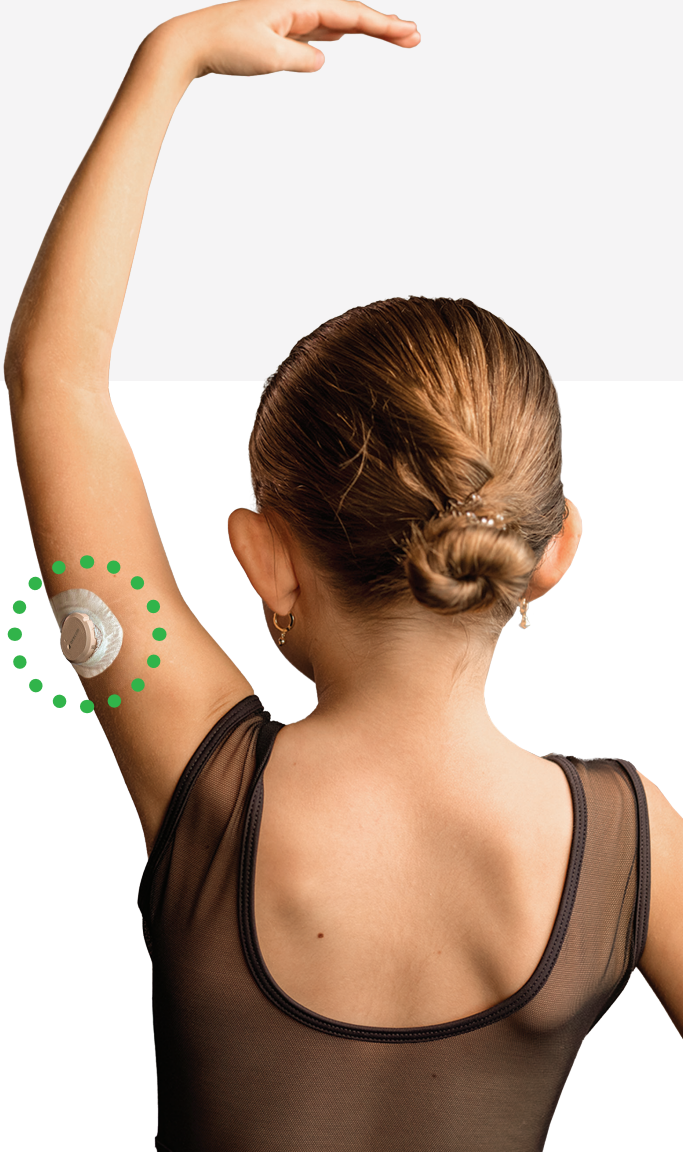
Dexcom

CGM basics for schools and camps

G7

This guide has been created to support you in using the Dexcom G7 Continuous Glucose Monitoring (CGM) System in a school or camp setting.

The purpose of this guide is to define CGM, show the differences between CGM and a blood glucose meter, and explore how CGM is best used to support students or campers with diabetes.



what is CGM?

CGM stands for **Continuous Glucose Monitoring** – using a sensor inserted just underneath the skin, a CGM lets you see glucose numbers in real-time — no fingersticks required.*

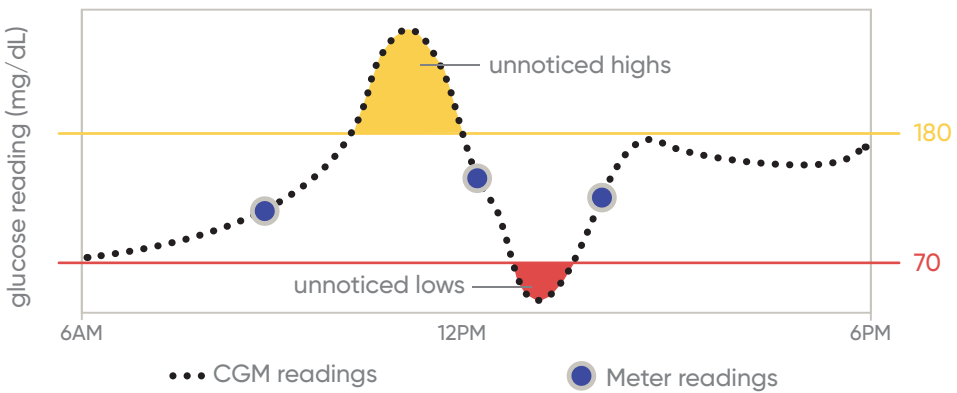
CGM delivers real-time glucose numbers to a smartphone† or receiver. This can allow you to effortlessly see glucose levels and where they're headed.

