

Dexcom G7



Federal Technical Support
1-844-537-7382
dexcom
federal

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

COMPONENTS

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.



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

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 G7 receiver.

Choice of display device

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

NEED HELP?

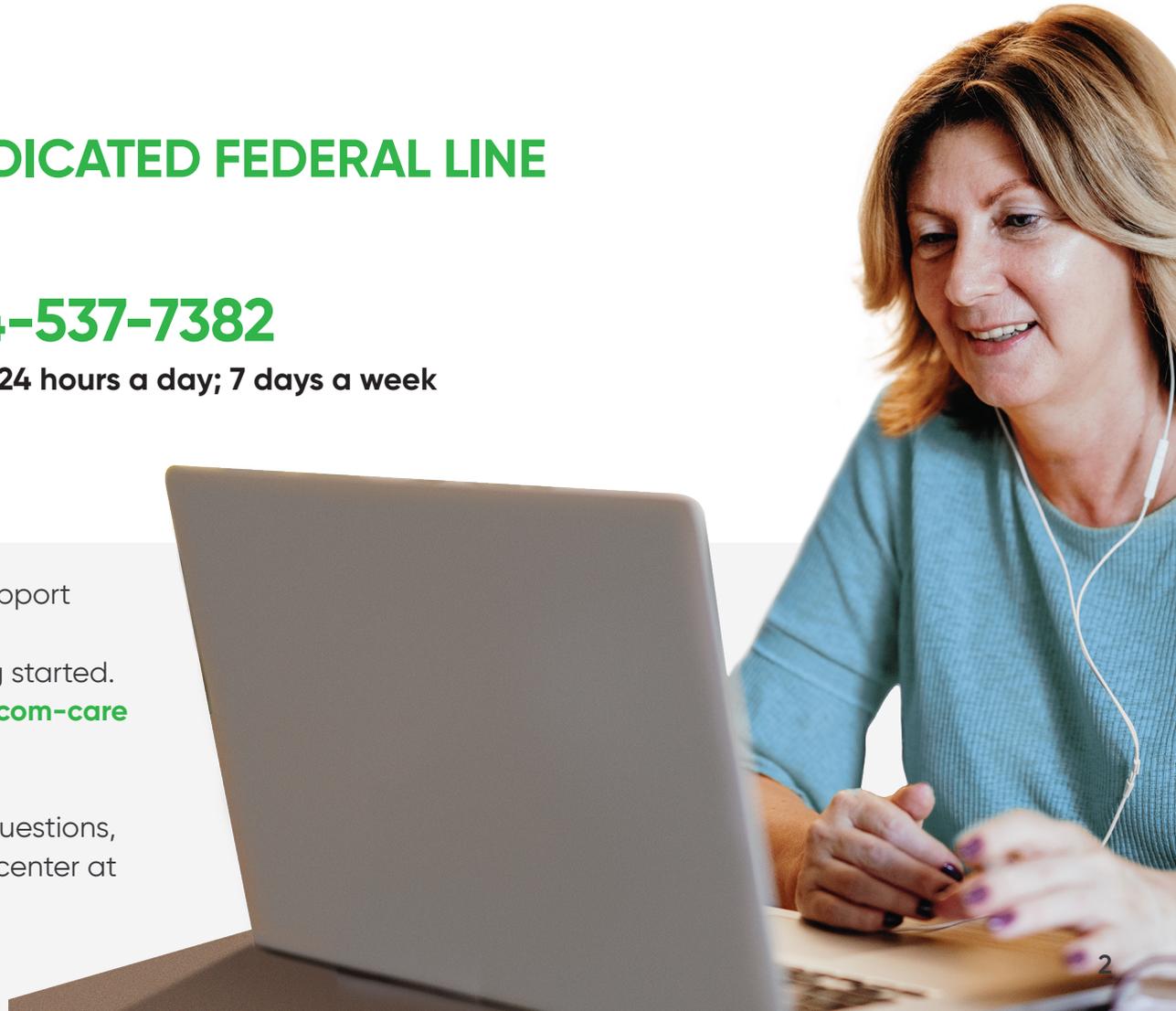
CALL THE DEDICATED FEDERAL LINE



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
for hours.
- For frequently asked questions,
visit the Dexcom help center at
dexcom.com/faqs

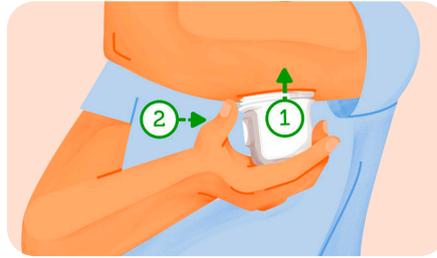


INSERT SENSOR

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.



