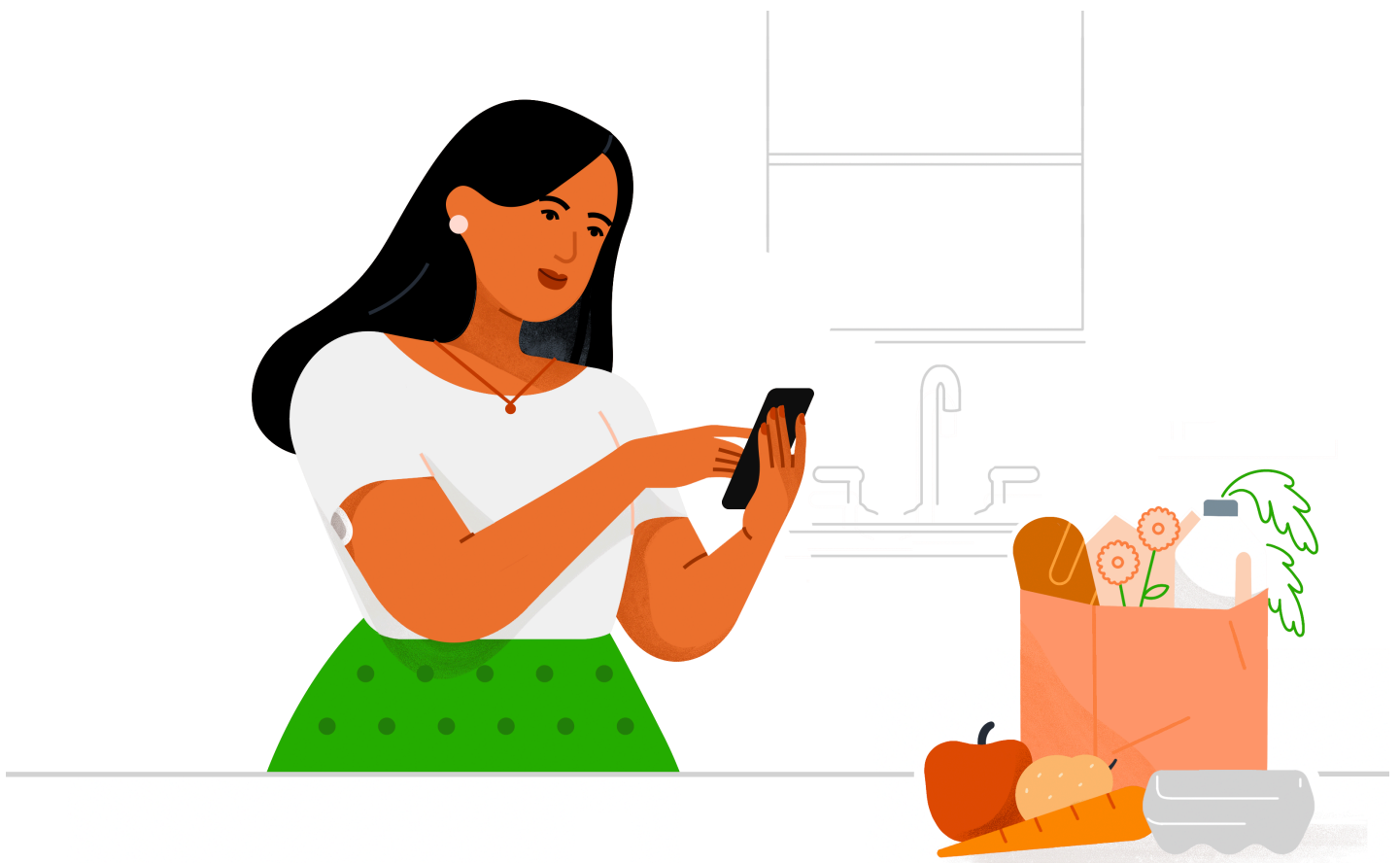


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CGM 101: You and Your Dexcom G7



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

- Dexcom G7 app
- Dexcom Clarity app
- Web-based Clarity

Remember your Dexcom username and password

My Dexcom prescription was sent to: _____

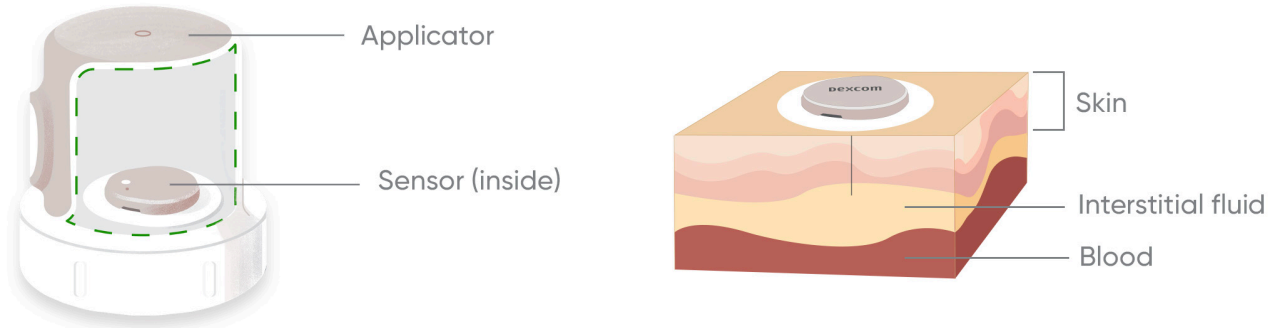
The address/phone number is: _____

Refill: every **month** or **every 3 months** (circle one)

