HOW TO GET THE MOST OUT OF YOUR DEXCOM G6*

1. WEAR

The more you wear your Dexcom G6 the more you will understand your glucose responses. Use your Dexcom G6 to find out more about how foods, exercise, and insulin dosing affect you.

2. SHARE

Dexcom Share is a feature of the Dexcom G6 app that lets you share your glucose information with Followers.

To set up Dexcom Share tap the Share icon in the Dexcom G6 app to invite Followers.

Having at least one Follower has been linked with lower mean glucose values and more time in range.†

Followers download the Dexcom Follow app

3. PLAN

Dexcom G6 offers custom alert settings that may help you achieve your glucose targets. Ask your healthcare professional how you can set up alerts to work with your lifestyle.

250 mg/dL

65 mg/dL

⚠ 55 mg/dL within 20 minutes

143 mg/dL

Recent data suggests that customizing high and low alert settings led to more time in target glucose ranges (70-180 mg/dL).‡

Urgent Low Soon alert notifies you when your glucose will be at or below 55 mg/dL within 20 minutes.

This alert can help you to take action to prevent a low.

4. 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?

65 mg/dL

5. REVIEW

Download the Dexcom CLARITY app to track your progress, receive weekly notifications of statistics, and share data with your clinic.

When you use the Dexcom G6 app, your glucose data is automatically sent to your CLARITY account.

Review your Dexcom CLARITY reports. These reports can help you and your healthcare professional see if there are any patterns of highs or lows, helping you make more informed treatment decisions.

Users that review Dexcom CLARITY data can result in more time in target range (70-180mg/dL).‡

1:21

| 2 | 7 | **14** | 30 | 90 |

Glucose

Average Glucose

132 mg/dL

Standard Deviation **55** mg/dL   GMI **7.9** %

Time in Range

1% Very High
53% High
40% In Range
4% Low
2% Very Low

+10% change since prior 14 day period

Target Range: 70-180 mg/dL

Patterns

Daytime Highs
10:30 AM - 11:05 AM

Nighttime Highs
12:55 AM - 2:15 AM

Summary   Reports   Goals   Profile
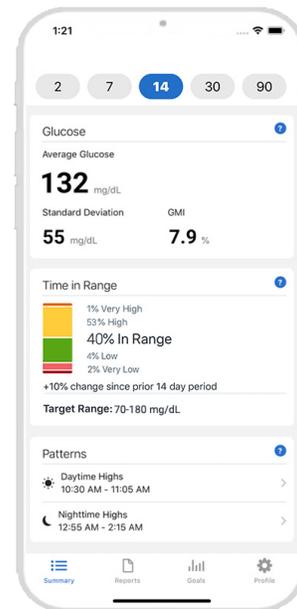
To view data from the Dexcom receiver, go to clarity.dexcom.com and sign in with your Dexcom account.
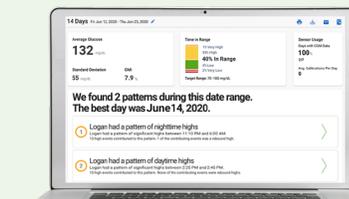
6. PERSONALIZE

Personalize your Dexcom G6 to fit your needs. If you're not achieving your glucose targets as frequently as you like, understand it may take a while for things to improve. Be patient. Work with your healthcare provider to establish goals and personalize your targets.

My pre-meal glucose target is less than _____

My peak glucose target is less than _____ (after a meal)

Reflect on how CGM is helping you acheive your targets:

_____

_____

7. EXPERIMENT

Your Dexcom G6 is an excellent tool for discovering which foods raise your glucose or not. Try different foods and ask yourself:

How did that food/meal affect my glucose?

Would you do anything differently?

8. TREND

Use the trend arrows to help you understand what is really going on. Whether it concerns food, insulin or exercise, trend arrows can help you understand the speed and direction of your glucose:

Not increasing/decreasing more than 1 mg/dL each minute

Glucose could increase/decrease 30-60 mg/dL in 30 minutes
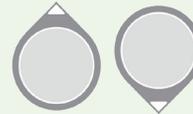
Glucose could increase/decrease up to 60-90 mg/dL in 30 minutes

Glucose could increase/decrease more than 90 mg/dL in 30 minutes[§]

Have a plan for lows and the list of foods you eat for a low. Work with your healthcare professional to create a personalized plan of action (example below).

My plan

My glucose is too low and requires action if it is less than [ ]

Take [ ] g glucose and re-check in [ ] mins.

Repeat treatment if glucose is not rising after [ ] minutes.

When my blood sugar is low, I eat:

_____

_____

_____

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