

# Track your glucose with



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. While using the Dexcom CGM app you are automatically and continuously\* sending your glucose data to your Dexcom CLARITY account.

With the Dexcom CLARITY app, review key metrics, create reports, authorize data sharing with your clinic and sign up for weekly progress notifications.

## Average Glucose

The average of all your CGM glucose readings from the selected date range. Knowing your average glucose gives you a good place to start when trying to get your numbers into target.

## Standard Deviation

Reflects how much your CGM glucose readings rise and fall also known as glycemic variability.

## eA1C

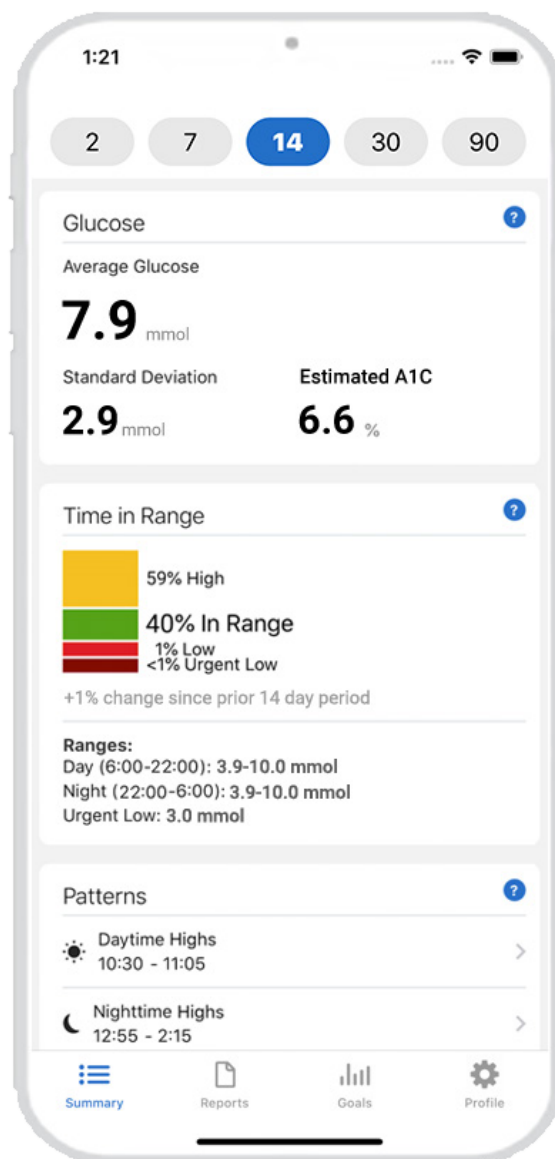
Dexcom CLARITY determines an estimated A1C as the average glucose from a minimum number of days with a minimum duration of CGM wear time.

## Time in Range

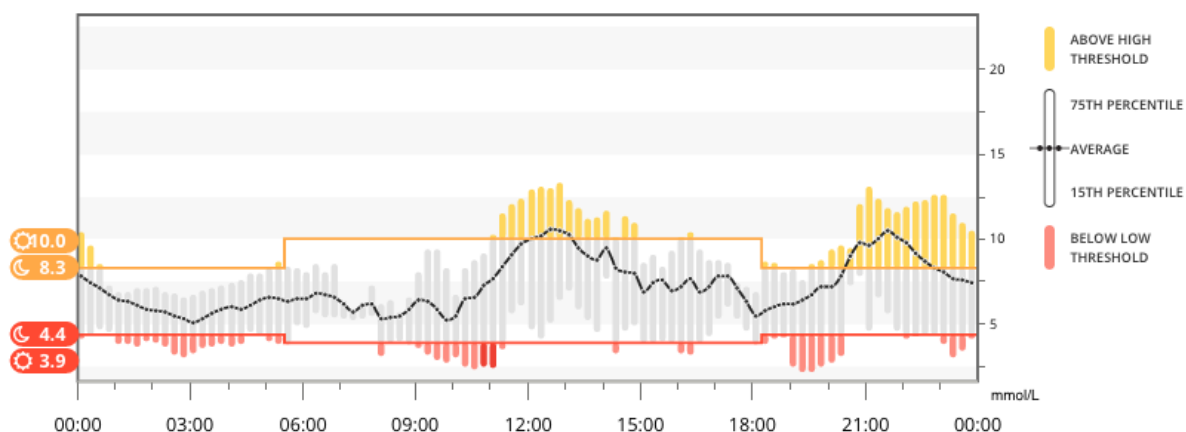
The percentage of time that your glucose levels are in low, target, and high ranges. Dexcom CLARITY default target range is 3.9-10.0 mmol/L, which may not be what you set for your CGM.

## Patterns

Consistent occurrences of high or low glucose, at the same time of day, on multiple days.



Use Dexcom CLARITY online at [clarity.dexcom.eu](https://clarity.dexcom.eu) to view detailed, interactive reports. This Trends report combines all glucose readings from the date range selected to show a typical day.



For more information on Dexcom CLARITY statistics, visit [clarity.dexcom.eu/glossary](https://clarity.dexcom.eu/glossary)

\*while connected to the internet with consent to share data

# Share data with your clinic

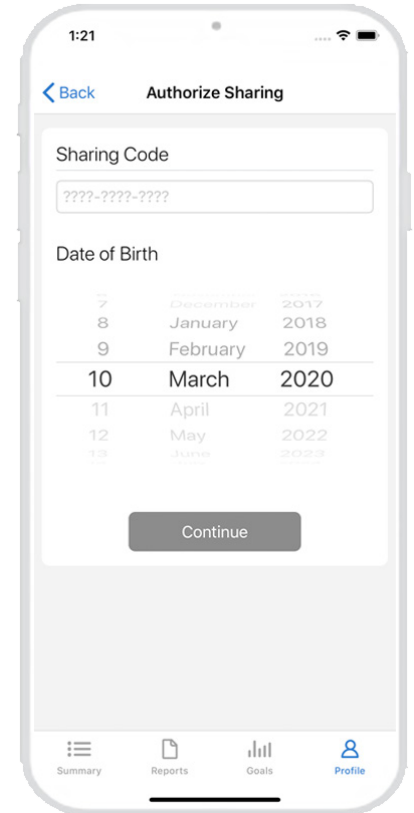
You can authorize data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. Your clinic will provide you with the Sharing Code. To begin sharing data, complete one of the following:

## Share using the Dexcom CLARITY app

- 1 Log into the Dexcom CLARITY app with your Dexcom login.
- 2 Tap **Profile** > **Authorize** and follow instructions.

## Share using the Dexcom CLARITY website

- 1 Log into Dexcom CLARITY online at [clarity.dexcom.eu/share](https://clarity.dexcom.eu/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

DD	Month	YYYY
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Continue

Cancel

# Upload receiver 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 Dexcom 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.

- 1 First-time Dexcom CLARITY users must create an account at [clarity.dexcom.eu](https://clarity.dexcom.eu)
- 2 Follow the onscreen instructions to install the Dexcom CLARITY 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 Dexcom CLARITY.

Minimum requirements: [dexcom.com/clarity-requirements](https://dexcom.com/clarity-requirements) | Dexcom CLARITY is not yet available for all countries. For questions about Dexcom CLARITY, contact your local Dexcom representative.

#### 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.

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