

Turn glucose insights into action with Stelo.^{*, 1-4}

How Stelo works

With the Stelo biosensor get 24/7 insights into how food, exercise, stress, and sleep affect your glucose, so you can build habits that power lasting health.^{1,5} This educational trial gives you an opportunity to better understand these insights.

- **24/7 glucose data** on your smart phone[†] — no fingersticks needed[‡]
- **Worn for up to 15 days[§]**, with a 12-hour grace period, with updates up to every 15 minutes
- Designed for everyday life — Stelo is **waterproof[¶]** and does not need to be removed to shower or workout.

Get started

1 Download the Stelo by Dexcom app[†] and create your account

Note: If you have created a Dexcom account in the past, use that username and password.



2 Set up Stelo app

The app will walk you through a mini tutorial so you can learn about Stelo and will show you how to insert your sensor.

3 Experiment, explore and reflect

Throughout your session, experiment with daily lifestyle choices and explore the Stelo app using the suggested ideas.

*Results obtained from previous Dexcom device(s) in patients with diabetes †Smart devices sold separately. For a list of compatible devices, visit stelo.com/compatibility.

‡If the sensor readings are not consistent with the symptoms, a blood glucose meter may be an option as needed. §A study was conducted to assess the sensor life where 77.9% of sensors lasted the full 15 days. In other words, when using the product per the package labeling, approximately 20% of sensors may not last for the full 15 days, 10% of these sensors may last less than 12 days. ¶Once inserted, the sensor is waterproof up to 8 feet. If you're in or near water, your smartphone may need to be closer than 20 feet to get readings. If you're in water, you may not get readings until you get out.

1 Stelo User Guide 2 Ehrhardt, et al. Clin Diab, 2020;38(2):126-31. 3 Porter, et al. J Diabetes Sci Technol. 2022;16(2):578-580 4 Clark TL, et al. Diabetes Technol Ther. 2024;26(10):700 5 Crawford M, et al. Diabetes. 2025;74(Supp 1):2020-LB.

Personal experiment ideas

To get the most out of your experience, pay attention to your choices to see how they affect your glucose.

- Look at your glucose when you start eating or drinking and 1-2 hours after to see the change.
- Compare a carbohydrate rich breakfast (cereal, bagel) to a protein-based breakfast (eggs, Greek yogurt).
- Go for a 10–15 minute walk after lunch and compare to a day you don't walk.



Explore simple experiments that give you deeper insight into glucose health at stelo.com/glucose-goals

Explore the Stelo app

1

Explore your daily insights and your trend graph

2

Learn more about your data with our AI coach

3

Eat something that may spike your glucose to explore meal and spike detection

4

Log a meal in your Stelo app by taking a photo or scanning a barcode

5

Learn how your glucose responded to your meal 1-2 hours after your log

6

Connect to Apple Health or Google Health Connect

Reflect and recommend

- What surprised you?
- How will this impact your food and activity choices?



Stelo is prescription free and available at stelo.com and Amazon

Stelo is for adults 18+ with type 2 diabetes not on insulin, prediabetes, or an interest in tracking their glucose health insights

STELO IMPORTANT INFORMATION: Consult your healthcare provider before making any medication adjustments based on your sensor readings and do not take any other medical action based on your sensor readings without consulting your healthcare provider. Do not use if you have problematic hypoglycemia. Failure to use Stelo and its components according to the instructions for use provided and to properly consider all indications, contraindications, warnings, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence. If your sensor readings are not consistent with your symptoms, a blood glucose meter may be an option as needed and consult your healthcare provider. Seek medical advice and attention when appropriate, including before making any medication adjustments and/or for any medical emergency.

Dexcom, Dexcom Clarity, Dexcom Follow, Dexcom One, Dexcom Share, Stelo, and any related logos and design marks are either registered trademarks or trademarks of Dexcom, Inc. in the United States and/or other countries. ©2026 Dexcom, Inc. All rights reserved. MAT-15185 v1.0