

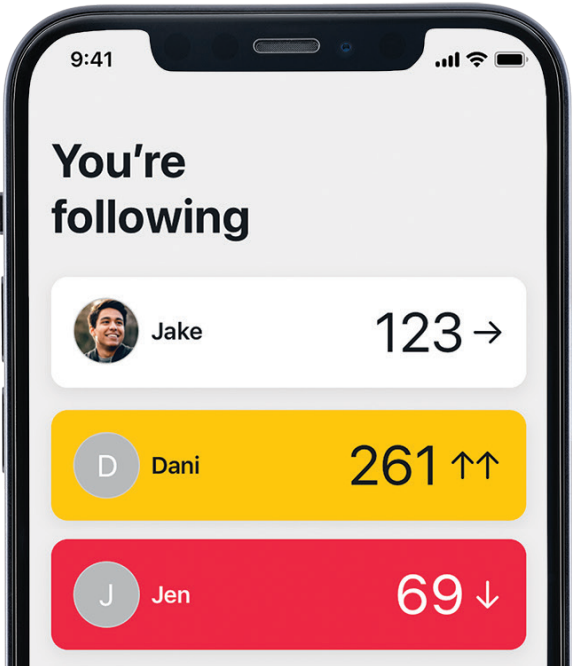
a followers guide for CGM in the school setting

The Follow app allows friends, family, and caregivers to view continuous glucose monitoring (CGM) data remotely.**

Clear communication among the student’s healthcare team—family, school nurse, trained staff, and healthcare provider—is key to managing diabetes at school. Personalized support helps minimize disruptions, allowing students to fully engage in learning and school life.

It’s best practice for parents/guardians and school staff to discuss who will assist with diabetes care at school. This plan should align with the student’s DMMP, 504 plan, IEP, or other written accommodations.

Use these questions to guide a conversation with the school nurse or designee when planning how the Dexcom Follow app will be used during school hours.



Student Name

School year

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

*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.

How does CGM fit into the school day for your student?

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

- ☐ Smart phone
- ☐ 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 help manage diabetes discreetly so the student isn’t singled out during school or activities (e.g., treating lows quietly, minimizing attention to CGM alerts)?

Review and agree on CGM alerts and appropriate response to the alerts (what, who, and how).

Prior to completing this section, check your student’s DMMP (or similar plan) for alert settings noted on that plan.

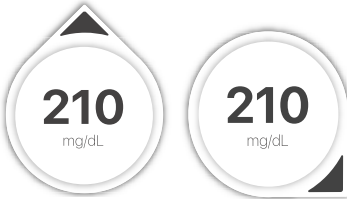
What does the DMMP state regarding CGM alerts during school? _____

	Urgent Low alert (this alert cannot be turned off)	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 school? ☐ 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 needs different support levels from the school nurse and staff. Clear communication among the healthcare team ensures effective glucose management with minimal learning disruptions. If diabetes affects learning, keep collaborating to adjust the plan to achieve goals.

Resources:

[Section 504 Plan](#)

[Safe at School Guidance](#)

[Standards of Care - Children and Adolescents](#)

[Science Direct](#)

[Training Resources for School Staff](#)

[Colorado kids with diabetes](#)

BRIEF SAFETY STATEMENT: Dexcom SHARE notifies another person, the Follower, of the patient's Dexcom Continuous Glucose Monitoring (CGM) System sensor glucose information. Dexcom SHARE provides secondary notification and does not replace real time CGM or standard home blood glucose monitoring. Dosing decisions should not be made based on this device. The user should follow instructions on the CGM system. This device is not intended to replace self-monitoring practices advised by a physician. The Dexcom SHARE is not intended to modify or analyze data received from a CGM System. The Dexcom SHARE is not intended to receive information directly from the sensor or transmitter of a CGM system. Dexcom SHARE requires two smart devices with active internet connections (one must also have active Bluetooth). If there are problems with any of these connections, the patient will be unable to share data using Dexcom SHARE, and the Follower might not receive data. Contact Dexcom Toll Free at 877-339-2664 or www.dexcom.com for detailed indications for use and safety information.

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