

dexcomG6

Getting Started: Dexcom G6 App

This is abbreviated instruction. For detailed, step-by-step instructions on how to use the Dexcom G6 Continuous Glucose Monitoring System, refer to your Instructions For Use.
Screens are representational only. Your product may look different

Welcome!

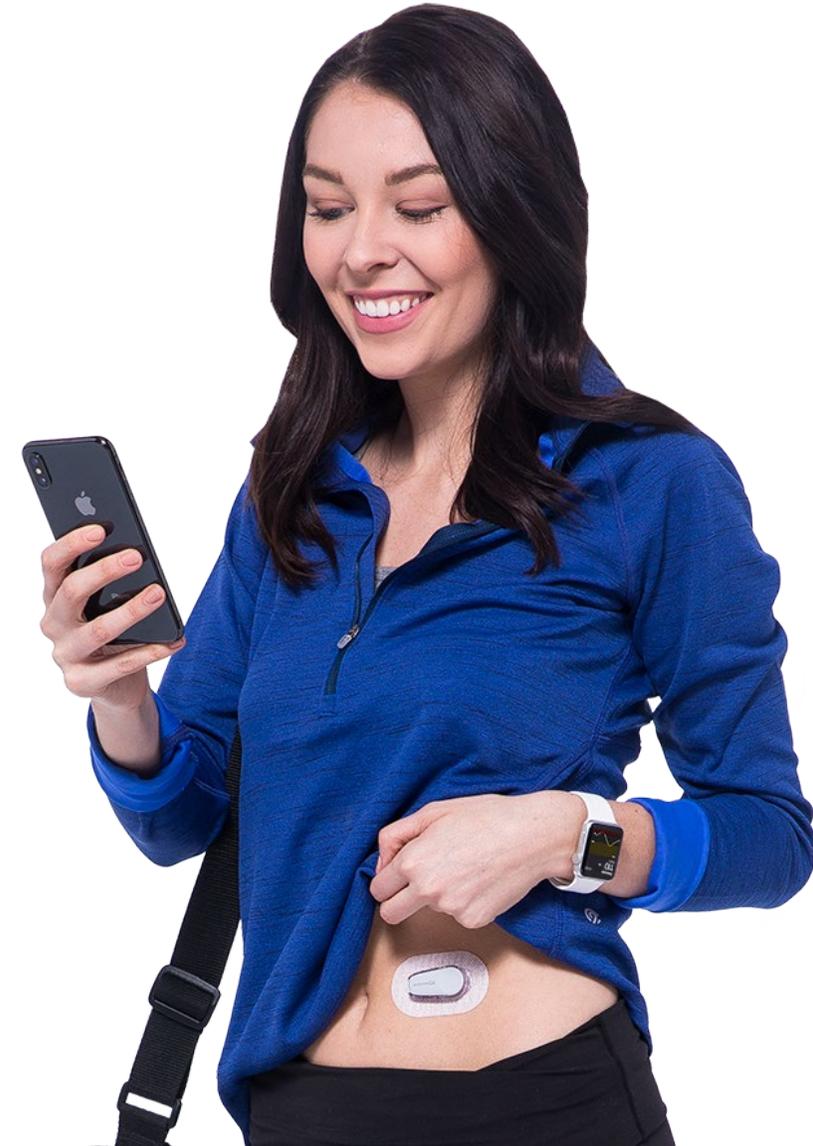
Today we will cover:

- Setting expectations
- Setting up your app
- Inserting your sensor and attaching your transmitter
- Starting your sensor and completing your 2-hour warmup
- Features of the Dexcom G6 app
- Removing your sensor and transmitter

Value of Dexcom G6

- Real time glucose readings every 5 minutes
- 10-day sensor wear
- Take action to help avoid high or low glucose values
- No fingersticks needed to make diabetes treatment decisions*
- Share live readings with loved ones
- Help you identify trends and patterns
- Automated data upload to your HCP

* If your glucose alerts and readings from the G6 do not match symptoms or expectations or you're taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, use a blood glucose meter to make diabetes treatment decisions.



Setting Expectations

- Two different types of body fluids: interstitial fluid (Dexcom G6) and blood (meter)
- Readings can be different and still be considered accurate



Intro to Dexcom Apps



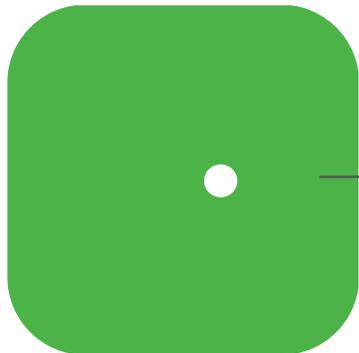
Dexcom G6 app

- **Who uses it?** The person wearing the Dexcom G6
- **What does it do?** Shows user's glucose information



Dexcom CLARITY app

- **Who uses it?** G6 user wearing the transmitter and sensor
- **What does it do?** Review key metrics, create reports, or authorize data sharing with your clinic.