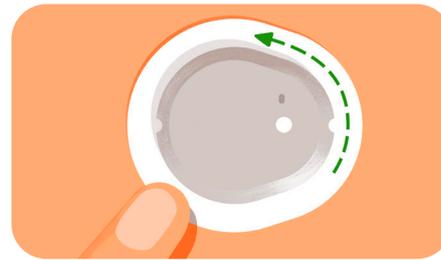
Press and hold applicator firmly against skin until clear safety guard is pushed in. Then push button.



Remove applicator.



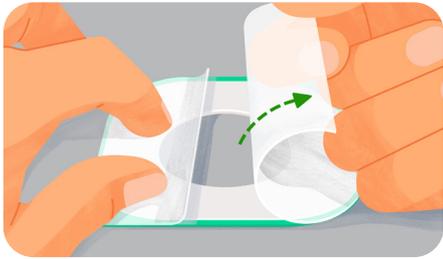
Press sensor for 10 seconds.



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.



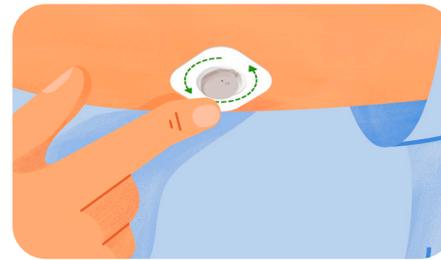
Use colored tab to place overpatch around sensor.



Rub around overpatch.

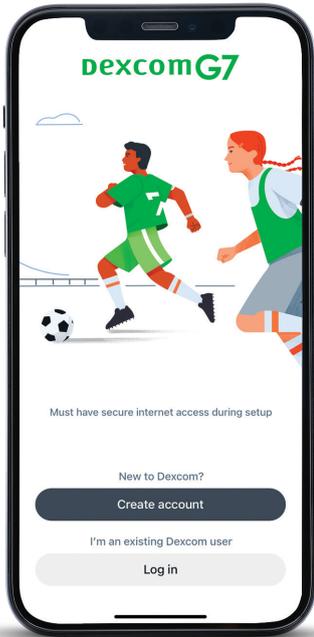


Use tab to peel off liner.



Rub around overpatch.

DOWNLOAD THE **DEXCOM G7 APP**



dexcom G7



For VA supplied iPads, go to the Hub

Open the Dexcom G7 app and tap **Create Account**. Follow onscreen instructions to create your account.

If you already have a Dexcom account, use your existing username and password.



TIP: Visit dexcom.com/compatibility to check that your smartphone is compatible with the Dexcom G7 app.

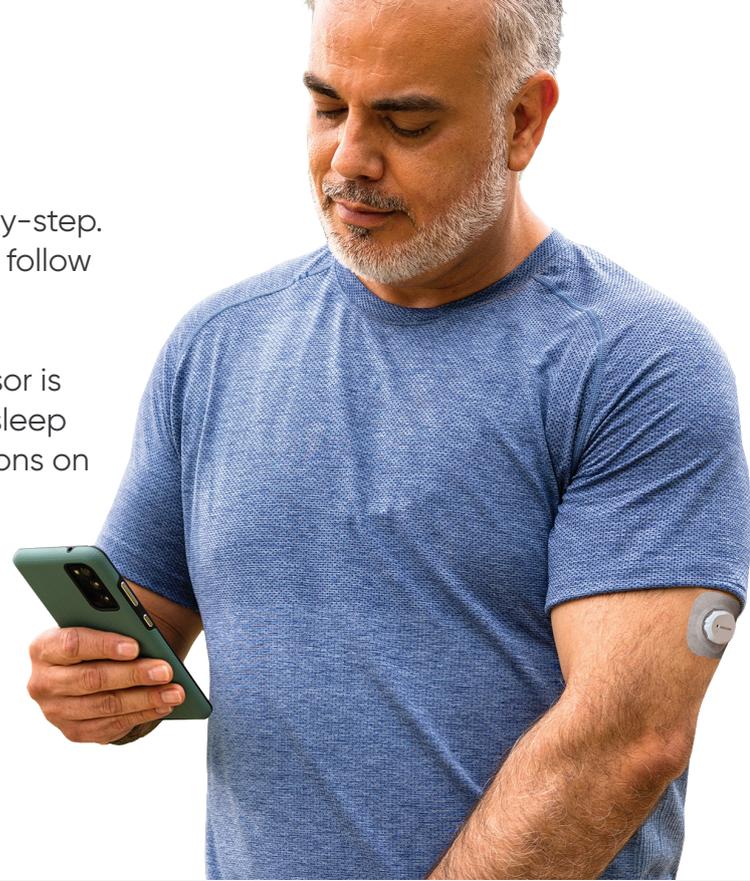
SET UP DEXCOM G7 APP

The app walks you through the entire setup process step-by-step. Education and instructions are provided at every step. Just follow along for a successful setup.

