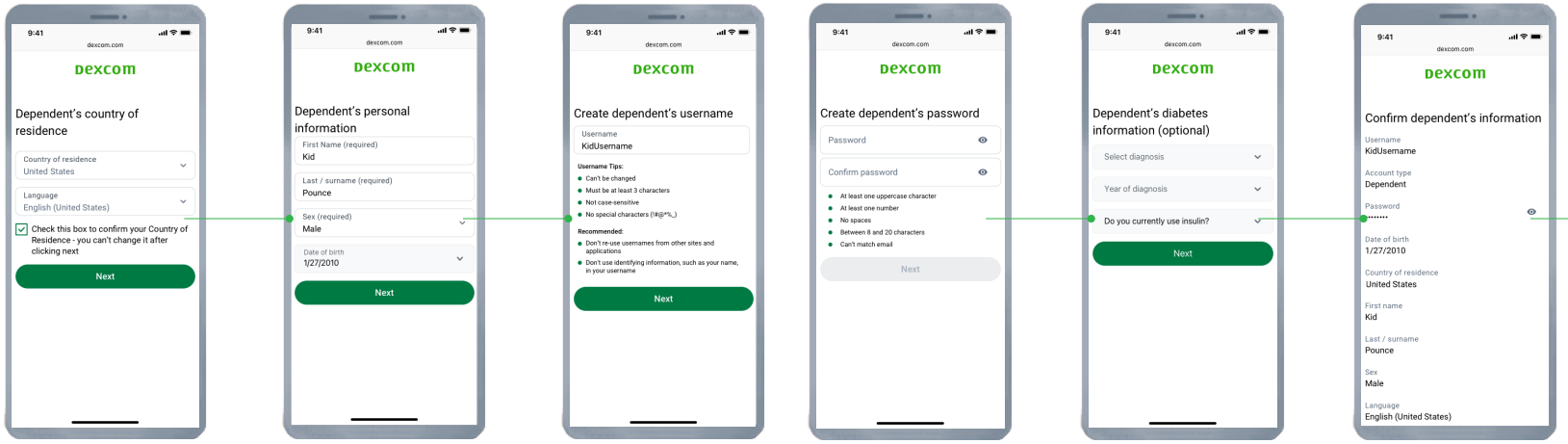
To create a Dexcom account, select Sign Up and then select New Dexcom account. Follow onscreen instructions to create a caregiver account. Once complete, tap Creat a new dependent account.





create a dependent accout

Follow the steps below to create a dependent account.

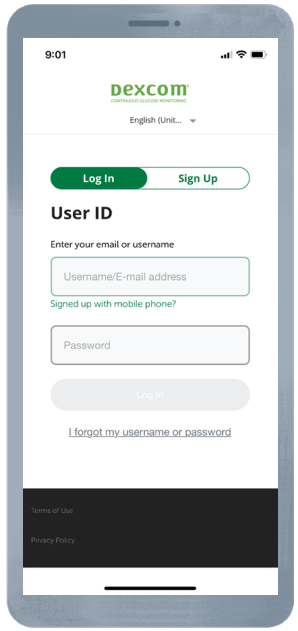


LOG IN TO DEPENDENT'S ACCOUNT

Log in and follow step by step instructions to get started on Dexcom G7 sensor.

Complete the app setup (Overview, App Set Up, Sensor Insertion). Brief videos are included to educate you on your Dexcom G7.

Login to G7 and Clarity apps with the dependent's username and password on their device.



tips for keeping the sensor on

Applying Dexcom G7 correctly and following these simple tips can help keep your sensors securely fastened for the full wear period.

Use your finger to secure the adhesive

When you apply the sensor make sure to press gently on the sensor for 10 seconds and rub firmly around the patch three times.

Apply an overpatch every time

Each Dexcom G7 sensor comes with an overpatch, make sure to apply it as soon as you put on a new sensor.

Keep it dry

The longer you keep your sensor dry and sweat-free in the first 12 hours, the longer it may stick to your skin. When it gets wet, gently pat it dry as soon as you can.

More tips:

- **Be careful:** Watch out for the sensor to get caught on things like your car door or changing clothes.
- **Avoid hair:** Apply the patch to areas without a lot of hair. If needed, shave the site.
- **Extra adhesive:** Try additional adhesive on the patch before applying the overpatch and let dry. If it peels off your skin, trim the peeled parts and put on medical tape. See QR code below for more adhesion tips.

TIP: Scan the QR code to view more sensor adhesion tips

TIP: Scan the QR code to view sensitive skin tips

removing and replacing the sensor

ENDING YOUR SENSOR SESSION

Each sensor session lasts up to 10 days plus a 12-hour grace period. You must end the sensor session before you start a new sensor. You can end it two ways:

- Automatically, when the grace period ends
- Manually, in the Connections tab, tap **Sensor > Stop Sensor Session**