Dexcom Follow app*

- **Who uses it?** Someone who wants to view Dexcom G6 users data. Examples: Parents, spouse, or caregivers.
- **What does it do?** Allows a person to view and follow the glucose levels and trends of a loved one.

*Internet connectivity required for data sharing. Following requires the use of the Follow App. Followers should always confirm readings on the Dexcom G6 App or Receiver before making treatment decisions.

App Setup: Install Dexcom G6 App

- Download the app from your app store
- For a list of compatible devices see dexcom.com/compatibility



Android Settings

For Alarm/Alerts to work as expected:

- Do not use the Android Pause feature with the Dexcom app
- Set device operating system (OS) Battery Optimization setting to OFF for Dexcom app
- Set device OS Automatic Updates setting to OFF

Always manually update device OS, then open Dexcom app to verify it's working correctly.

For more information about OS support visit dexcom.com/compatibility

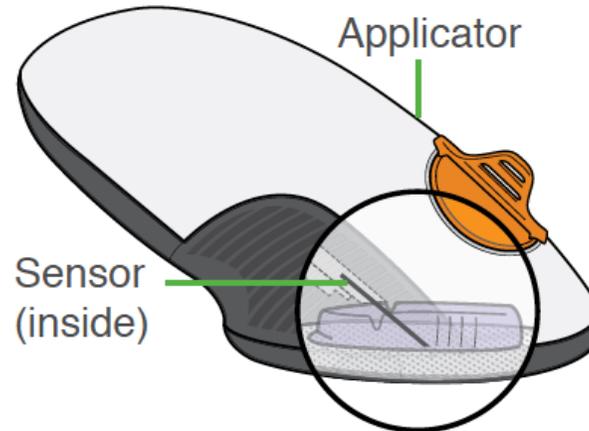
Overview



Dexcom G6 app

Shows glucose information

For a list of compatible devices see: dexcom.com/compatibility



Applicator with Sensor

Applicator inserts the sensor wire under your skin

Sensor gets glucose information

Wear for 10 days



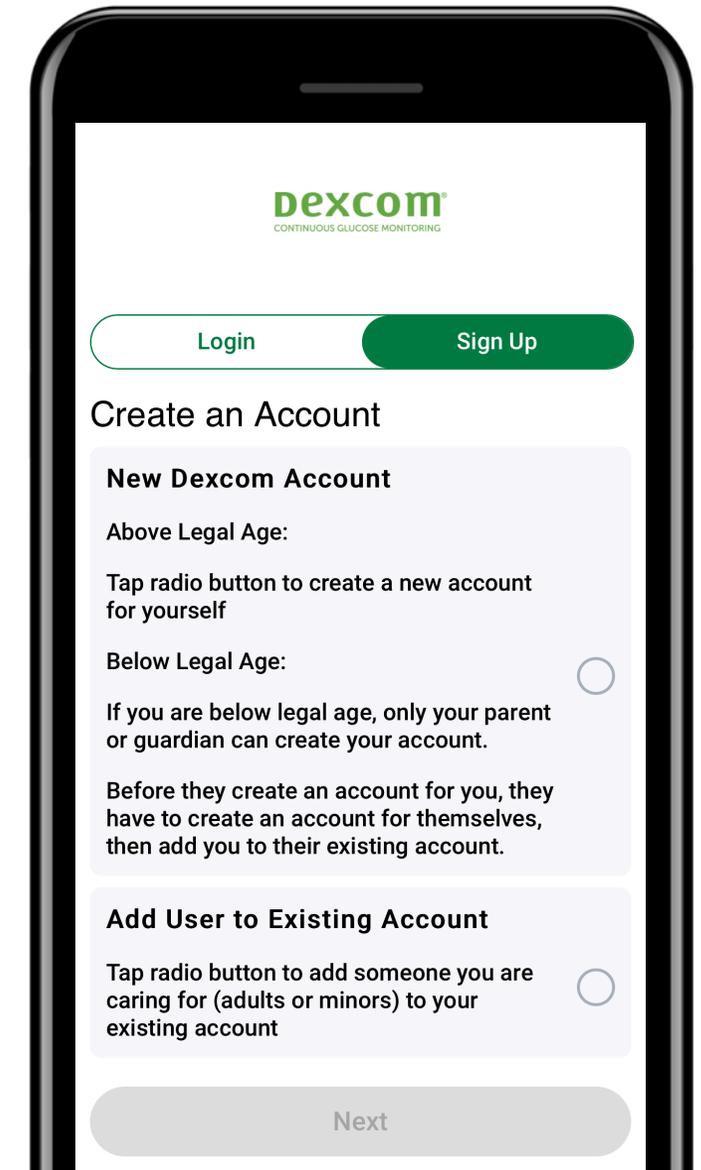
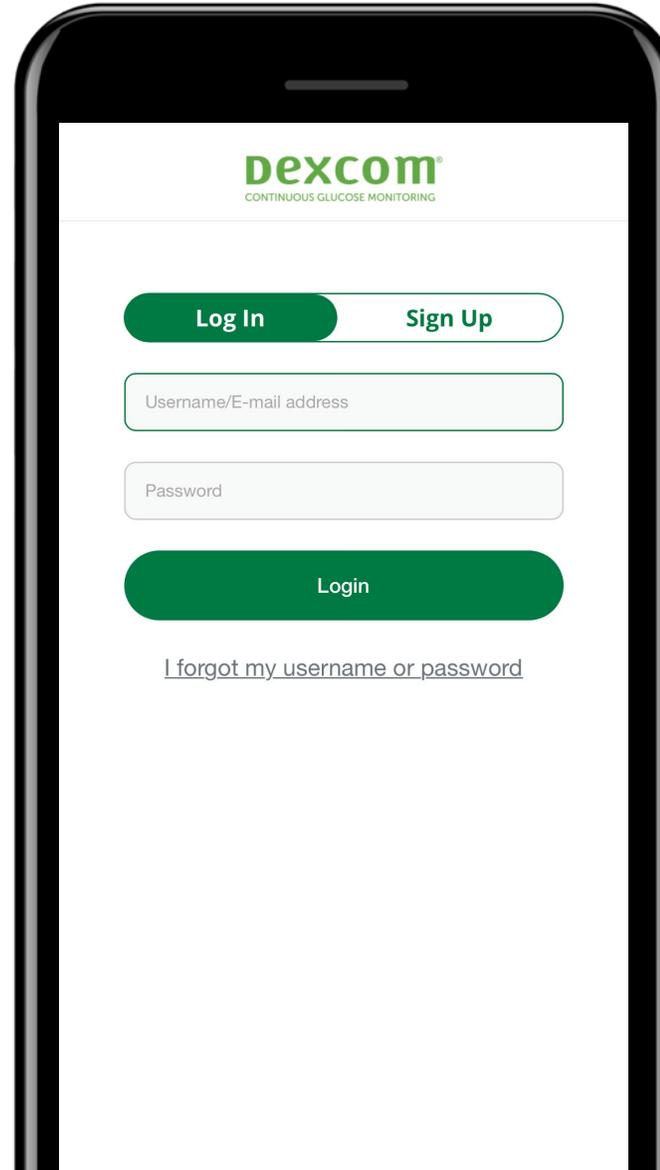
Transmitter