When prompted, insert your sensor. Once inserted, the sensor is waterproof* and does not need to be removed to shower, sleep or workout. The Dexcom G7 app provides you with instructions on inserting your sensor and applying your overpatch.

PAIR AND START WARMUP

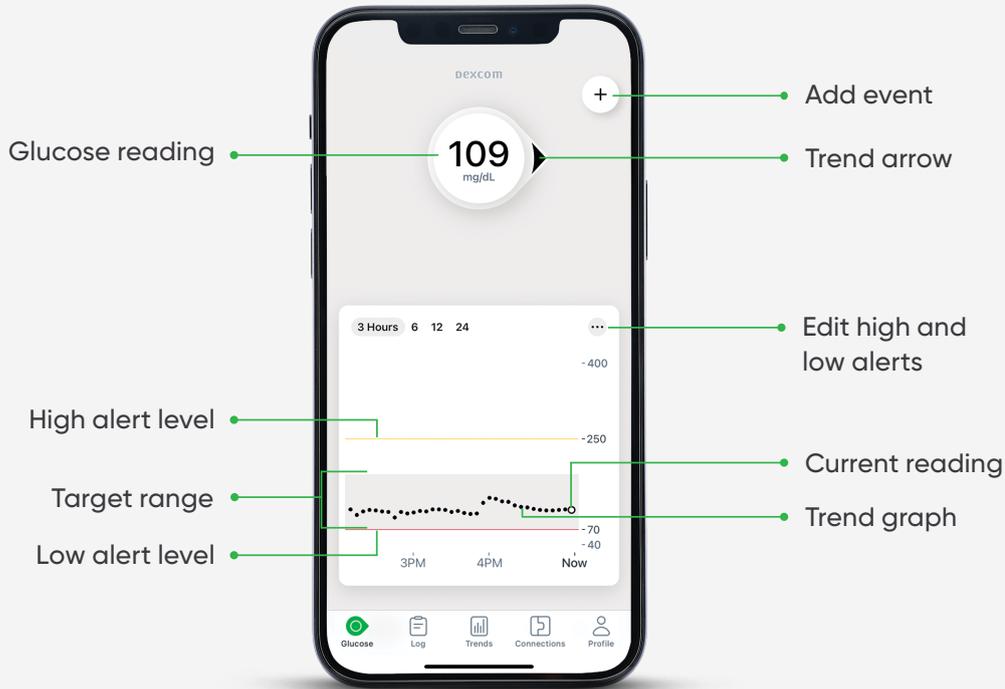
After inserting the sensor, pair your sensor and wait for it to pair. Once pairing is complete, the warmup will start. The sensor warmup timer tells you when you will start getting readings and alerts.



TIP: Visit dexcom.com/training-videos to watch videos on getting started, inserting your sensor, or ending your sensor session.

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

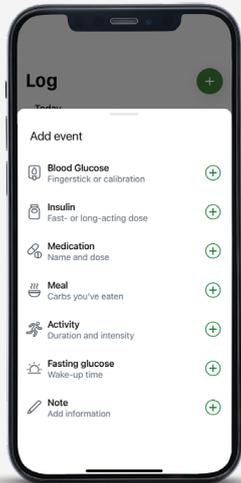
Your glucose alerts help you stay in your target range.

The default alert settings are:

High: 250 mg/dL

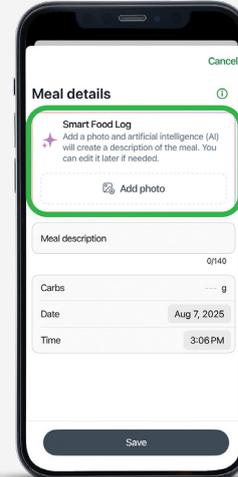
Low: 70 mg/dL

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.

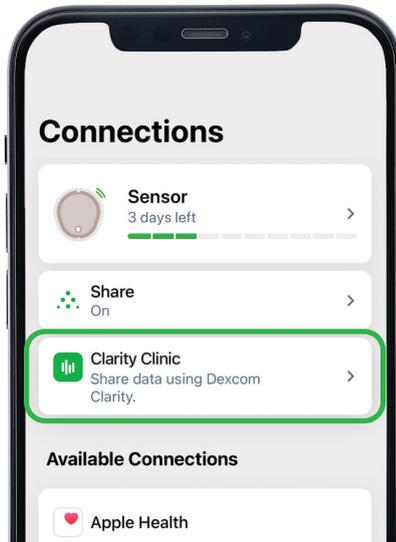
Events can be added by using the **Log tab** or added by hitting the **plus (+) button**.