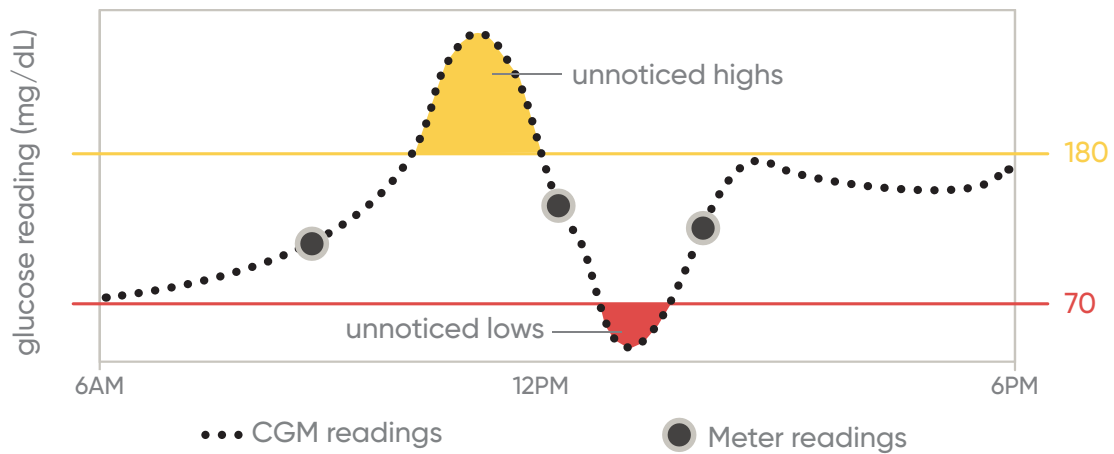
WHAT IS CONTINUOUS GLUCOSE MONITORING (CGM)?

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

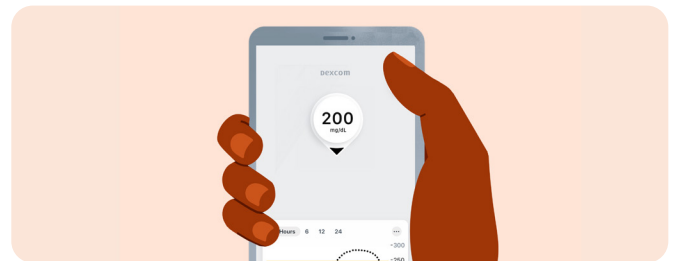
†Fingersticks required for diabetes treatment decisions if symptoms or expectations do not match readings.



