

Start your journey to better glucose health

Stelo is a glucose biosensor that tracks glucose 24/7 to reveal how food, exercise, and even sleep can affect your glucose - helping you become a healthier you.

Stelo delivers 24/7 glucose numbers to your phone* - no fingersticks required[†]. Worn for up to 15-days[‡], with a 12-hour grace period, glucose data updates on the Stelo app every 15 minutes. Stelo is waterproof[§] and does not need to be removed to shower, sleep or workout.

* Smart devices sold separately. For a list of compatible devices, visit stelo.com/compatibility.

† If the sensor readings are not consistent with the symptoms, a blood glucose meter may be an option as needed.

‡ A study was conducted to assess the sensor life where 77.9% of sensors lasted the full 15 days. In other words, when using the product per the package labeling, approximately 20% of sensors may not last for the full 15 days, 10% of these sensors may last less than 12 days.

§ Once inserted, the sensor is waterproof up to 8 feet. If you're in or near water, your smartphone may need to be closer than 20 feet to get readings. If you're in water, you may not get readings until you get out.

Get Started

Follow three simple steps to get started with Stelo, your personal glucose biosensor.

1 Download the Stelo app and create your account

Note: If you've created a Dexcom account in the past, use that username and password.



2 Set up Stelo app

The Stelo app walks you through setup step-by-step. The app will walk you through a mini tutorial so you can learn about Stelo and will show you how to insert your sensor.

3 Experiment, explore and reflect

Throughout your session, experiment with daily lifestyle choices and explore the Stelo app using the suggested ideas. When your session ends, reflect on your experience.

'Personal Experiment' Ideas

To get the most out of your Stelo experience, pay attention to the choices you make and see how they impact your glucose. One option is to do what you normally do – eat typical foods and do regular activities. The second option is to experiment with the ideas below. Or do both.

No matter which path you choose, you will learn which foods or activities have an impact on your glucose.

- Look at your glucose when you start eating or 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.

Explore the Stelo app using these prompts to help familiarize you with the features:

<p>1</p> <p>Explore the 'Learn' tab</p>	<p>2</p> <p>Read your daily insight</p>	<p>3</p> <p>Add an 'event' in your Stelo app</p>	<p>4</p> <p>Find your time in range (TIR) for the first 3 days*</p>	<p>5</p> <p>Connect your Stelo app to Apple Health or Google Health Connect†</p>
<p>6</p> <p>View exercise from Apple Health or Google Health Conect in landscape mode</p>	<p>7</p> <p>Move your finger across the trend line to find the highest glucose in last 12 hours</p>	<p>8</p> <p>Read your weekly insight</p>	<p>9</p> <p>Compare your 7-day TIR to your 3-day TIR*</p>	<p>10</p> <p>Look at your 12 hour trend graph, pick 2 meals and compare them</p>

* Scroll down in the Glucose tab to see the glucose summary reports.

† Setup in Settings>Connections

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?

STELO IMPORTANT INFORMATION: Consult your healthcare provider before making any medication adjustments based on your sensor readings and do not take any other medical action based on your sensor readings without consulting your healthcare provider. Do not use if you have problematic hypoglycemia. Failure to use Stelo and its components according to the instructions for use provided and to properly consider all indications, contraindications, warnings, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence. If your sensor readings are not consistent with your symptoms, a blood glucose meter may be an option as needed and consult your healthcare provider. Seek medical advice and attention when appropriate, including before making any medication adjustments and/or for any medical emergency.

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