The Dexcom G7 sensor is waterproof‡ and does not need to be removed to shower, sleep or workout.

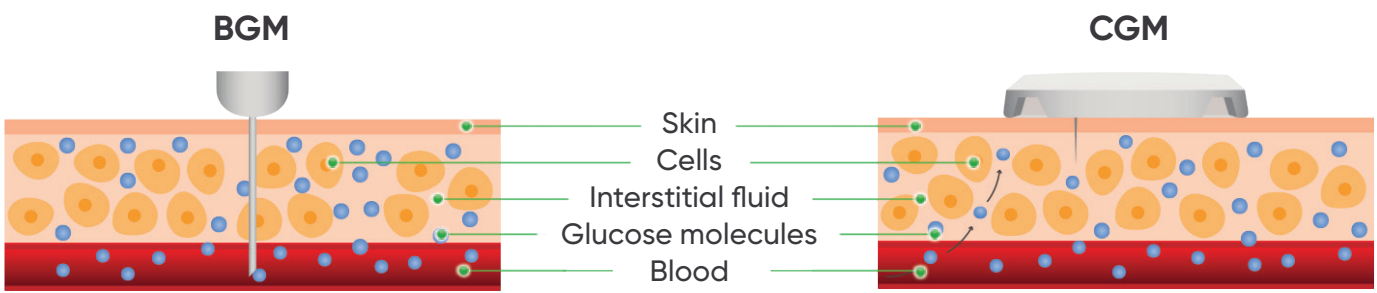
*Fingersticks required for diabetes treatment decisions if symptoms or expectations do not match readings.
† Smart device sold separately. For a list of compatible devices: dexcom.com/compatibility
‡ The Dexcom G7 sensor is waterproof and may be submerged under eight feet of water for up to 24 hours without failure when properly installed.

BGM vs CGM

What is the difference between a blood glucose meter (BGM) and CGM?
A BGM measures glucose levels at a single moment in time, while CGM continually check glucose levels throughout the day and night and can alert if glucose levels go too high or too low.



BGM values and CGM readings may not be the same and that's okay. BGMs and CGMs measure glucose from two different types of body fluids: blood and interstitial fluid.



BOTH BGM AND CGM READINGS CAN BE DIFFERENT AND STILL BE CONSIDERED ACCURATE

component overview

Choice of display device

A compatible smartphone* or receiver displays readings up to every 5 minutes.

Applicator

Inserts the sensor with the push of a button. Easy, painless application.†1

Sensor

Measures glucose levels under the skin and sends data to the Dexcom G7 app or receiver.

* Smart device sold separately. For a list of compatible devices: dexcom.com/compatibility †Patients reported that 94% of Dexcom G7 sensor insertion was painless (mild, no discomfort)

1. Dexcom G7 User Guide, 2023.

using the app

Current glucose

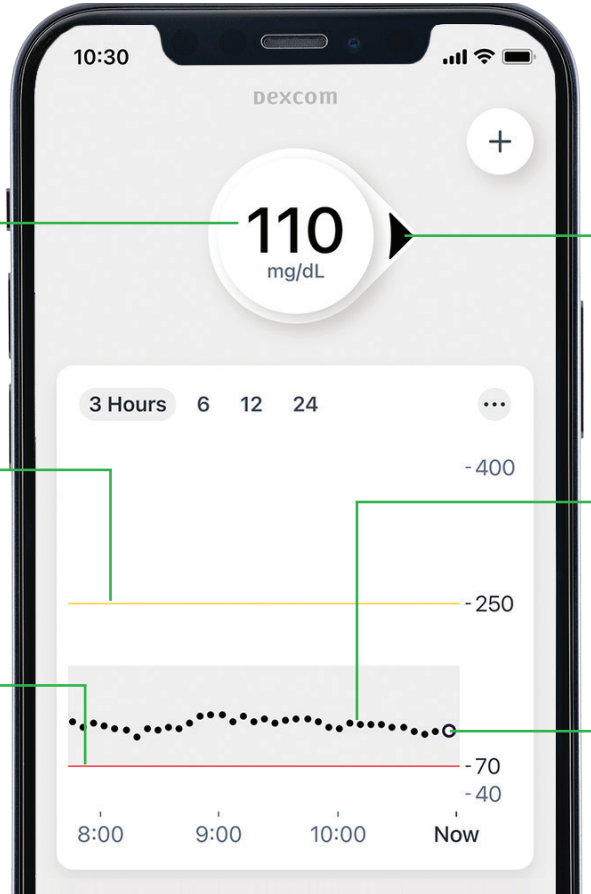
Shows where the student's glucose is now