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



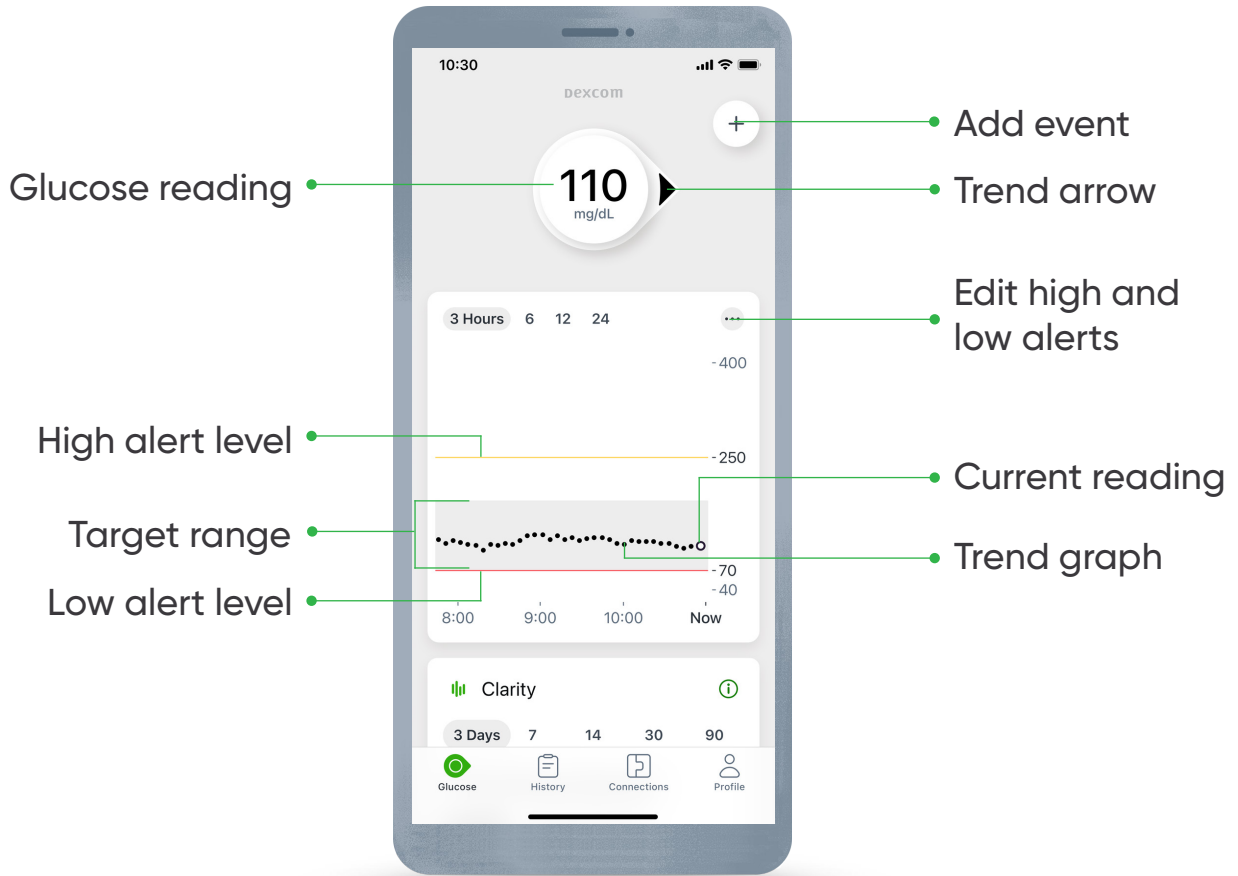
SETTING EXPECTATIONS



CGM readings and meter 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 readings can be different and still be considered accurate.**

GLUCOSE TAB AND ARROWS

Your glucose tab shows your sensor glucose reading, trend graph, and trend arrow.



Trend arrows show the speed and direction your glucose is heading. Trend arrows can help you catch highs and lows before they happen.

	Steady		Rising or falling
	Slowly rising or falling		Rapidly rising or falling

HOW TO GET THE MOST OUT OF YOUR DEXCOM G7*

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 food, physical activity, and insulin/diabetes medications affect you.

Factors that effect your body's glucose levels:

- ✓ Food
- ✓ Medication
- ✓ Activity
- ✓ Illness
- ✓ Stress



2. EXPERIMENT



Your Dexcom G7 is an excellent tool for discovering which foods raise your glucose or not. Try different foods or activities and ask yourself:

- ✓ How did that food/meal affect my glucose?
- ✓ Would I do anything differently?
- ✓ How did that activity change my glucose?

3. PERSONALIZE

- ✓ Personalize your Dexcom G7 to fit your needs.
- ✓ Reaching your goals can take time.
- ✓ Work with you HCP to create goals and targets.



My glucose goal before meals is less than: _____

My glucose goal for after meals is: _____

How did CGM help you achieve these goals: _____

4. PLAN



Dexcom G7 offers custom alert settings that may help you achieve your glucose targets.

- ✔ Ask your HCP how to set alerts that work with your lifestyle.
- ✔ Talk about what your high and low alerts should be with you HCP.

5. 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 and enter their response here _____

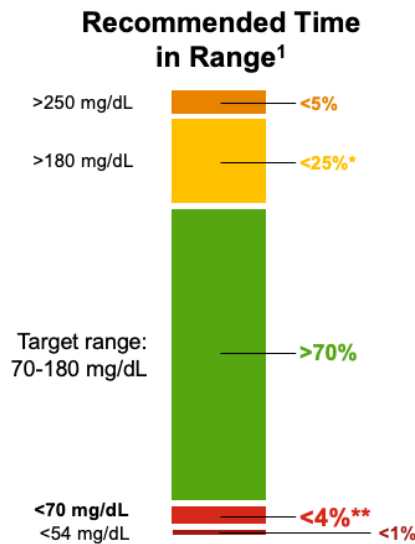
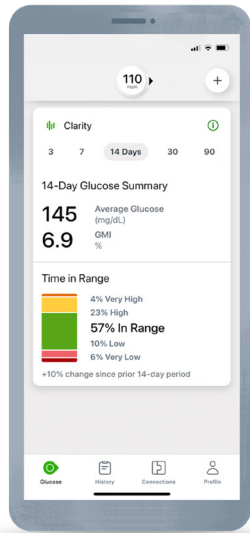


When your glucose levels go above your set high alert, your number turns yellow.

Ask your HCP how to treat a high and enter their response here _____

WHAT IS 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



[†]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

RESOURCES



Videos and FAQs

Find education resources, videos, and FAQs. Visit the "Learn" section of dexcom.com



Dexcom CARE

Our diabetes experts offer virtual classes to help you get started. **1-888-738-3646**; See dexcom.com/dexcom-care for hours



Technical support

1-888-738-3646
24 hours a day, 7 days a week

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.