Track your glucose with **Dexcom CLARITY**

Dexcom CLARITY is an important part of your continuous glucose monitoring (CGM) system, providing a holistic view of your diabetes management by highlighting glucose patterns, trends and statistics.

**Dexcom CLARITY users experience up to 15% increased time spent in range (70-180 mg/dl) as compared to non-users.**

With the Dexcom CLARITY app, review key metrics, create reports, authorize data sharing with your clinic and get notifications and emails. Get notifications for Time in Range, Patterns, Best Day and Goal: Time in Range. While using the Dexcom CGM app you are automatically and continuously sending your glucose data to your CLARITY account.

**Time in Range** is the percentage of time that your glucose levels are in low, target and high ranges.

**Glucose Management Indicator (GMI)** approximates the laboratory A1C level expected based on average glucose measured using CGM values derived from at least 12 days of CGM data.

**Average Glucose (CGM)** is the average of all your glucose readings from the selected date range.

**Patterns** are consistent occurrences of high or low glucose, at the same time of day, on multiple days.

**Best Day** is the day with your most in-range glucose reading over the last 7 days.

**Goal: Time in Range** identifies the number of times you reached your goal for the percentage of time you are in-range each day in the last 7 days.

**Hypoglycemia Risk** estimates the risk for severe hypoglycemia based on a combination of the number of times glucose was low, the magnitude of the low glucose and for how long there was low glucose.

Use CLARITY online at [clarity.dexcom.com](http://clarity.dexcom.com) to view detailed, interactive reports. For example, this trends report combines all the glucose readings to show a typical day from the date range you select.

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Share data with your clinic

You can authorize data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. Your clinic will provide you with a sharing code. To begin sharing data, complete one of the following:

Share using the Dexcom CLARITY app
1. Log into the Dexcom CLARITY app with your Dexcom login.
2. Tap Share and follow the onscreen instruction.

Share using the Dexcom CLARITY website
1. Log into CLARITY online at clarity.dexcom.com/share
2. Follow the onscreen instruction.

Share Data with a New Clinic
Your clinic will provide a sharing code for your data so that they have continuous access and can make your appointments more efficient. If your clinic hasn’t provided you an invitation to share, you can ask your clinic to create one for you. You can stop sharing with your clinic at any time.

Enter the sharing code provided by your clinic

Verify your date of birth

Share data to prepare for visits

If you only use the Dexcom receiver with your CGM, you can prepare for clinic visits by uploading your CGM data to your CLARITY account in advance.* Once you authorize sharing, for every upload, your clinic will also have access to that data. The receiver only holds about 30 days worth of data, so uploading once a month is recommended to save all your data.

First-time CLARITY users must create an account at clarity.dexcom.com
2. Follow the onscreen instructions to install the Uploader software.
3. Connect your receiver to your computer to upload automatically.

For all future uploads, just connect your receiver to your computer.

*An internet connection is required while uploading to CLARITY.
Minimum requirements: dexcom.com/clarity-requirements | Dexcom Support: 1-888-738-3646 or dexcom.com/support
For more information on CLARITY statistics, visit clarity.dexcom.com/glossary

Intended Use/Safety Statement
The web-based Dexcom CLARITY® software is intended for use by both home users and healthcare professionals to assist people with diabetes in the review, analysis, and evaluation of historical CGM data to support effective diabetes management. It is intended for use as an accessory to Dexcom CGM devices with data interface capabilities. Caution: The software does not provide any medical advice and should not be used for that purpose. Home users must consult a healthcare professional before making any medical interpretation and therapy adjustments from the information in the software. Caution: Healthcare professionals should use information in the software in conjunction with other clinical information available to them. Caution: Federal (US) law restricts this device to sale by or on the order of a licensed healthcare professional.

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