High alert level

The student will be alerted when glucose rises **above** this customizable level

Low alert level

The student will be alerted when glucose falls **below** this customizable level



Trend arrow

Shows the student's glucose speed and direction

Trend graph

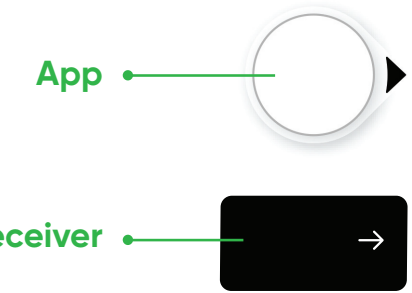
Shows a student's glucose over the past 3, 6, 12 or 24 hours

Current glucose

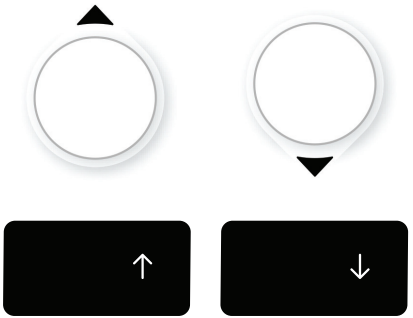
Shows the student's current glucose

trend arrows

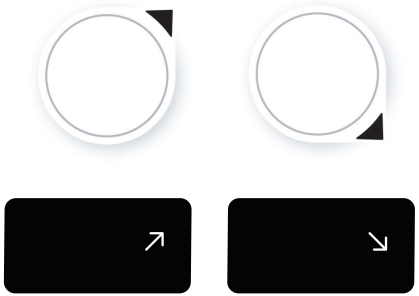
Trend arrows show a student's glucose speed and direction



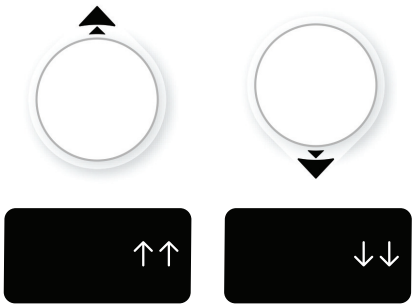
STEADY



RISING OR FALLING



SLOWLY RISING OR FALLING



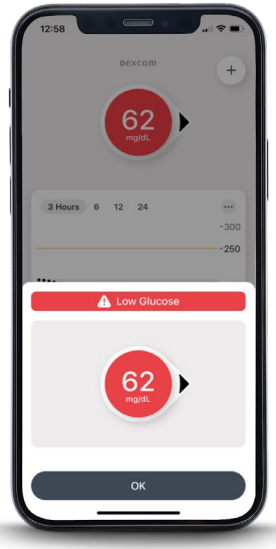
RAPIDLY RISING OR FALLING

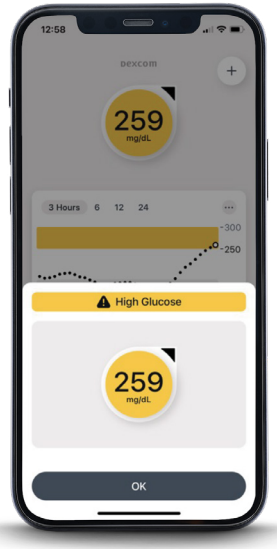
alerts

If the student uses a smart device,* it will need to stay with them, as it is a medical device, and the volume will need to be loud enough to hear alerts. If the student is out of range - 33 feet - from the device for a period of time, alerts will not sound, but the device will update when back in range of the sensor.

LOW AND HIGH ALERTS

Each student will have customizable low and high glucose alert settings. Based on these individualized alert settings, the display device will vibrate or beep.