REMOVING SENSOR

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

STARTING A NEW SENSOR

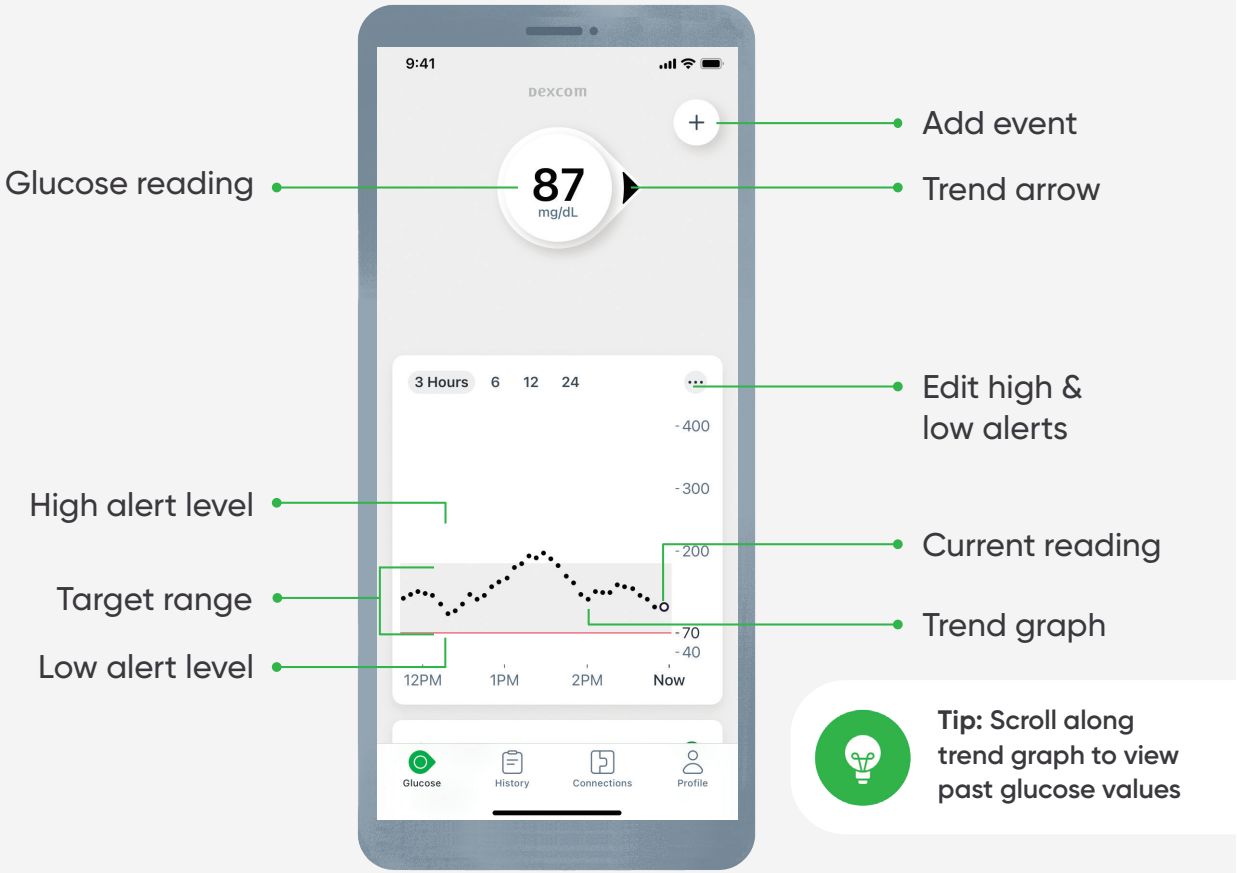
To start a new sensor, enter your new sensor pairing code and insert a new sensor.

TIP: Scan the QR code or visit dexcom.com/training-videos to watch a video on replacing your Dexcom G7 sensor

In the following pages, we will provide information on how to customize alerts and navigate through key features that help you get the most of your Dexcom G7.

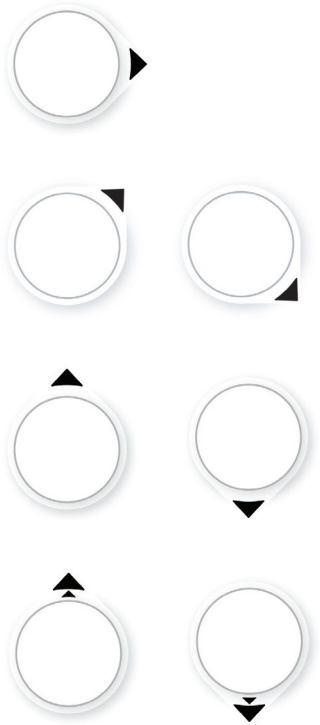
glucose tab and trend arrows

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



Tip: Scroll along trend graph to view past glucose values

Trend arrows show where glucose is heading and help to predict where glucose will be within the next 30 minutes.



customizing alerts

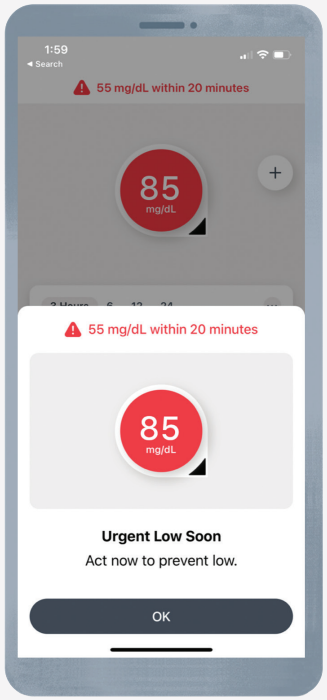
Your Dexcom G7 can continually checks glucose levels throughout the day and night. Dexcom G7 alerts can notify you when glucose goes outside of target range, goes too low or too high, or will be low soon, empowering you to take action to prevent hypo and hyperglycemia.*

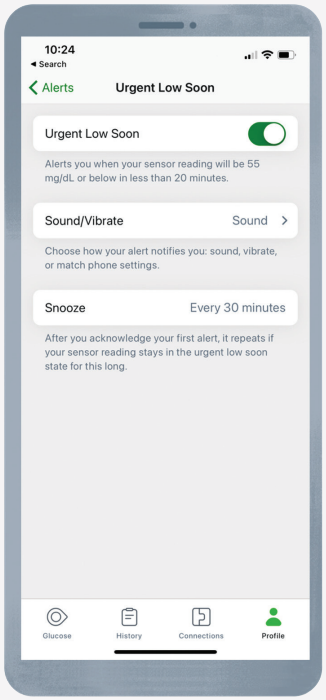
URGENT LOW SOON ALERT

Alerts when sensor reading will be at or below 55 mg/dL within 20 minutes.