Sends glucose information from sensor to Dexcom G6 app

Use for 3 months

App Setup: Login

- Login using existing Dexcom account or create a new account



Screens are representational only.
Your product may look different.

Data Consent

You will need to consent to send your data to the cloud.

Should you decline, you would not be able to:

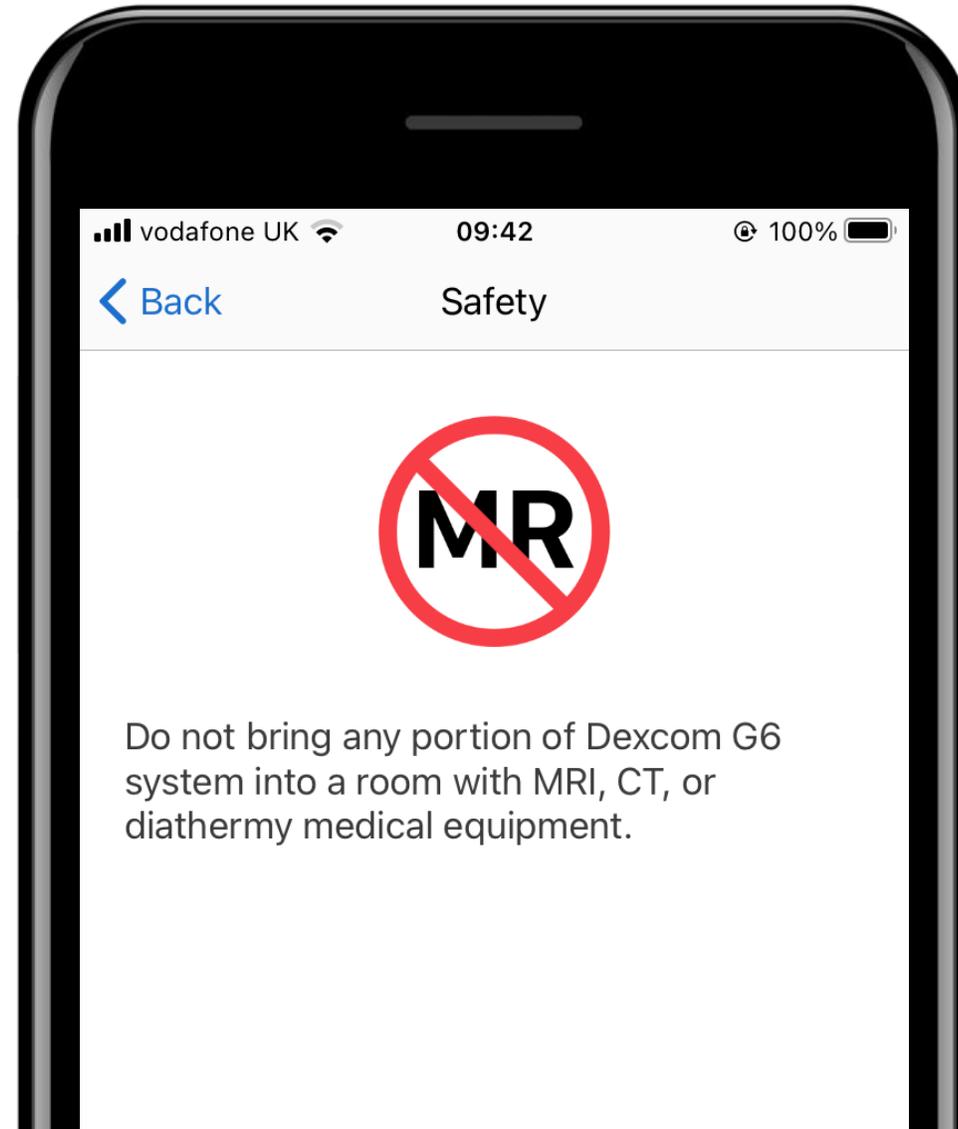
- Share data with followers*
- Use Dexcom Clarity
- Import alerts and other app settings to their smart device
- Enable Dexcom technical support to access personal data to help with any problems