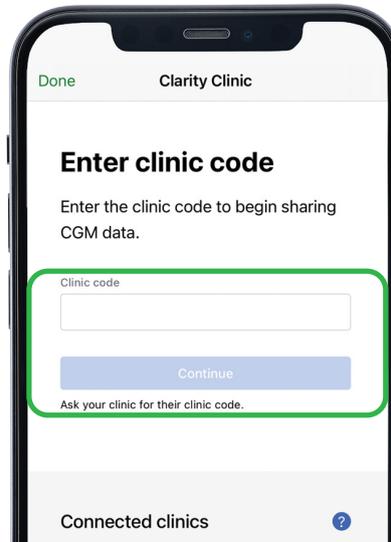
TIP: When logging a meal, try Smart Food Log. Add a photo and artificial intelligence will create a description of the meal for you.

SHARE DATA WITH **YOUR CLINIC**

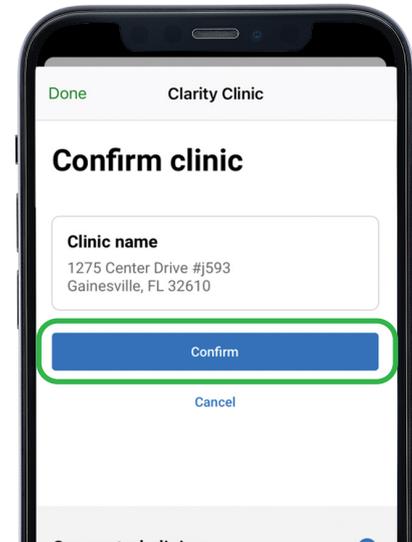
You can authorize data sharing with your clinic so they have access to your data. Your clinic will provide you with a clinic code. To begin sharing data:



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



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



Confirm your clinic.

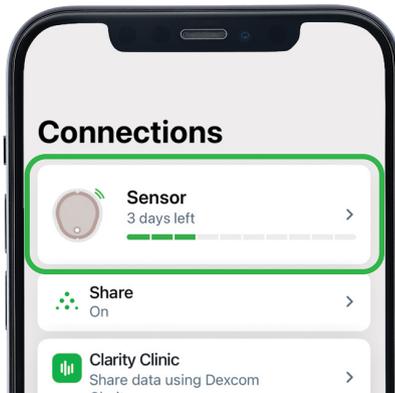
ENDING YOUR **SENSOR SESSION**



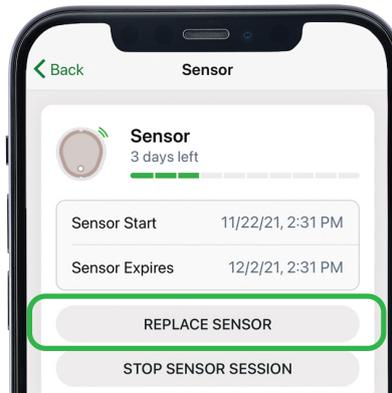
Each sensor has a 12-hour grace period. After that time your sensor will automatically shut off. Don't worry, you'll be alerted before that happens. **After your sensor session ends, peel off the patch like a bandage.**

ENDING SENSOR SESSION EARLY

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

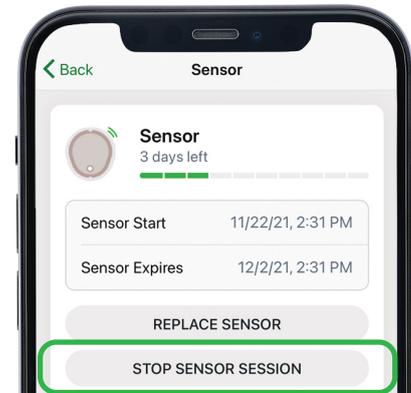


In the **Connections** tab tap **Sensor**.



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

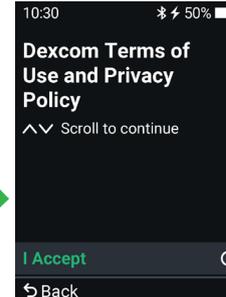


- Scroll Up
- Select
- Scroll Down
- Go Back

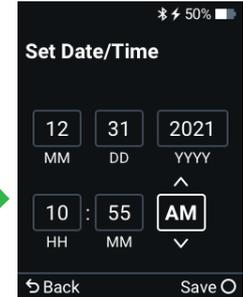
To turn the receiver on press and hold the **Select** button for 3-5 seconds. The receiver walks you through setup step-by-step.