This alert allows quick action to be taken - potentially prevent a severe low before it happens.

Can be turned off or customized (sound/vibrate, snooze) in **Profile > Alerts > Urgent Low Soon**.





*Work with your Diabetes Care Team to individualize alert settings based on your goals.

customizing alerts

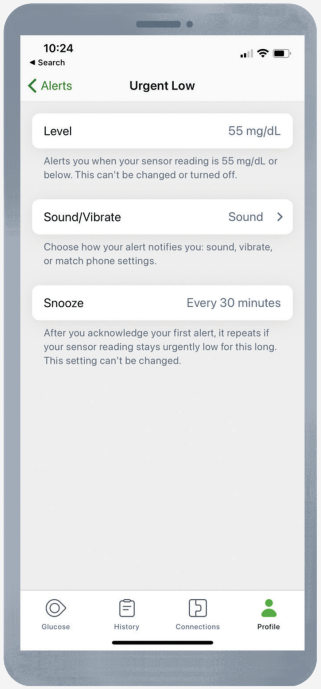
URGENT LOW ALERT

Alerts when sensor reading is at or below 55 mg/dL.

Can't be changed or turned off. This setting can be silenced for up to 6 hours when Silence All feature is enabled.

After the first alert is acknowledged, it repeats if the sensor reading stays urgently low for 30 minutes.

Sound/vibrate and snooze can be customized in **Profile > Alerts >Urgent Low**.



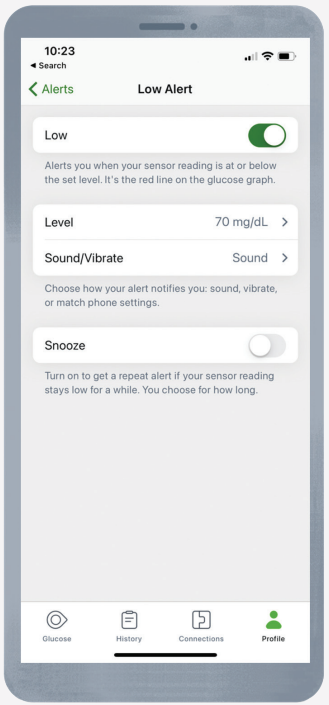
LOW ALERT

Alerts when sensor reading is at or below the set level.

Default: 70 mg/dL

Range: 60-150 mg/dL

Can be turned off or customized (level, sound/vibrate, snooze) in **Profile > Alerts > Low Alert**.



Tip: Tap OK on the alert to acknowledge it. Until you acknowledge the alert, it re-alerts every 5 minutes.

customizing alerts

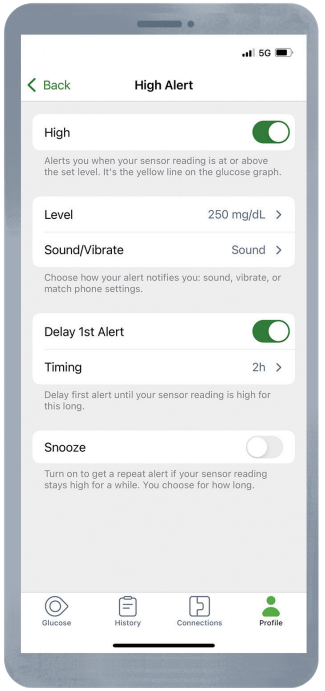
HIGH ALERT

Alerts when sensor reading is at or above the set level.

Default: 250 mg/dL

Range: 100-400 mg/dL

Can be turned off or customized (level, sound/vibrate, delay 1st alert, snooze) in **Profile > Alerts > High Alert**.



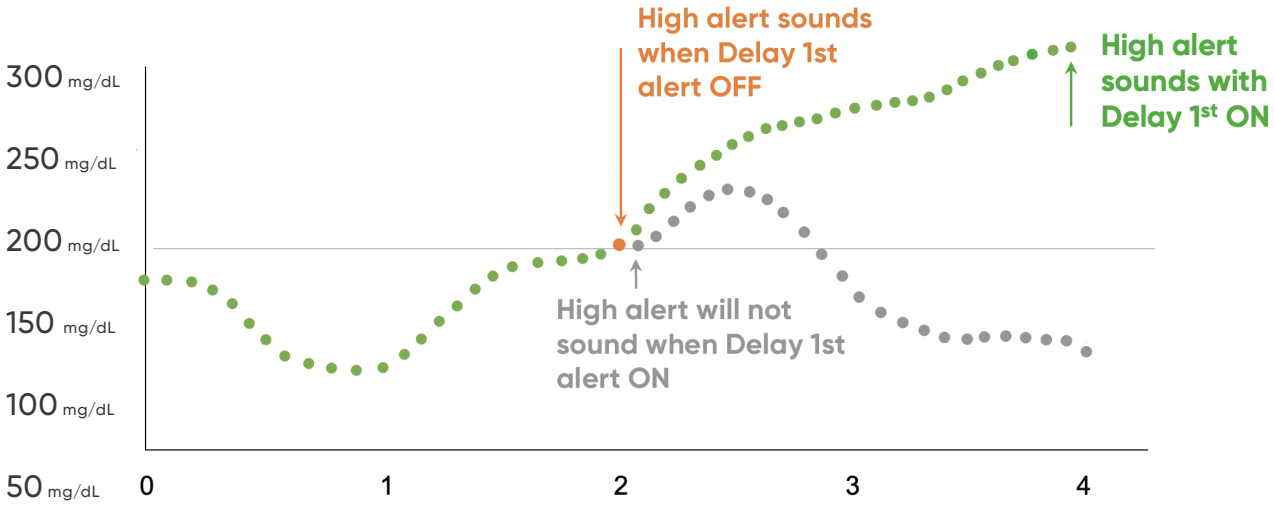
Tip: Alert fatigue? Consider raising or turning off the high alert temporarily.

