

SETTING UP YOUR DEXCOM® G7 FOR DIABETES PATIENTS

Congratulations on getting the Dexcom[®] G7 sensor. Here are a few things to help you maximize the information you will now be receiving.

- Your sensor can be worn on your arm, abdomen, or upper buttocks area for up to 10 days (with a 12-hour grace period).
- The warmup time is 30 minutes, and you can place a new sensor on 30 minutes prior to the old sensor expiring and activate the new one as soon as the old one expires.
- The sensor has trend arrows and customizable low and high alerts. Different alert settings can be set for different times (e.g. school days).
- You can use the Dexcom[®] sensor with either a smartphone or a receiver (the G6 receiver will not work). You will need to install the Dexcom G7[®] and Dexcom Clarity apps.
- You can share data with up to 5 people using the Dexcom® Follow app. If the G7® app is on a child's phone, they will need to have data or Wi-Fi on that phone to share.

Getting started: visit https://www.dexcom.com/en-ca/learn/get-started-g7.

Suggested start settings: (these should be set so an action can be taken and can be adjusted as you become more used to the alarms)

- Low alert: between 4.0-4.5 mmol/L; snooze 30 minutes
- High alert: 15 mmol/L or higher; snooze 120 minutes

If you are **not** on a pump, you will need to **enter** carbohydrates and insulin doses into the Dexcom® app, to help you make informed adjustments.

Dexcom +			+
7.4		5.4 Married K.	
3Hum + 12 24 ····	\rightarrow	Add Event	
-15		Blood Glucose Fingerstick or calibration	(+)
o		Fast- or long-acting dose	(\pm)
-3.9 8 9 Now		₩ Meal Carbs you've eaten	(\pm)
		Activity Duration and intensity	ŧ
		Note	(+

To review your data:

- Set up a Dexcom Clarity® account: https://clarity.dexcom.eu/ or install the Clarity® app.
- The username and password are the same as your Dexcom G7® account.
- To look up and interpret your reports, view the Dexcom Clarity® User Guide.



Overview 14 days Mon Jul 6, 20	20 - Sun Jul 19, 202					KO I DOR JU 6,2005
Glucose						
Average Glucose		Tim	e in Range			Sensor Usage
10 6			24% Very High		0	bays with CGM data
10.0 mmo	67.		26% High			100%
Chandard	Estimated	1410	49% In Rang	e	1	4/14
Deviation	connotee		1% Low		1	lvg. calibrations per day
4.4 mmol/L	8.3%		0% Very Low			0.0
		Targ	et Range: 3.9-10.0 mmol	a.		
Top Patterns			had a pattern of c ad a pattern of significan	laytime highs	AM and 12:35 AM	
		2 K	s best glucose dat glucose data was in the t	was July 15, 21	020 of the day.	
This graph shows your o	data averaged over 1	4 days				
				allow		20 ABOVE HIGH THRESHOLD
			adhaand		Միսին	- 15 7STH PERCENTILE
and heat		يله.				ID AVERAGE
11111	THEFT		his setta			ISTHPERCENTIA
3.9					1 1 1	mmuli BELOW LOW
12am	3	6 9	12pm 3	6	9	12am

This is also very useful for your healthcare team and should be uploaded prior to your appointments. **Regular review** of this information is required to help maximize the benefits of this technology, and it will help you build your confidence in making ongoing adjustments.

To share your data with the clinic:

You will need a sharing code from the clinic.

The primary phone needs to set this feature up.

- Tap "Profile".
- Tap "Manage Data Sharing".
- Enter the BCCH Diabetes Clinic sharing code: **bcchdiab**.
- Tap "Confirm" to confirm the clinic information.

Profile	Profile
Enter clinic code	Confirm clinic
CGM data.	BC Children's Hospital 4480 Oak Street, Room K4-203
bcchdiab	Vancouver, BC V6H 3V4 CA
Continue	Confirm
Ask your clinic for their clinic code.	Cancel

Sharing does not mean the clinic automatically reviews the readings!

You can email your information to your Diabetes team at dcnurse@cw.bc.ca, if you prefer.

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67. 65	14			A
0.7 0.0	- F	17	- 77	C
Subject Support			-	- L

Here you can save, print or email the report to your health care professional.

This should be set up **prior** to your clinic appointment.

If you have technical/product support questions, please visit: www.dexcom.com/en-ca/contact-us.

Customer Service: 1-844-832-1810 (Option 1) or email CA.Accounts@Dexcom.com Insurance Support: 1-844-832-1810 (Option 2) or email CA.Sales@Dexcom.com Technical Support: 1-844-832-1810 (Option 3) Dexcom Care Training and Support New Dexcom Users: 1-844-832-1810 (Option 4) Email ca-training@dexcom.com