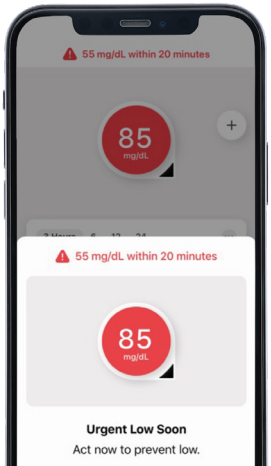


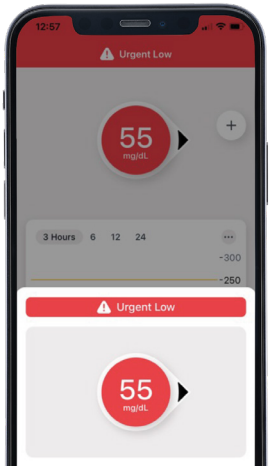
URGENT LOW SOON AND URGENT LOW ALERTS

Urgent Low Soon Alert: A predictive alert that notifies you when a student's glucose will be 55 mg/dL or less within the next 20 minutes.

Urgent Low Alert: An alert that notifies you when the student's glucose level is at or below 55 mg/dL. This alert cannot be turned off or adjusted.

* This setting can be silenced for up to 6 hours if the Silence All feature is used.





treatment plans and decisions

The American Diabetes Association (ADA) recommends using a written treatment plan to make sure students with diabetes get the care they need and are treated fairly.* One example is a Diabetes Medical Management Plan (DMMP), which is created by a student's healthcare provider and explains how the child's diabetes should be managed during the school day and school-related activities.

Based on the student's treatment plan they may come to you to treat a low or high glucose level. Dexcom G7 can be used to make treatment decisions, such as food to treat a low glucose level or administering insulin for a high glucose level.

Always use a blood glucose meter:

- If a number and an arrow are not shown on the Dexcom G7 app
- Any time the student's symptoms or expectations don't match readings. For example, if a student says they feel low but the Dexcom G7 shows them in a normal range.

*https://diabetes.org/advocacy/safe-at-school-state-laws/written-care-plans

RESPONDING TO ALERTS

Based on your student's treatment plan a student may come to you to help respond to alerts.

The steps you should take are:

- Find the student's receiver or open the Dexcom G7 app on the student's smart device
- Tap **OK** to clear the alert
- Determine how to take action based on the glucose information shown and the student's treatment plan

display devices:
pumps and watches

Your student may view their real-time glucose data using a display device other than the Dexcom G7 app or receiver. The Dexcom G7 supports real-time glucose monitoring on compatible smartwatches and integrates with select insulin pump systems. With its direct to watch feature, glucose readings can appear on a supported smartwatch even when a smartphone is not present.*

*Compatible smartphone is required to pair a new sensor with a compatible Apple Watch.

share and follow*

The Dexcom G7 app has a share feature, where followers can monitor a student's glucose from their smart device. Followers can be parents, spouses, grandparents, caregivers or even you.

*Internet connectivity required for data sharing. Following requires the use of the Follow app. Followers should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions. For a list of compatible devices visit dexcom.com/compatibility.

share and follow

The student wearing the Dexcom G7 is called the **Sharer**. To share their glucose information with Followers, the student must use the Dexcom G7 app and have an internet connection.

The person viewing the student's glucose information* is the **Follower**. Followers need to have the Dexcom Follow app† and an internet connection. When a Follower is added, they will receive an email with setup instructions.

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*Any diabetes treatment decision should be based on the student's Dexcom app, not information from the Dexcom Follow app.

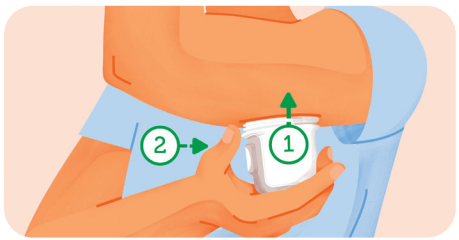
† Separate Dexcom Follow app and internet connection required. For a list of compatible devices see: dexcom.com/compatibility

sensor insertion

You may need to help a student or camper with sensor insertion. See instructions in the sensor box for wear locations. Before you begin, wash and dry your hands, then clean the sensor site with alcohol.

For a video on sensor insertion and overpatch application visit: dexcom.com/training-videos

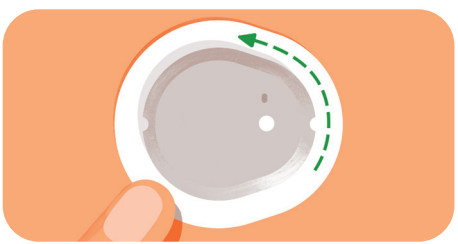
Unscrew cap. Don't touch inside applicator.