DELAY 1st ALERT

Alerts when glucose remains high for a predetermined length of time. For example, when glucose remains over 200 mg/dL for 2 hours. This can help avoid bothersome or unactionable high alerts such as during or right after eating even though insulin was taken.

Default: Off

Range: 15 min - 4 hours



customizing alerts:
additional alert options

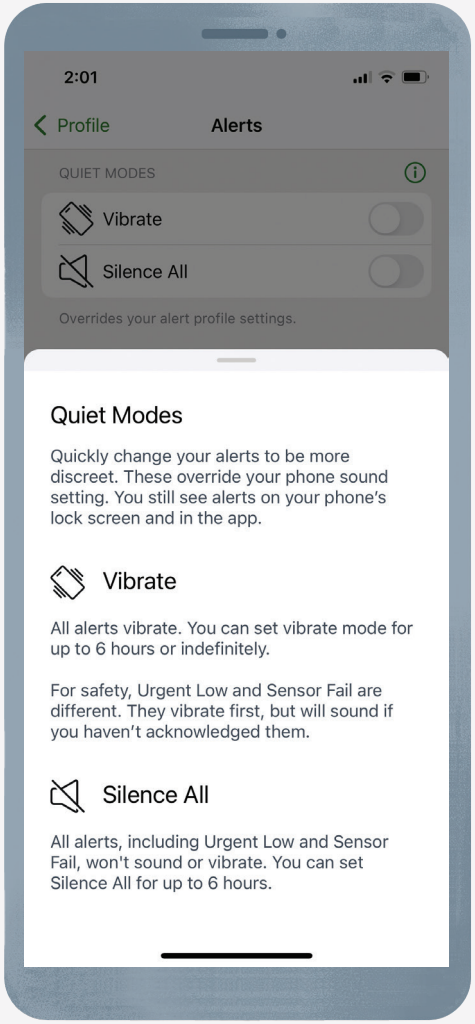
QUIET MODES

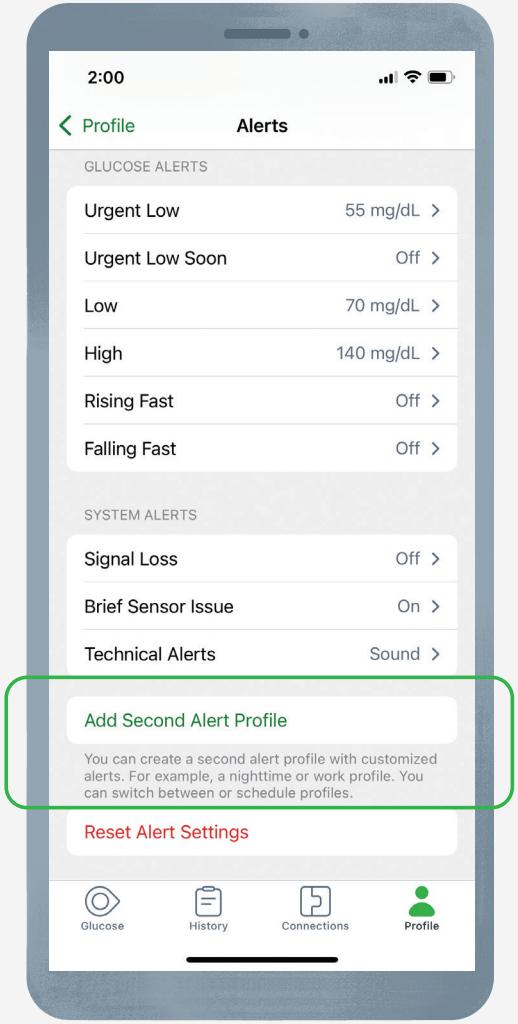
Quiet modes are for when a person does not want alerts to be disruptive. For example, an exam, attending a performance, or any time a person does not want to receive an audible alert. Vibrate: Balance of discretion and safety. Can be set for up to 6 hours (then auto-deactivates) or indefinitely. Silence All: Complete discretion. All alerts, including Urgent Low and Sensor Fail, won't sound or vibrate. Can be set for up to 6 hours (then auto-deactivates).

SECOND ALERT PROFILE

A second alert profile can be added to customize alerts for specific times or situations. For example, work, school, or night-time profile. Alert profiles can be switched manually or scheduled to change automatically.