*Internet connectivity required for data sharing. Following requires the use of the Follow App. Followers should always confirm readings on the Dexcom G6 App or Receiver before making treatment decisions.

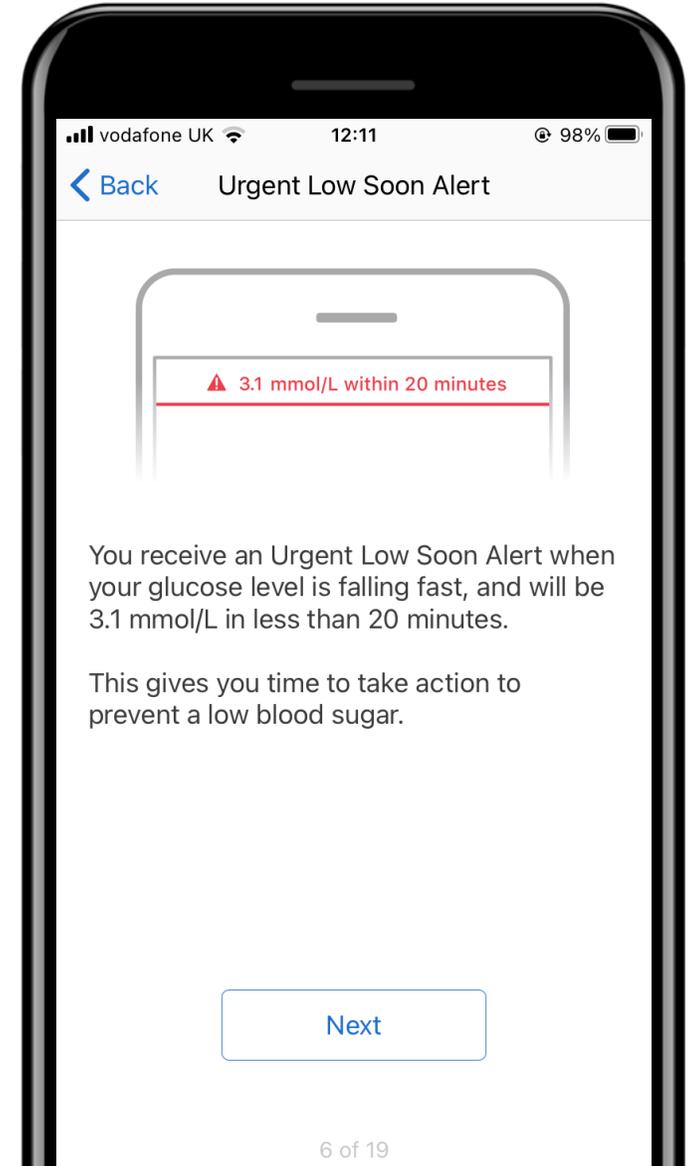
