

A young woman with dark, curly hair is smiling broadly, showing her teeth. She is wearing a grey and white striped, short-sleeved button-down shirt. A white Dexcom G7 CGM patch is attached to her upper right arm. The background is plain white.

dexcom

CGM 101: you and your Dexcom CGM

You have **one** Dexcom account, it is used to login to:

- Dexcom G7 app
- Dexcom Clarity app and web (optional)

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 CGM?

CGM stands for **Continuous Glucose Monitoring**

Monitoring – using a sensor inserted just underneath your skin, a CGM lets you see your glucose numbers in real-time – no fingersticks required.[†]

CGM delivers real-time glucose numbers to your smartphone* or receiver. This can allow you to effortlessly see glucose levels and where they're headed.

Dexcom G7 and Dexcom G7 15 Day sensors are waterproof[‡] and do 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.

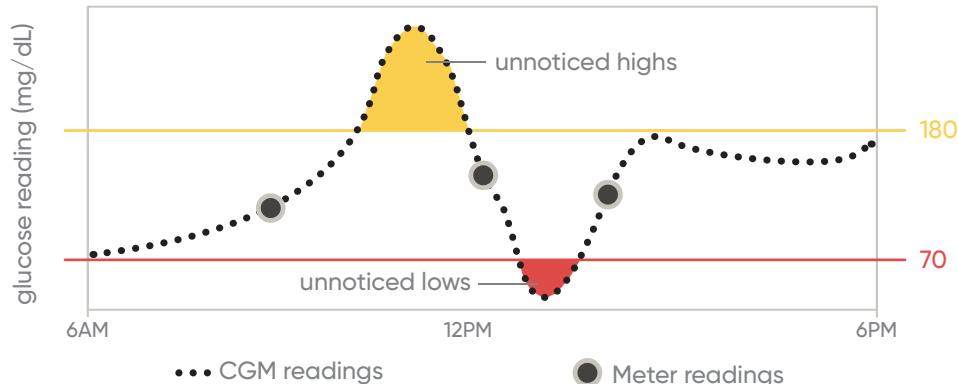
[‡] The Dexcom G7 and Dexcom G7 15 Day sensors are waterproof and may be submerged under eight feet of water for up to 24 hours without failure when properly installed.



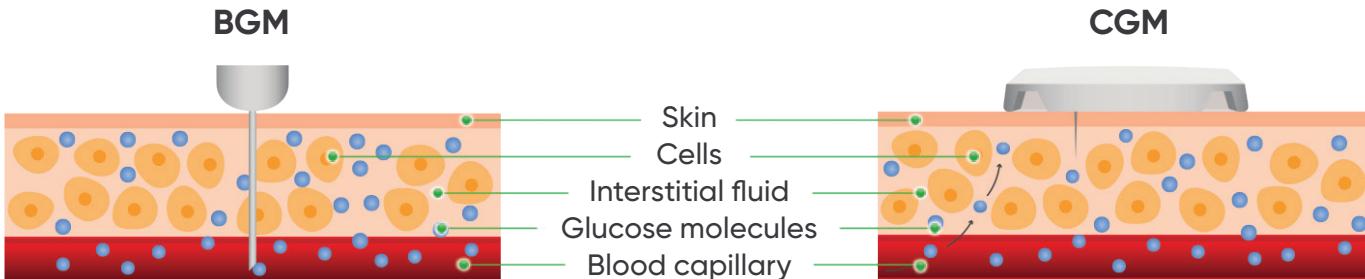
BGM vs CGM

What is the difference between your blood glucose meter (BGM) and CGM?

Your BGM 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.