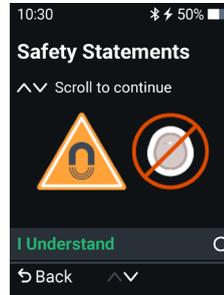
Select **Next** on the Welcome screen.



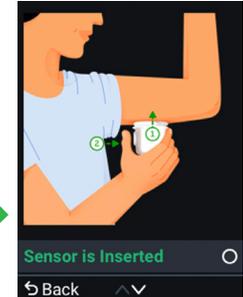
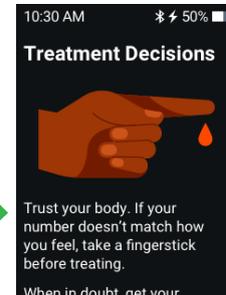
Accept Terms of Use.



Enter date and time.

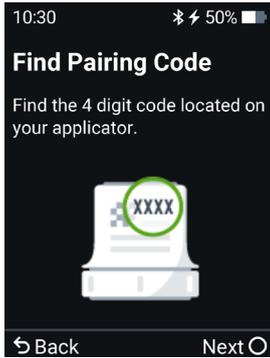


View mini tutorial on safety, treatment decisions, trend arrows, reading your home screen, and alerts.

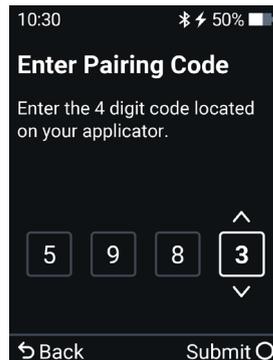


Insert sensor.

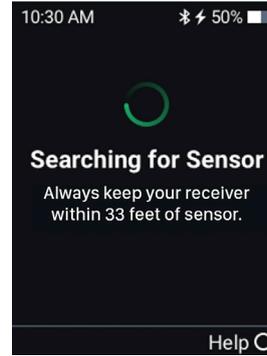
PAIR AND START WARMUP



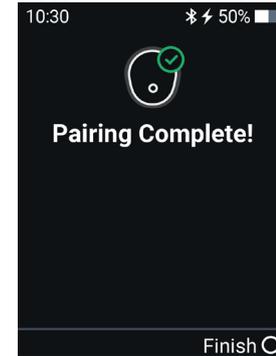
Find pairing code; located on applicator.



Enter pairing code.



Wait for sensor to pair.



Pairing complete.

Once communication is confirmed, the warmup will start.

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

Keep receiver 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
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CUSTOMIZING ALERTS AND EVENTS

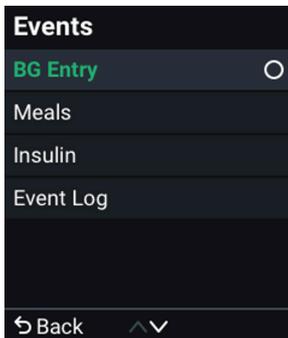


Your glucose alerts help you stay in your target range. The default alert settings are:

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.

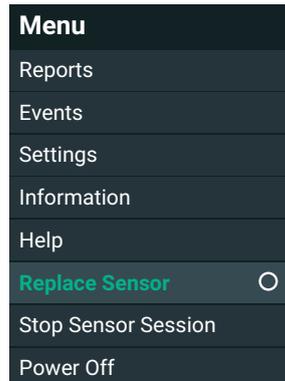
After your sensor session ends, peel off the patch like a bandage.

ENDING SENSOR SESSION EARLY

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

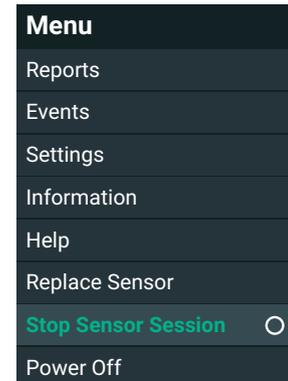


Select **Menu**.



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 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 app or receiver reading match my meter?

Dexcom G7 readings and meter values may not be the same and that's okay. Your sensor 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 my CGM during an MRI, CT scan, x-ray, or diathermy treatment?

Users should not wear any 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 my sensor wet?

The 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[†] 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 my sensor through airport security?

You can wear your 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 CGM in the baggage scanning machine.

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

Dexcom CGM components are 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

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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