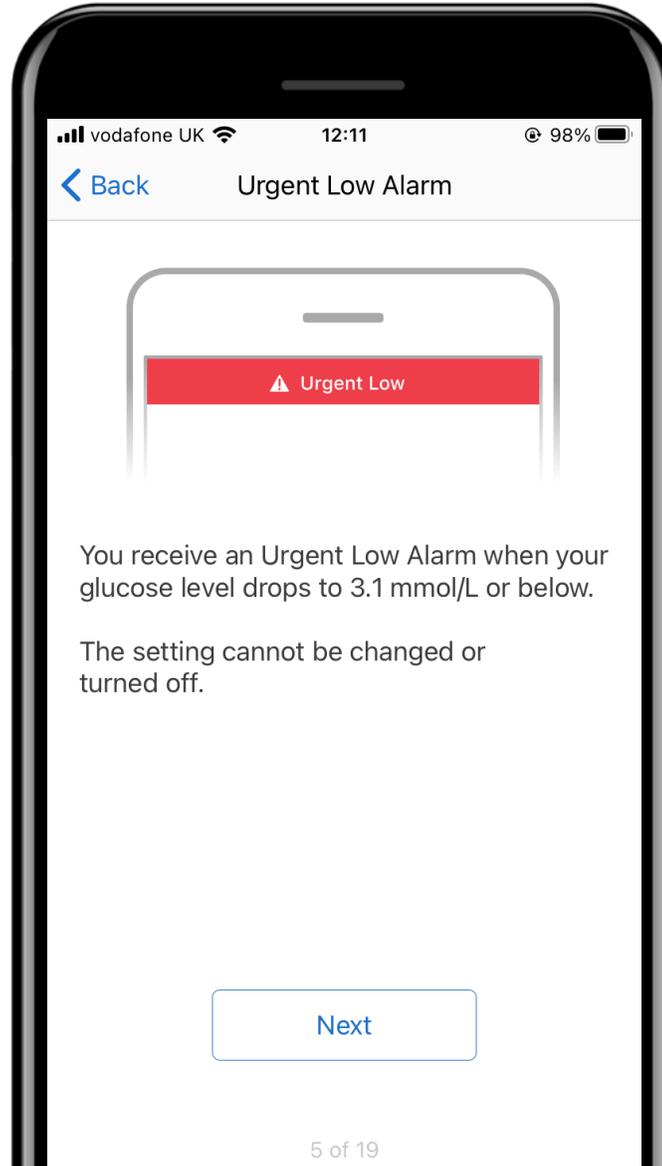
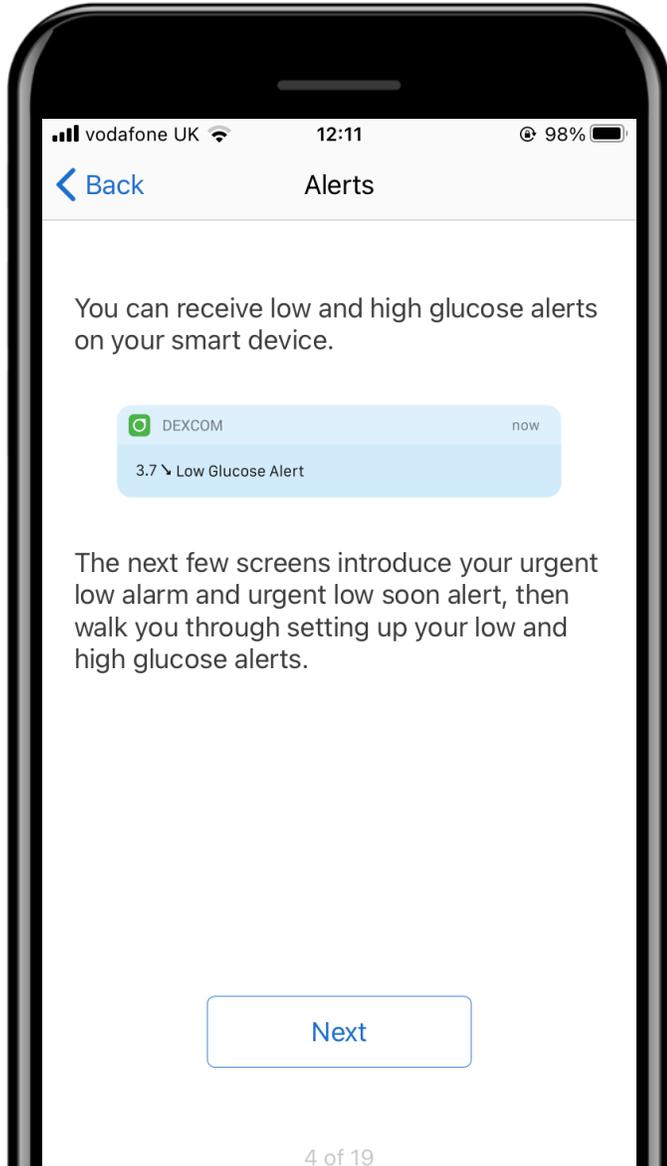
App Setup

The app will now walk you through:

- Data consent
- Welcome video
- CGM Based Treatment decision Video
- MRI Warning
- Alerts and alarms