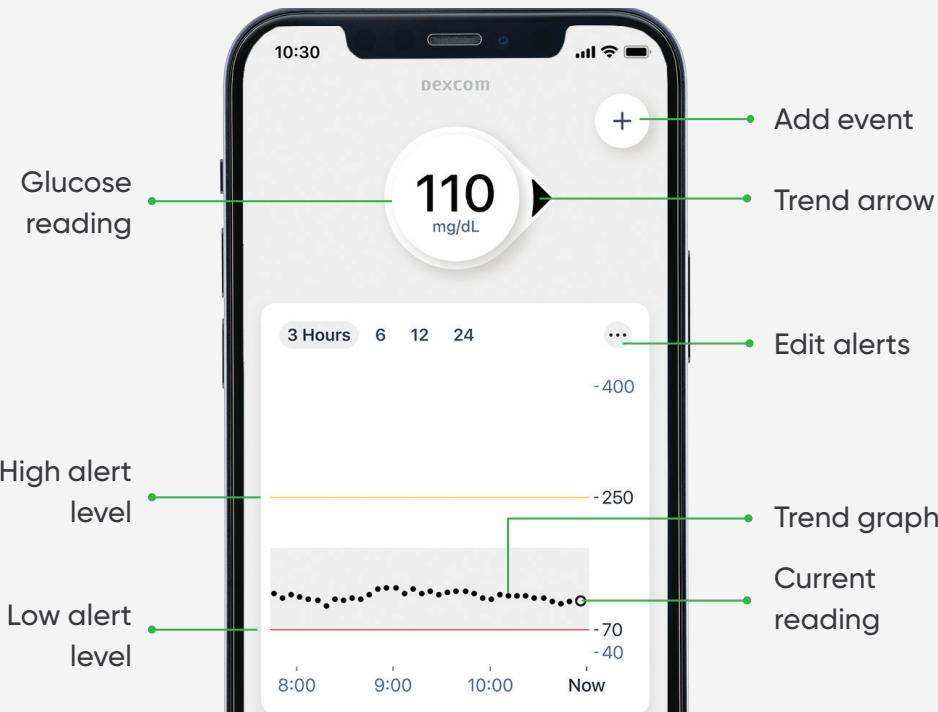
BGM values and CGM readings may not be the same and that's okay. BGMs and CGMs measure glucose from two different types of body fluids: blood and interstitial fluid.



BOTH BGM AND CGM READINGS CAN BE DIFFERENT AND STILL BE CONSIDERED ACCURATE

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**

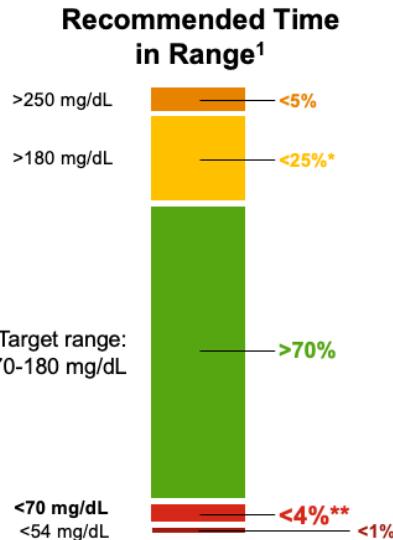
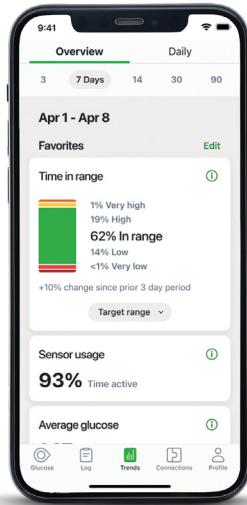


**RAPIDLY
RISING OR
FALLING**



what is time in range (TIR)?

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

[†]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 mg/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

how to get the **most out** of your Dexcom CGM

WEAR

The more you wear your CGM, the more you'll understand how **food, activity, medications, stress, and illness** affect YOUR glucose. This will enable you to make smarter diabetes decisions.

EXPERIMENT

CGM is a great tool for discovering which foods raise your glucose or not. Try different foods or activities and ask:

How did that meal affect my glucose? **How did that activity change my glucose?**

PERSONALIZE

Work with your healthcare provider (HCP) to personalize goals and targets.

My glucose **goal before meals** is less than: _____ My glucose **goal after meals** is: _____

How did CGM help you achieve these goals: _____

CUSTOMIZE ALERTS

Dexcom G7 app offers custom alert settings that may help you achieve your glucose targets. Work with your HCP to customize your alerts to fit your lifestyle and goals. Customize alerts in **Profile > Alerts**.

Default High Alert: 250 mg/dL **My High Alert:** _____

Default Low Alert: 70 mg/dL **My Low Alert:** _____





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?



When your glucose level goes below your set low alert, your number turns red. **Ask your HCP how to treat a low:**



When your glucose levels go above your set high alert, your number turns yellow. **Ask your HCP how to treat a high:**

SHARE

Clarity Clinic lets you share your data with your clinic using a clinic code. To start, go to **Connections > Clarity Clinic** in your Dexcom G7 app and follow the instructions to enter the code. **Clinic Code:** _____

LOG

Events can help you understand glucose changes. **For example, what happens to your glucose after breakfast?** Reflecting on these changes can offer insights. Log events in the **Log tab** or by hitting the plus (+) on your glucose screen. View logged events in the **Log tab**.

resources



Videos and FAQs

View videos at dexcom.com/training-videos

View FAQs on the ["Learn" section of dexcom.com](https://dexcom.com/learn)



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

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

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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