Before customizing or turning off alerts, users should consult with a healthcare provider.





event logging

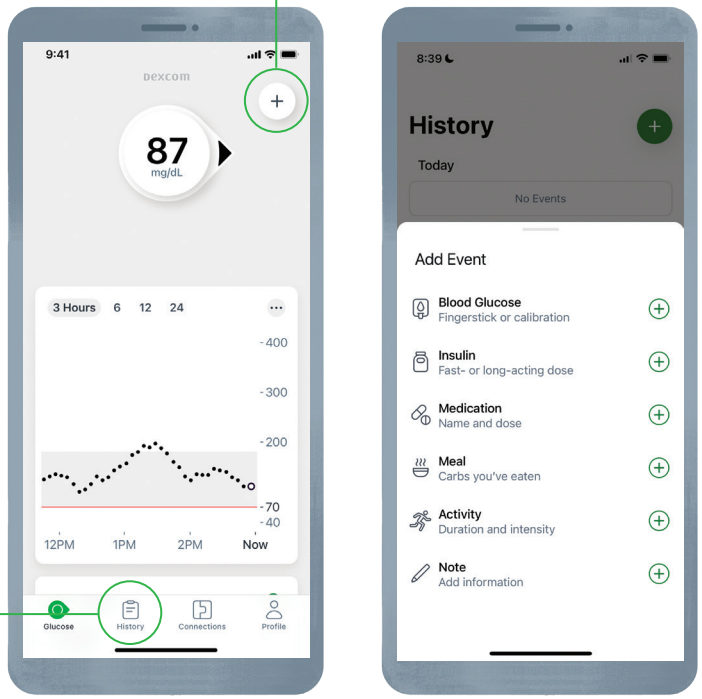
Events can help you understand glucose changes. For example, what happens to your glucose levels after breakfast? Reflecting on the glucose changes in correlation with the event, can provide more insights and raise questions towards finding more ways to manage glucose levels.

Events can be added by tapping the + icon or by using the History tab. Users can enter:

- A fingerstick or calibration
- Insulin (fast- or long-acting dose)
- Medication
- Meals
- Activity
- Notes

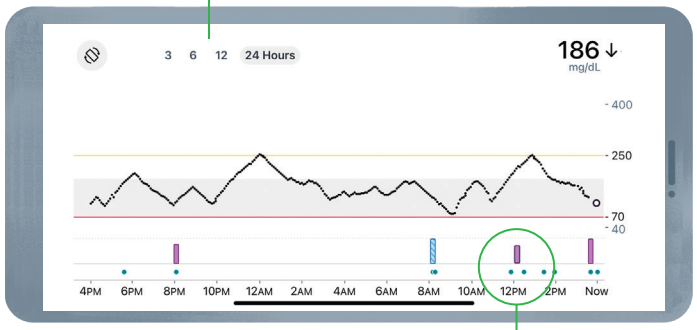
Add event by clicking **+ icon**

Add event by accessing **History tab**



Landscape mode

Click to view 3, 6, 12 or 24 hour trend graph



Events

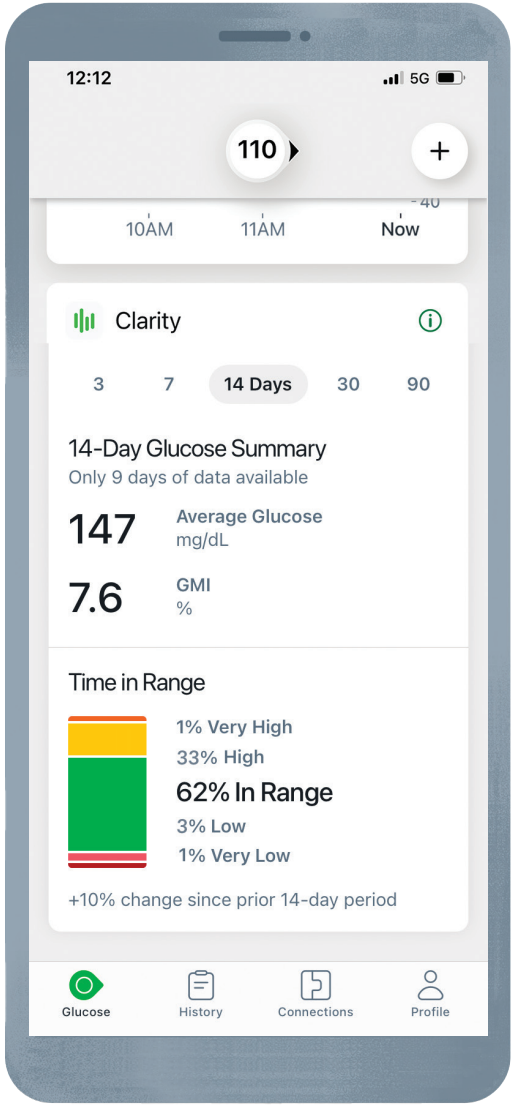
TIP: See past 24-hour trend graph and events by tilting phone to landscape mode. Scroll along the trend graph to view past glucose values.