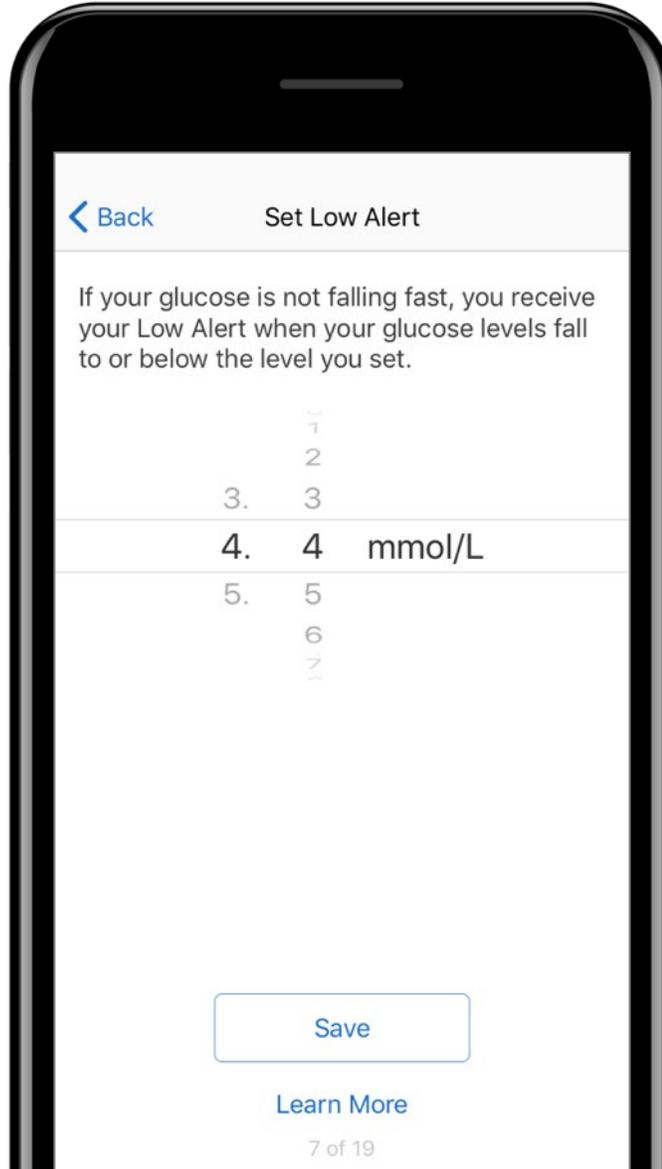


Setting up Alerts and Alarms



Set Low and High Alert

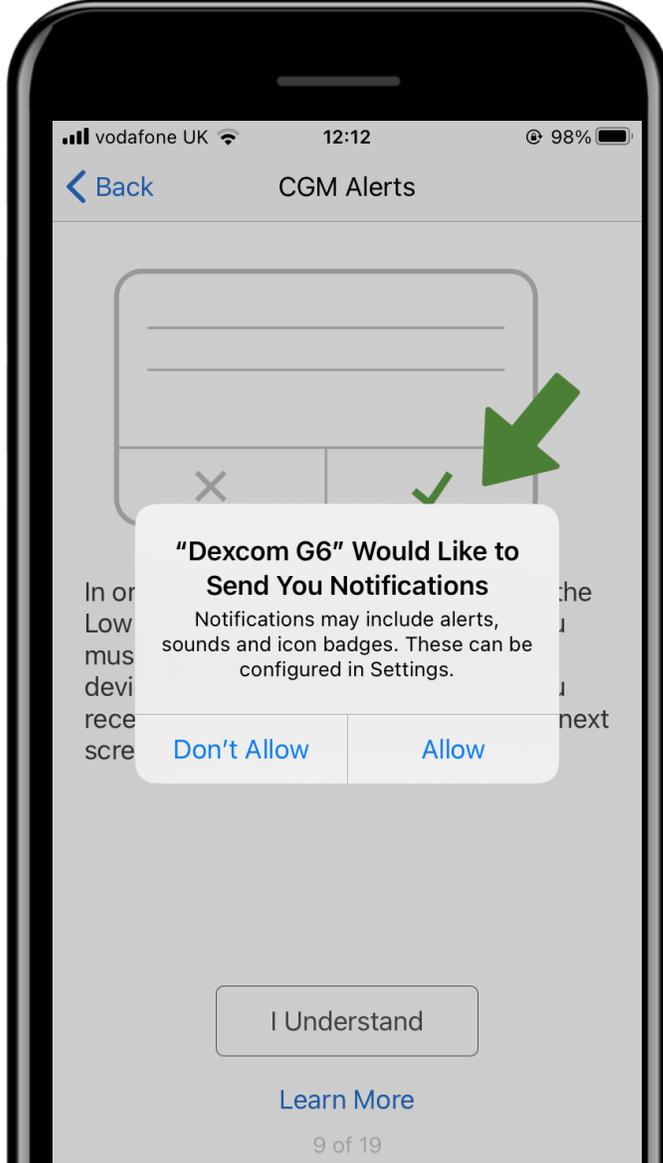
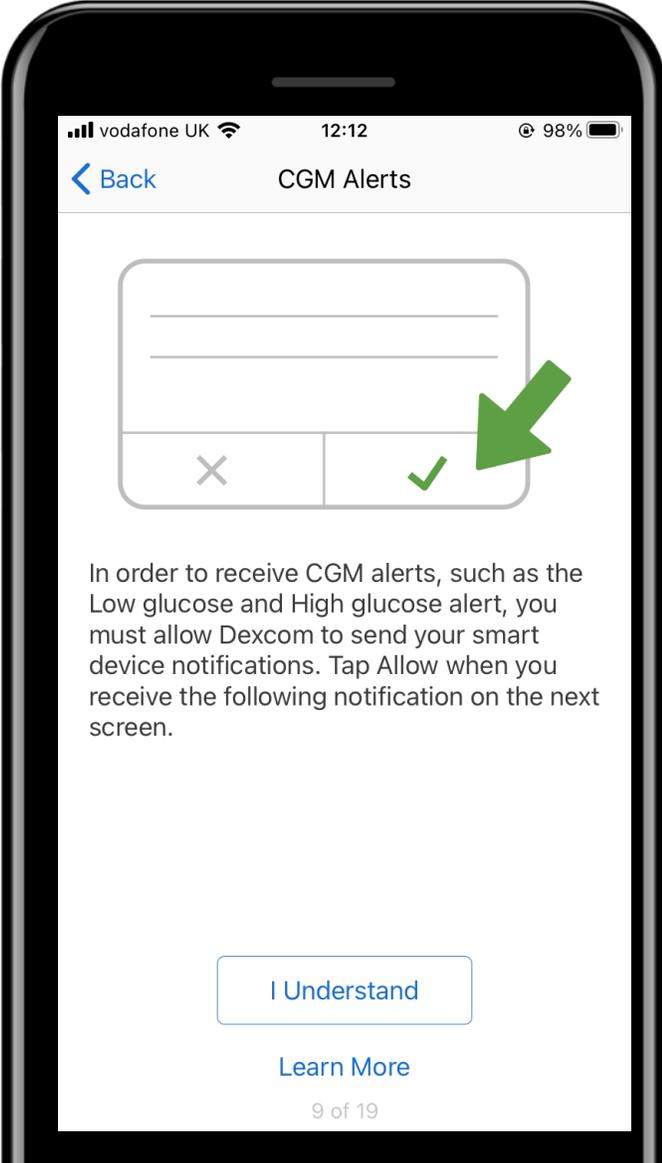
- Set your low alert here
- Set your high alert here
- Work with your healthcare professional to determine which low and high alert would be best for you
- These alerts may need adjustments over time



