experience, experiment and reflect

OVERVIEW

The Dexcom G7 continuous glucose monitoring (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, so people can make smarter decisions about food and activity in the moment to take better control of health.

Worn over a 10-day session, with a 12-hour grace period, glucose data updates on the Dexcom G7 app every 5 minutes. That is up to 288 glucose readings per 24 hours!

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

†Fingersticks required for diabetes treatment decisions if symptoms or expectations do not match readings.
*Smart device sold separately.

GETTING STARTED

Step 1. Download the Dexcom G7 app and create your Dexcom 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**

Step 2. Complete the app setup (Overview, App Set Up, Sensor Insertion). Brief videos are included to educate you on your Dexcom G7.

Low and High alert default settings are at 70 mg/dL and 250 mg/dL. Customize anytime throughout your sensor session.

Dexcom G7 is waterproof‡ and does not need to be removed to shower, sleep or workout.

Step 3. Experiment!

Throughout your 10-day session, consider experimenting with any of the suggested ideas as they fit into your schedule and health.

‡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.

10-DAY 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 during the 10 days. 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 for first 5 days and then experiment with foods or activities days 5-10.

- 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 daily prompts to help familiarize you with features of the Dexcom G7 app:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Download the Dexcom Clarity app and sign in with the account you already created	Explore the 'Profile' tab	Review quiet mode options – 'Vibrate' and 'Silence All'	Find your time in range (TIR) for the first 3 days*	Add a 'note' in your Dexcom G7 app

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Customize your alert settings	Move your finger across the trend line to find the highest glucose in last 12 hours	Explore the 'Connections' tab and invite someone to follow† you	'Second Alert Profile' is a feature you may want to try	Compare your 7-day TIR to your 3-day TIR

*Swipe up to see Dexcom Clarity data and metrics in the Dexcom G7 app

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

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?
- The Dexcom G7 app shows the current glucose value, where it's heading and how fast it's moving. The Dexcom Clarity app allows for reflection on patterns and trends. How often do you plan to look at your Dexcom Clarity app to view your glucose patterns and trends?