in-app Clarity card and time in range

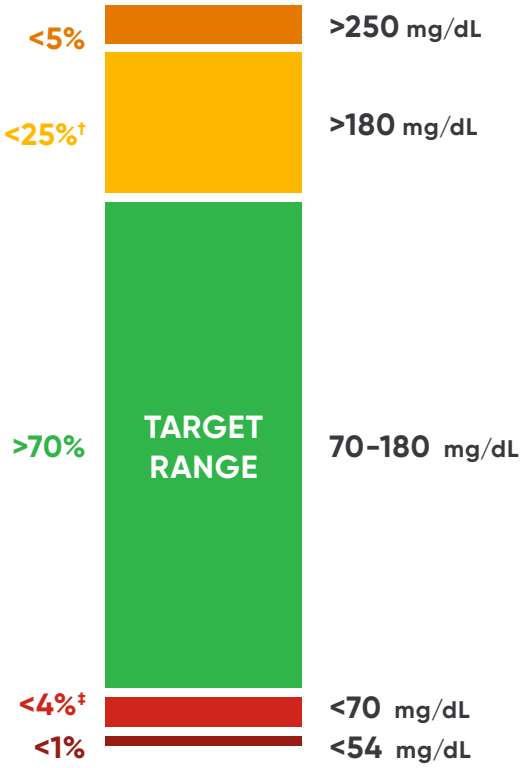
Scroll down in the glucose tab to see your Clarity card and Time in Range. Time in Range (TIR) is the amount of time your body's glucose is within a target range. For most people with diabetes the target range is between 70 and 180 mg/dL.*

The more time people spend in the green zone, the better they report feeling.[2]

GOAL:
More Green, Less Red



RECOMMENDED TIME IN RANGE*[1]



*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

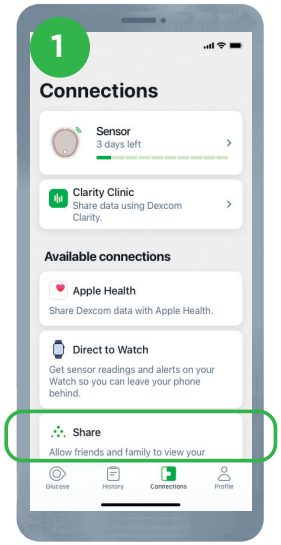
dexcom share and follow

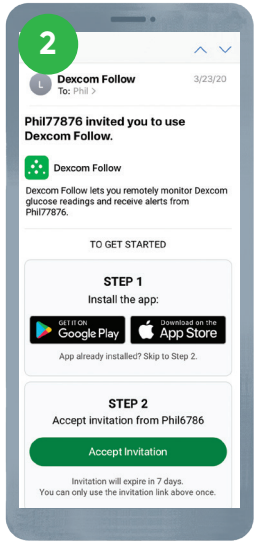
Dexcom Share is a feature in the Dexcom G7 app that lets users share their glucose data with up to 10 followers. Followers can monitor the user's glucose levels and trends remotely from a compatible smart device* using the Dexcom Follow app.

The person with diabetes is considered the 'Sharer' and will start the sharing process on their Dexcom G7 app. The 'Follower' is family and/or friends who the Sharer allows to see their glucose data. The Follow app is only needed on the Follower's device.

DEXCOM SHARE SETUP

1. In your Dexcom G7 app tap **Connections > Share**, the app walks you through inviting a Follower.
2. An email will be sent to the Follower. The Follower will download the Dexcom Follow app* and accept the invitation.





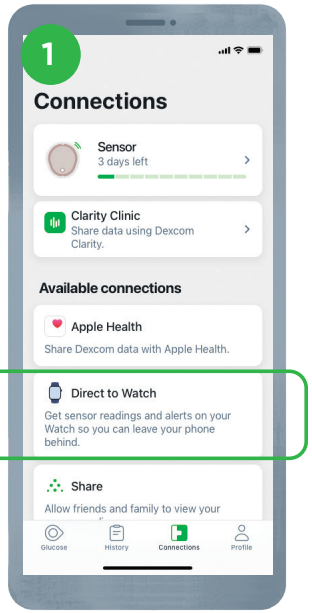
* Internet connection required to use Follow app .For a list of compatible devices visit dexcom.com/compatibility

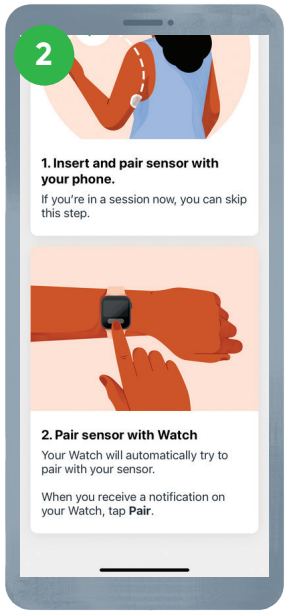
direct to watch

Direct to Watch connects the Dexcom G7 sensor directly to your Apple Watch* using Bluetooth. When Direct to Watch is active, your sensor sends CGM data right to your watch so you don't need your phone† to see your glucose numbers.

To setup Direct to Watch:

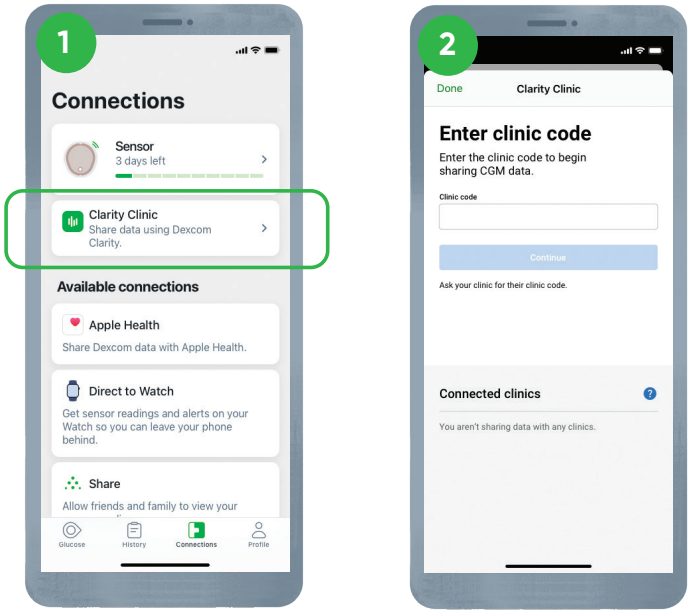
1. In your Dexcom G7 app, tap **Connections > Direct to Watch**
2. Follow the instructions to set up your watch.