Press and hold applicator firmly against skin until clear safety guard is pushed in. Then push button.

Remove applicator.

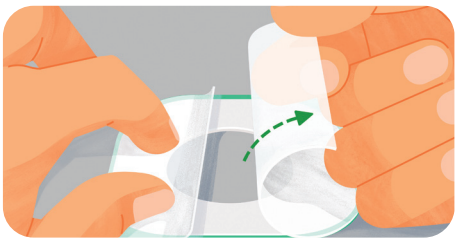
Press sensor for 10 seconds.



Rub around patch 3 times.

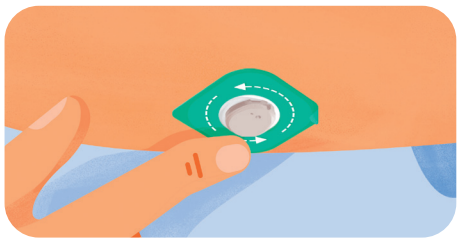
overpatch application

Note: You may need to look in a mirror for this part.



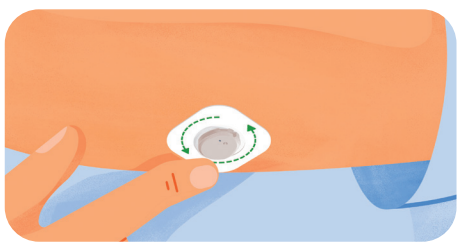
Carefully pull off both clear liners, one at a time. Don't touch adhesive area.

Use colored tab to place overpatch around sensor.



Rub around overpatch.

Use tab to peel off liner.



Rub around overpatch.

activites

Glucose levels are affected by many factors—including food, sleep, activity, stress, and even the environment. During active play, sports, or swimming, glucose may rise or fall quickly. Diabetes doesn't limit a student's participation in these activities; and CGM can help track glucose changes more easily while a student is active.

SWIMMING AND WATERSPORT CONSIDERATIONS

- The sensor is waterproof* and safe to wear in the water.
- Bluetooth range is limited underwater, so readings may pause but will update once the student is back in range.
- Gently pat the sensor and adhesive dry after swimming.
- Tight wetsuits can put pressure on the sensor and may cause a compression low.
- The receiver is not waterproof and must stay dry.

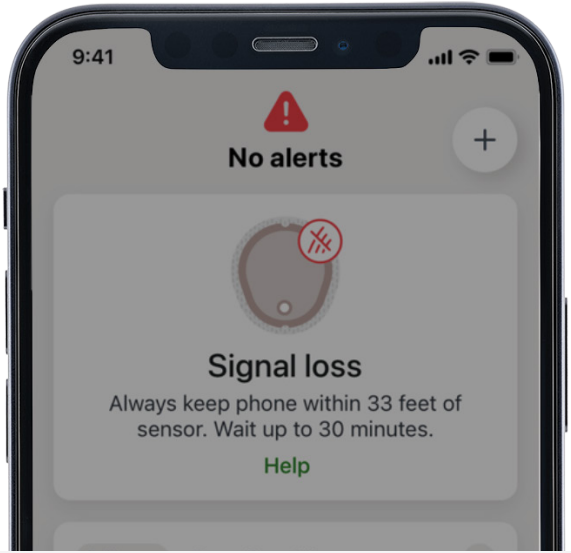
* The Dexcom G7 sensor is waterproof and may be submerged under eight feet of water for up to 24 hours without failure when properly installed.

troubleshooting

A student may come to you for help with a screen they have never seen before.

Use a blood glucose meter for treatment decisions if an error is shown.

For troubleshooting tips, tap **Help** for more information or see **dexcom.com/faq**.



every student is unique

If other issues come up regarding the student and their CGM, speak to the main caregiver and adjust the treatment plan as needed.

Some considerations or allowances may need to be made to students with diabetes using CGM when they are taking exams, going on trips, or doing activities.

resources

Videos
View videos at
dexcom.com/training-videos

Customer Service
General inquiries, CGM training and education.
1-888-738-3646
See **dexcom.com/contact** for hours.

Technical support
1-888-738-3646
24 hours a day, 7 days a week

This guide is for concept illustration only. For complete instructions, read the indications, warnings, precautions, and instructions provided with your Dexcom CGM System.

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 you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that 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.