Transforming Glucose Data into Personalized Learning For Behavior Change: The CDCES Opportunity With Reimagined Stelo Features

Stelo Glucose Biosensor[1]

Stelo's newest features help users connect the dots between glucose, nutrition, activity, sleep and stress

This creates opportunities for **CDCESs** to guide more personalized education, experimentation, and self-management

Closing The Gap With New Key Capabilities[1]

Advanced Nutrition

Meal composition assessment
Frictionless logging

How am I doing today?

Personalized intelligence

Coach + Insights
woven throughout

How can I improve?

Progress overtime

Trends enables tracking
in context of behaviors

What did I do to change the results?

Background: Stelo As A Behavior Change Tool[4,5]

Stelo: Insight-driven tool for supporting early behavior change and metabolic health

Strengthening understanding of glucose patterns and encouraging healthier eating and activity habits

Motivated users through real-time learning of glucose patterns

> It's great having access to that information in almost real time... this is information that's helping me make positive lifestyle changes.
> **PreD, Age 45 – 54 years, Male, Latino**

Supported behavior change through iterative self-learning

> As somebody once said, you cannot improve what you do not measure... For me, that's the crux behind all of this. We can now have a measurement. I can see things in real time if I'm eating this, what happens? Or if I'm not eating, what happens?
> **PreD, Age 65 – 74 years, Male, White or Caucasian**

stelo

Promoted accountability through continuous data reinforcing ongoing engagement

Facilitated data-driven conversations with clinicians enabling medication adjustments and deeper engagement in care

Stelo Feature Highlight: Trends[1]

What It Does: Shows how glucose and other lifestyle factors interact over time.

Clinical Practice Opportunity: Supports pattern recognition over time, enabling more meaningful discussions around habits, routines and individualized goal setting.

CDCES Conversation: "Looking across the past few weeks, what lifestyle factors do you think may be influencing these trends?"

Stelo Feature Highlight Glucose Response Score[1]

What It Does: Connects meals to glucose response, evaluates rise, recovery, and overall glucose exposure.

Clinical Practice Opportunity: Provides support tool to move beyond generalized nutrition advice and guide data-informed personalized behavior change conversations.

CDCES Conversation: "What difference do you notice between meals with similar carbohydrates but different protein or fiber content?"

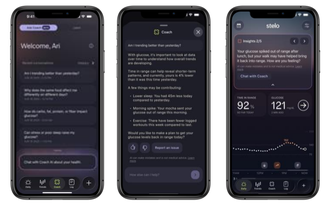
Stelo Feature Highlight: Coach[1]

What It Does: Health Coach is an AI assistant that provides personalized explanations and insights of how nutrition, activity, stress and sleep impact glucose to help support metabolic health.

Clinical Practice Opportunity: Educational resource between visits, supports problem-solving and experimentation.

CDCES Conversation: "What insights has coach helped you notice about your meals, activity or glucose responses that you hadn't recognized before?"

*Responses by Health Coach are not intended as medical advice and do not replace users healthcare provider.



Incorporate CGM Into Your practice With The Dexcom Clinic Workflow

Created in collaboration with HealthPartners Institute

References

1. Stelo user guide
2. Richardson et al., 2024. 3. Wongvibulsin S, Martin SS, Saria S, et al. An individualized, data-driven digital approach for precision behavior change. Am J Lifestyle Med. 2020;14(3):289-293
4. Crawford, M. et al American Diabetes Association 2026 Scientific Sessions, New Orleans, LA June. Poster 1914-P.
5.. Crawford, M. et al. 2025 EASD, Short Oral Presentation #937, Abstract #1206, Vienna, Austria.

stelo by Dexcom

Indication for Use: The Stelo Glucose Biosensor System is indicated for individuals 2 years of age and older who do not use insulin and who want to track glucose levels to better understand how diet, exercise, and other lifestyle factors affect glucose. For full safety information and indications for use, visit stelo.com
Smart device sold separately. For Stelo app compatibility information, visit http://stelo.com/compatibility.

MAT 15676