*Smart device sold separately. To view a list of compatible devices, visit dexcom.com/compatibility.
†Compatible smartphone is required to pair a new Dexcom G7 sensor with a compatible Apple Watch.

share data with your clinic



SHARE WITH DEXCOM G7 APP

You can authorize data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. Your clinic will provide you with a sharing code.

Clinic Code: _____

To begin sharing data:

1. In your Dexcom G7 app, tap **Connections > Clarity Clinic**.
2. Follow the instructions to enter the clinic code.

UPLOAD RECEIVER DATA TO PREPARE FOR VISITS

If you only use the Dexcom receiver, you can prepare for clinic visits by uploading your data to Dexcom Clarity in advance.* Once you authorize sharing, for every upload, your clinic will also have access to that data. The receiver only holds about 90 days worth of data, so uploading regularly is recommended to save all your data. To upload your data:

First, set up the Dexcom Clarity Uploader:

1. Visit **clarity.dexcom.com**.
2. Click **Dexcom Clarity for Home Users,** and enter your Dexcom account username and password.
3. Click Upload at the top of the screen.
4. If this is your first use of the updated Dexcom Clarity Uploader, click Download to install it.
5. Follow the onscreen instructions.
6. When the installation is done, refresh your browser.

Now you're ready to upload your data, anytime:

1. Connect your USB cable from your computer to your receiver.
2. Click Upload, making sure your receiver is powered on.
3. Follow the onscreen instructions.

*An internet connection is required while uploading to Dexcom Clarity.

how to make Dexcom G7 work for you

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 foods, physical activity, and insulin dosing affect you.

Factors that affect your body's glucose levels:

- Food and drinks
- Insulin dosing
- Activity
- Stress
- Illness

It is expected that glucose numbers will change throughout the day. Consider these factors when there is an unexpected increase or decrease in glucose levels. Think about what factor may have changed the glucose and if there is something different you might choose to do next time.

2. KNOW YOUR TARGETS

Speak with your Diabetes Care Team about your personalized glucose targets.

My glucose goal before meals	between _____ mg/dL and _____ mg/dL
My glucose goal for after meals	_____ mg/dL and _____ hour(s) after meal*
My glucose goal before bedtime	_____ mg/dL
My glucose goal before exercise / activity	_____ mg/dL

*Optional

3. PLAN TO PREVENT AND RESPOND TO HYPOGLYCEMIA

Have a plan for low glucose treatment. Signs of low blood glucose can be shakiness, hunger, mood change, headaches, or sweatiness. Some foods used to treat lows include glucose tablets or 4 ounces of juice. Work with your Diabetes Care Team to create a personalized plan of action for you. It is important to always have snacks with you to treat a low glucose.

MY PLAN

My glucose is too low and requires action if it is less than _____

Take _____ grams of glucose and re-check in _____ minutes

Repeat treatment if glucose is not rising after _____ minutes

When my glucose is low, I should eat or drink:

_____

_____

_____

4. PERSONALIZE YOUR ALERTS

Dexcom G7 can continually check glucose levels throughout the day and night and alerts can notify you when glucose goes outside of target range, goes too low or too high, is rapidly falling or rising, or will be low soon. Don't ignore your alerts. You can customize your alerts to work for you. Check out the customize alerts section in the resources of this booklet.

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

Ask your Diabetes Care Team how to treat a low and enter their response here

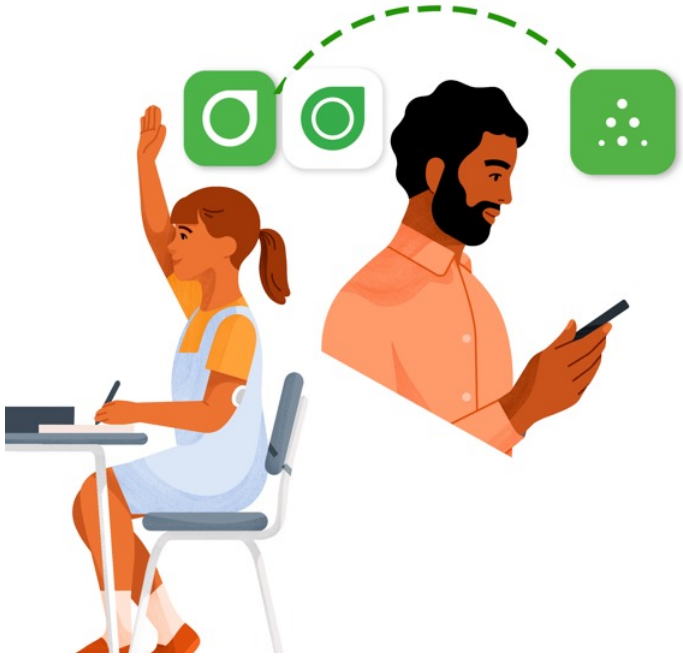
_____

When your glucose level goes above your set high alert, your number turns yellow.

