



Use of CGM like Dexcom G7 is beneficial and recommended for individuals at high risk for hypoglycemia. (A)¹



CGM is highly recommended to assist people with diabetes in reaching goals safely.²



Hypoglycemia is often the major limiting factor in the management of diabetes. Continuous glucose monitoring (CGM) can be a valuable tool in the detection and prevention of hypoglycemia.³

HYPOGLYCEMIA CLASSIFICATION¹

Glycemic criteria/description	
Level 1	Glucose <70mg/dL (<3.9mmol/L) and ≥ 54 mg/dL (≥ 3.0mmol/L)
Level 2	Glucose <54 mg/dL (<3.0 mmol/L)
Level 3	A severe event characterized by altered mental and/or physical status requiring assistance for treatment of hypoglycemia, irrespective of glucose level



Hypoglycemia prevention is a critical component of diabetes management.¹

ASSESS RISK FACTORS OF HYPOGLYCEMIA

Especially in those treated with **insulin, sulfonylureas, or meglitinides¹**

Clinical/biological:

- Recent level 2 or level 3 hypoglycemia
- Impaired hypoglycemia awareness
- Cognitive impairment or dementia
- Multiple recent level 1 hypoglycemia
- Older age, female sex
- High glycemic variability
- Polypharmacy
- CVD, CKD, neuropathy, and retinopathy
- Major depressive disorder

Social, cultural and economic:

- Food insecurity
- Low-income status
- Homelessness
- Fasting for religious or cultural reasons
- Low health literacy
- Alcohol or substance use disorder



Real-time CGM (RT-CGM) like Dexcom G7 is recommended for people with diabetes who are treated with insulin, or who have a high risk of hypoglycemia and/or hypoglycemia unawareness.³

^{*}Grade A: Clear evidence from well-conducted, generalizable randomized controlled trials that are adequately powered.

¹ American Diabetes Association Professional Practice Committee. *Diabetes Care*. 2026;49 (Supplement_1):S132-S149. ² Samson SL, et al. *Endocr Pract*. 2023;29(5):305-340. ³ Blonde L, et al. *Endocr Pract*. 2022;28(10):923-1049.

ASSESS HYPOGLYCEMIA AT EVERY ENCOUNTER

Utilize a patient questionnaire¹

- 1 Ask patients about specific glucose values**
Example: Have you ever had a glucose value <70 mg/dL? <54 mg/dL?
- 2 Ask about common hypoglycemic symptoms and fear of hypoglycemia**
Example: Do you ever feel shaky, dizzy, or sweaty without knowing why? What concerns you the most about hypoglycemia?
- 3 Screen for impaired hypoglycemia awareness**
Example: Do you ever have low glucose (<70mg/dL) without feeling symptoms?
- 4 Discuss frequency/circumstance of hypoglycemia event(s)**
Example: How many times does your glucose go below 70 mg/dL per week? Do you know the reason why? Have there been any changes in your nutrition, activity, medications, health/illness, etc.?
- 5 Assess the severity of the hypoglycemia event(s)**
Example: Have you had a hypoglycemia event for which you needed someone's help and were unable to treat yourself?



Hypoglycemia is only assessed in ~24% of primary care clinic visits for at-risk patients.² Thus, without CGM, a large proportion of the actual burden of hypoglycemia can be missed in clinical care.

KEY FEATURES OF DEXCOM G7 THAT HELP MINIMIZE THE RISK OF HYPOGLYCEMIA¹¹

Dexcom Follow app for friends & family[†]

- Dexcom CGM Systems and Dexcom-powered automated insulin delivery (AID) systems allow users to have up to 10 Followers¹¹
- People with Followers reported experiencing fewer episodes of severe hypoglycemia¹⁴
- Dexcom users with Followers report that data sharing gives them greater peace of mind and helps them feel less alone with their diabetes¹⁴

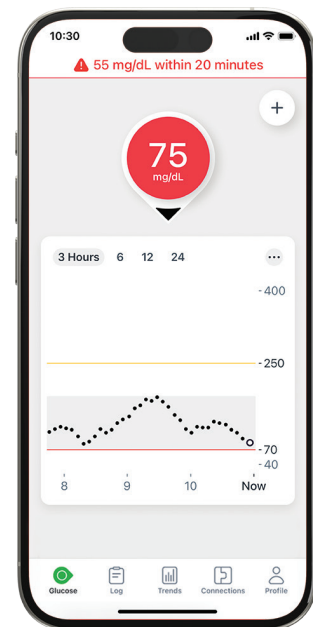
Urgent Low Soon alert

- Provides an actionable alert in advance of predicted hypoglycemia¹¹
- Helps patients spend less time in hypoglycemia and rebound hypoglycemia¹³

HEALTH BENEFITS OF DEXCOM RT-CGM

Clinically proven to:

- Reduce hyper- and hypoglycemia³⁻⁸
- Increase time in range³⁻⁸
- Improve quality of life³⁻⁸
- Lower A1C³⁻⁸
- Reduce hypoglycemia-related emergency visits or hospitalizations^{9,10}



Smart device sold separately.[†]

This resource is intended for healthcare professionals only

[†]Rebound hyperglycemia events were defined as series of one or more sensor glucose values >180 mg/dL starting within 2 hours of a sensor glucose value <54 mg/dL. ^{††}Separate Dexcom Follow app and internet connection required. Users should always confirm readings on the Dexcom G6/G7 app or receiver before making treatment decisions.

1. ElSayed NA, et al. *Diabetes Care*. 2023 Jan 1;46(Suppl 1):S97-S110. 2 Pilla SJ, et al. *J Gen Intern Med*. 2021;36(6):1533-1542. 3 Beck RW, et al. *JAMA*. 2017;317(4):371-378. 4 Beck RW, et al. *Ann Intern Med*. 2017;167(6):365-374. 5 Martens T, et al. *JAMA*. 2021;325(22):2262-2272. 6 Laffel LM, et al. *JAMA*. 2020;323(23):2388-2396. 7 Welsh JB, et al. *J Diabetes Sci Technol*. 2022;19322968221099879. 8 Gilbert TR, et al. *Diabetes Technol Ther*. 2021;23(S1):S35-S39. 9 Karter AJ, et al. *Diabetes Technol Ther*. 2022;24(5):332-337. 10 Isaacson B, et al. *J Diabetes Sci Technol*. 2022;16(2):383-389. 11 Dexcom G7 User Guide. 12 Puh R, et al. *Diabetes Technol Ther*. 2019;21(4):155-158. 13 Acciaroli G, et al. *J Diabetes Sci Technol*. 2022;16(3):677-682. 14. Polonsky W, Fortmann, A. *Diabetes Technol Ther*. 2020;23(4).

BRIEF SAFETY STATEMENT: Failure to use the Dexcom Continuous Glucose Monitoring System and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in injury, if your glucose alerts and readings from the Dexcom CGM do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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