Alert Notifications

After tapping I Understand

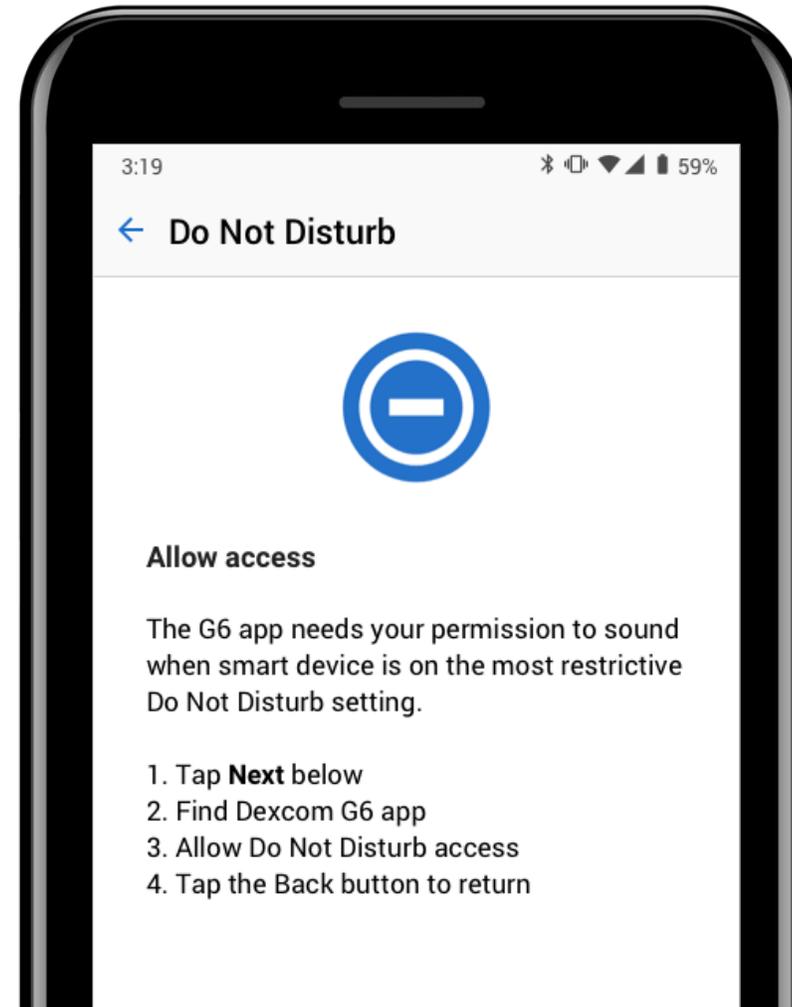
Tap **Allow** to ensure you get notifications when app is running in the background..



