

NINE TIPS TO REMEMBER WHILE USING CONTINUOUS GLUCOSE MONITORING (CGM)[†]

1: WEAR YOUR CGM AS MUCH AS POSSIBLE

The more you wear it and pay attention to it, the more you will be able to understand and control your glucose responses. Use your CGM to find out more about how foods and/or insulin dosing affect your glucose levels.



NOTES

2: SHARE YOUR DATA IN A WAY THAT WORKS FOR YOU[†]

If and when you decide to Share your CGM data, have a conversation ahead of time about boundaries and language that you prefer (e.g., supportive not bossy, helpful not intrusive).

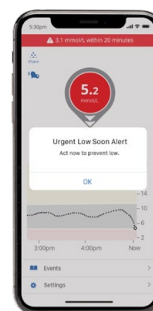


3: MAKE ALERTS YOUR FRIENDS, NOT YOUR FOES

First, please don't ignore your alerts! And after responding to an alert, take a few minutes to think about what may have caused it. For example:

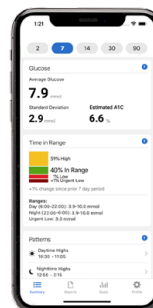
- Carb intake
- Physical activity
- Insulin timing

If you are getting too many alerts, talk to your healthcare professional about adjusting them so they don't drive you crazy.



4: REVIEW YOUR CGM RESULTS REGULARLY

Regular review of your Dexcom CLARITY reports can help you see if there are any patterns of highs or lows, helping you decide where—for example—you might want to adjust your insulin basal rates or doses in response.



5: KNOW YOUR PERSONAL GLUCOSE TARGETS

If you're not achieving your targets as frequently as you like, be patient and talk to your health care professional on what you can do to improve.

- My pre-meal target is less than _____
- My peak glucose target is less than _____ (after a meal)
- My glucose is too low and requires action if it is less than _____

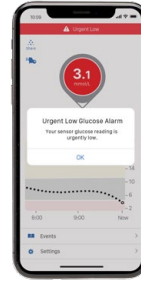


[†] Internet connectivity required for data sharing. Following requires the use of the Follow App. Followers should always confirm readings on the Dexcom G6 App or Receiver before making treatment decisions.

NINE TIPS TO REMEMBER WHILE USING CONTINUOUS GLUCOSE MONITORING (CGM)¹

6: DISCUSS YOUR ACTION PLAN WITH YOUR HEALTHCARE PROFESSIONAL FOR RESPONDING TO HYPOGLYCEMIA

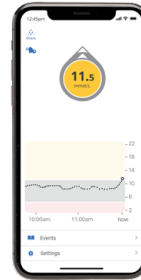
Try not to panic and overreact. Depending on your own individual needs, discuss what is best for you with your healthcare professional. If your CGM has predictive alerts, they can provide more time for you to take action to prevent lows.



NOTES

7: EXPLORE THE COMPLEX WORLD OF FOOD: TEST OUT WHAT REALLY HARMS AND HELPS YOUR GLUCOSE CONTROL

A CGM is the perfect tool for discovering whether foods really raise your glucose or not. On occasion, try out your favourite snack, a new type of meal you've never tried before, or one of those nutritional "no-no's" and find out for yourself whether they are worth it.



8: USE THE TREND ARROWS TO HELP YOU UNDERSTAND WHAT IS REALLY GOING ON

Whether it concerns something you have recently eaten, an insulin bolus you have just taken or some recent exercise, your CGM's trend arrows can help you understand the direction and speed of your glucose changes.



9: WHEN DIABETES IS DRIVING YOU CRAZY, REMIND YOURSELF WHY YOU ARE BOTHERING

I am committed to keep using my CGM because I know it can help me to:

1. _____
2. _____
3. _____



For additional product support, the Dexcom CARE team is available for one-on-one Dexcom CGM training: 1-844-832-1811 (Mon-Fri 9am-5:30pm EST)*
For more information, go to Dexcom.com

* Hours are subject to change and exclude holidays.

¹ Barnard-Kelly, K. D., & Polonsky, W. H. (2020). Development of a Novel Tool to Support Engagement With Continuous Glucose Monitoring Systems and Optimize Outcomes. *Journal of Diabetes Science and Technology*, 14(1), 151-154.

© 2020 Dexcom Canada, Co. All rights reserved. LBL018912 Rev001

Dexcom is a registered trademark of Dexcom, Inc. in the United States and/or other countries.

