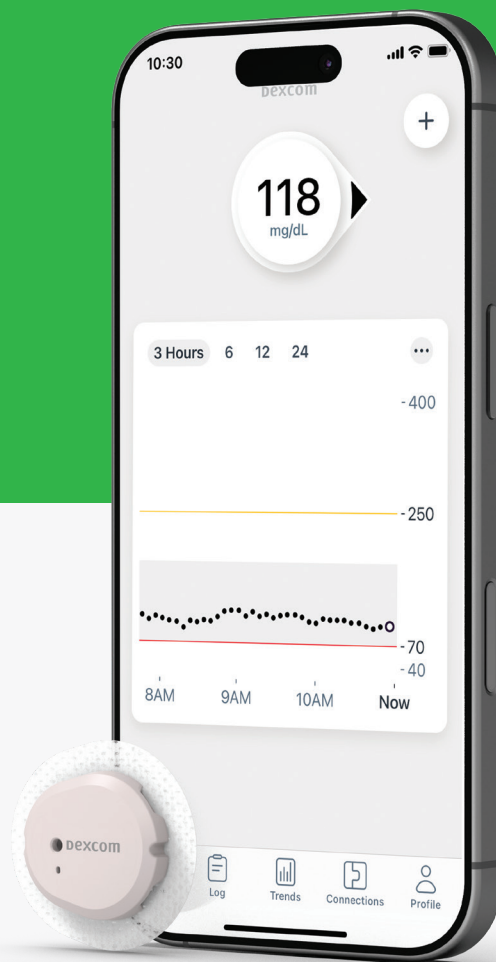




CGM essentials: a guide for RDNs

WHAT IS CONTINUOUS GLUCOSE MONITORING

Continuous glucose monitoring (CGM) is a method of tracking glucose using a small wearable sensor. The sensor measures glucose in the interstitial fluid just under the skin's surface, sending the user's current level and the direction it's headed to their phone or display device. Unlike a single glucose measurement, CGM provides a dynamic view of glucose showing where glucose is, where it's heading, and how it changes over time.



ONE TECHNOLOGY. DIFFERENT CONTEXTS.

Prescription CGM systems and non-prescription glucose biosensors use the same foundational glucose sensing technology. The key difference is who they are designed for and how the information is used. Dexcom offers prescription (Dexcom G7 and Dexcom G7 15 Day CGM Systems) and non-prescription (Stelo Glucose Biosensor) glucose tracking options.

GLUCOSE PATTERNS TELL A STORY

More than 155 million Americans are living with diabetes or prediabetes,³ and fewer than 7% of US adults have optimal cardiometabolic health.⁴ Continuous glucose patterns offer a window into how nutrition, physical activity, sleep, stress, medications, and daily routines impact diabetes and metabolic health.

**FOR RDNS, CGM DATA CAN MAKE THESE CONNECTIONS VISIBLE AND
SUPPORT PERSONALIZED NUTRITION CARE, EDUCATION, AND BEHAVIOR CHANGE.**

WHO CAN BENEFIT FROM CONTINUOUS GLUCOSE DATA?

Consider recommending a CGM system or glucose biosensor to individuals who:

- ✓ Have been diagnosed with diabetes or prediabetes
- ✓ Are pregnant with diabetes or gestational diabetes
- ✓ Want to understand how nutrition, activity, sleep, stress, or daily routines impact glucose

CGM IS A STANDARD OF CARE⁴ WITH PROVEN BENEFITS



Dexcom CGM is associated with improvements in cardiovascular risk as early as three months after initiation of use.⁵



People living with type 2 diabetes using Dexcom CGM report feeling more empowered and in control of their diabetes.⁶



Dexcom CGM has been shown to lower A1C and increase time in range.^{5,7}



Glucose biosensors like Stelo help increase time in range in people with T2D not on insulin.

SEVEN CGM CONCEPTS⁷ EVERY RDN SHOULD KNOW

Concept	Think of it like	What it helps you learn
Target range	The destination	Glucose ranges provide context for interpreting CGM data. A range of 70–140 mg/dL may be used as a reference for people living without diabetes, while 70–180 mg/dL is the commonly used target range for many people living with diabetes. Individual targets may vary based on clinical circumstances
Time in range	Glucose “sweet spot”	Percent of time glucose stays in desired range. 1%=15 minutes
Time above range & time below range	The detours	Percent of time glucose spends below or above target range
Coefficient of variation (CV%)	Smooth sailing vs. rough waters	Whether glucose stays steady or swings up and down
AGP snapshot	Glucose story	The big-picture view of a typical day and week
Personal patterns	Each person’s unique clues	How factors such as food, activity, sleep, medication and stress affect glucose
Trend arrows	The forecast	Show whether glucose is rising, falling, or staying steady



Scan the code for four simple steps to bring Dexcom technology into your practice

Dexcom

Created in collaboration with HealthPartners Institute

1 Dexcom G7 15 Day User Guide. 2 Stelo User Guide. 3 Centers for Disease Control and Prevention. National Diabetes Statistics Report. Atlanta, GA: U.S. Department of Health and Human Services; 2026. Accessed August 6, 2026. <https://www.cdc.gov/diabetes/php/data-research/index.html>. 4 American Diabetes Association. Standards of Care in Diabetes–2026. 4. 5 Reed J, et al. *Diabetes Obes Metab*. 2024;26(7):2881–2889. 6. Clark TL, et al. *Diabetes Technol Ther*. 2024;26(10):700–708. 7. Battelino T, et al. *Diabetes Care*. 2019;42(8):1593–1603.

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-16648