Ask your Diabetes Care team how to treat a high glucose and enter their response here

_____

a followers guide for CGM
in the school setting



The Follow app allows friends, family, and caregivers to view glucose data remotely.*†

A key to managing diabetes at school successfully is clear communication between the members of the student's school healthcare team (family, school nurse, trained school staff, and healthcare provider). Fitting diabetes into the school setting with minimal interruptions for the student can optimize learning and full participation in all aspects of school life. Individualizing support from school nurse and trained school staff for each student is important.

A conversation between parents/guardians and school staff about who will provide and/or assist with diabetes management in the school setting is a best practice in order to adjust the plan for each student. This plan should be consistent with and part of the student's individualized Diabetes Medical Management Plan (DMMP) or provider's orders and Section 504 plan, Individualized Education Program (IEP), or other written accommodations plan.

Here are some questions to help parents/guardians start the conversation with the school nurse or designee to develop an action plan for the use of the Follow app during school hours.

Student Name _____ **School year** _____

*Smart devices sold separately. For a list of compatible devices see: dexcom.com/compatibility

†A separate Follow app and internet connection are required to follow CGM users' glucose readings and trends. CGM users should always confirm glucose readings on the Dexcom CGM apps or receiver before making treatment decisions.

LET'S TALK ABOUT PREPARING FOR SCHOOL AND TRAINING SCHOOL SUPPORT STAFF

Who is part of the school healthcare team? Identify each person, their role/responsibility and training needed. Keep in mind that this may include school bus driver, substitute teachers, coaches, and other staff.

What training for CGM will be provided and who will provide that training?

_____

Staff Name	Diabetes Management Role/ Responsibilities	Date CGM Training Complete

HOW DOES CGM FIT INTO THE SCHOOL DAY FOR YOUR STUDENT?

What device will display the CGM alerts? Mark all that apply.

- ☐ **Smartphone**
- ☐ **Tablet**
- ☐ **Insulin Pump**
- ☐ **Receiver**

Some of these devices require Wi-Fi for the student to receive alerts from the CGM.

Does student require school Wi-Fi to receive alerts from their device?

☐ **Yes** ☐ **No** **Other** _____

Who will notify teachers and other staff about the student's diabetes and their need to have these devices with CGM alerts during the school day, during standardized tests, on field trips, and during school-sponsored activities? How will they be notified?

_____

What strategies can be put in place for diabetes management to ensure the student is not singled out during school hours/activities (for example – discreetly treating low glucose, not calling attention to the student with a device to receive CGM alerts)?

_____

REVIEW AND AGREE ON CGM ALERTS AND APPROPRIATE RESPONSE TO THE ALERTS (WHAT, WHO, AND HOW).

Prior to completing this section, please check your student's DMMP (or similar plan) for alert settings noted on that plan. What does the DMMP state regarding CGM alerts during school? _____

_____

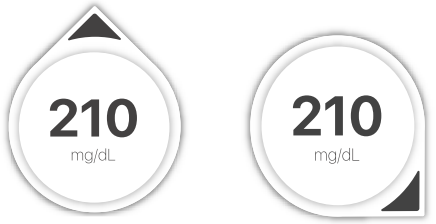
	Urgent Low alert	Low alert	High alert	Urgent Low Soon alert (ON/OFF)
Alert setting	55 mg/dL			
Snooze setting	Every 30 min			Every 30 min

If any of the alerts are set to vibrate instead of hearing an audible sound, what is the plan for the student to notify the teacher or school staff about the alert?_____

_____

The CGM displays the student's glucose level (number) and where it is heading (arrow). Let's discuss how that information can help during school hours.

There are a variety of ways to utilize glucose numbers and directional arrows. The way to use this information will be different for each student and their plan set by their healthcare team.



Let's discuss the expectations about roles of the student, the school nurse or other school staff regarding CGM use and responding to alerts and/or directional arrows. Please keep in mind requirements of federal and state laws, school district policies, as well as school staffing, when developing the plan for your student in the school setting.

What is the plan when an alert notification happens?

	Action to take	Helpful info in the event of
Urgent Low Soon		
Low alert		
High alert		

Will the parent/guardian be able to text/communicate directly with the student during the school day? ☐ **Yes** ☐ **No**

What is the best way to minimize disruption to the student during class when a CGM alert occurs? _____

What is the urgent communication plan? _____

What is best way to communicate with school healthcare team on a daily basis? _____

Best communication practices between the parents/guardians, the trained school staff, and the student

How often should we meet to discuss the plan and to modify when needed? _____

How will changes in the DMMP be communicated? _____

How will significant changes in school schedule be communicated (for example: field trips)? _____

Does the student have any input to provide about their preferences? _____

Each student will require a different level of support from the school nurse and trained school staff. The key to success is clear communication between the members of the student's healthcare team (family, school nurse, and health care provider). The goal is to ensure the current plan is providing appropriate glucose management at school while minimizing interruptions to help optimize learning for the student. If glucose fluctuations and diabetes management is interrupting learning, continue to work together to achieve goals.

Videos and FAQs

Visit **dexcom.com/training-videos** for training videos

Visit the "Learn" section of **dexcom.com** for education resources and FAQS

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24 hours a day, 7 days a week

Check out our Dexcom Warrior Community

See how other warriors are staying in range with Dexcom

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SCAN THIS QR CODE FOR MORE DEXCOM CGM RESOURCES AND RESOURCES ABOUT MANAGING DIABETES IN SCHOOL

To continue to use Dexcom G7 , you'll need a prescription. Here's how you can get one:

- Talk to your discharge planner or care coordinator before leaving the hospital
- Ask your healthcare provider

Brief Safety Statement: Failure to use the Dexcom G7 Continuous Glucose Monitoring System (G7) 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 G7 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.