Alert Sounds - Android

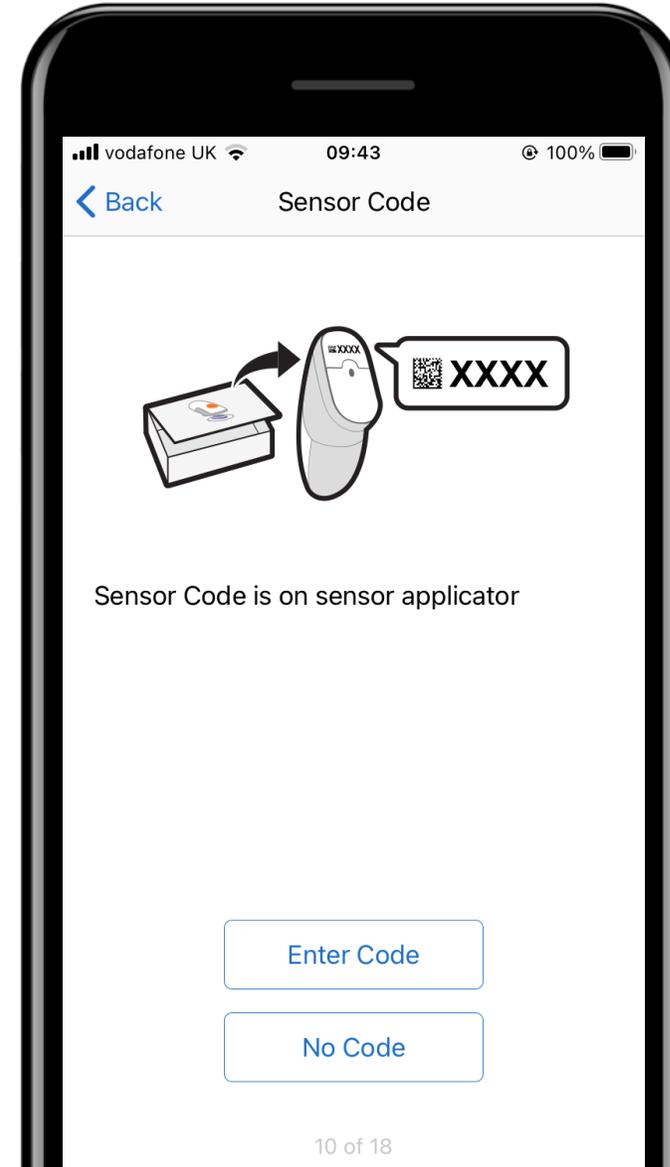
On Android, the Dexcom G6 app needs your permission to sound when smart device is on the most restrictive Do Not Disturb setting.

Android



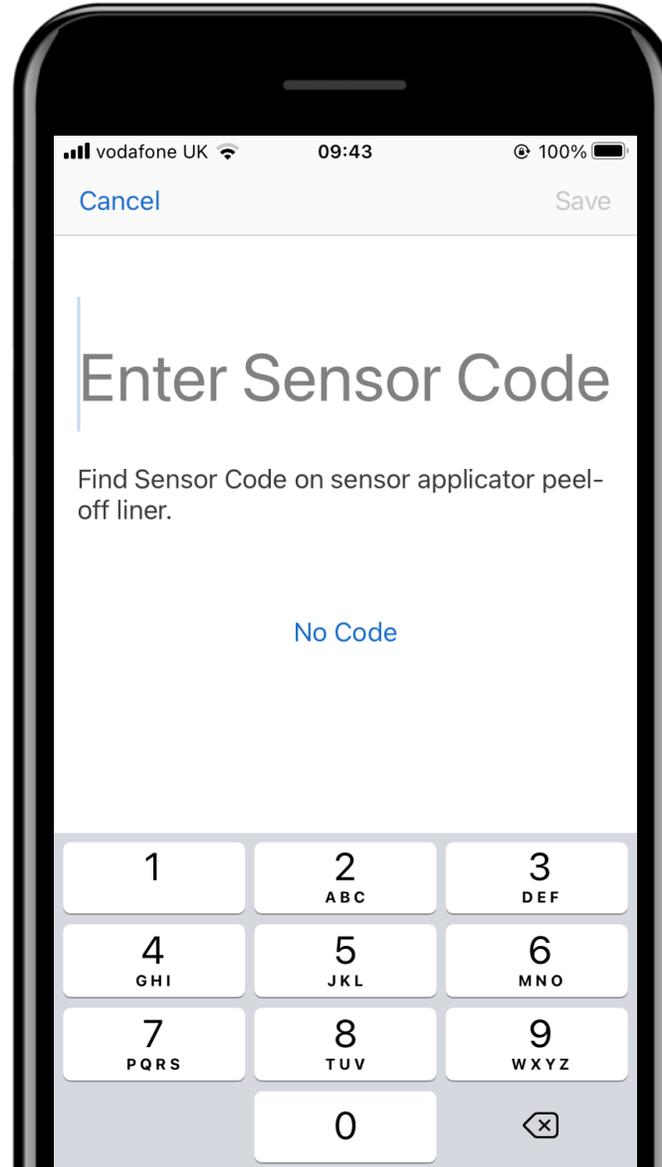
Enter Sensor Code

- When prompted, enter your sensor code
- Only enter the sensor code from the sensor you are going to insert

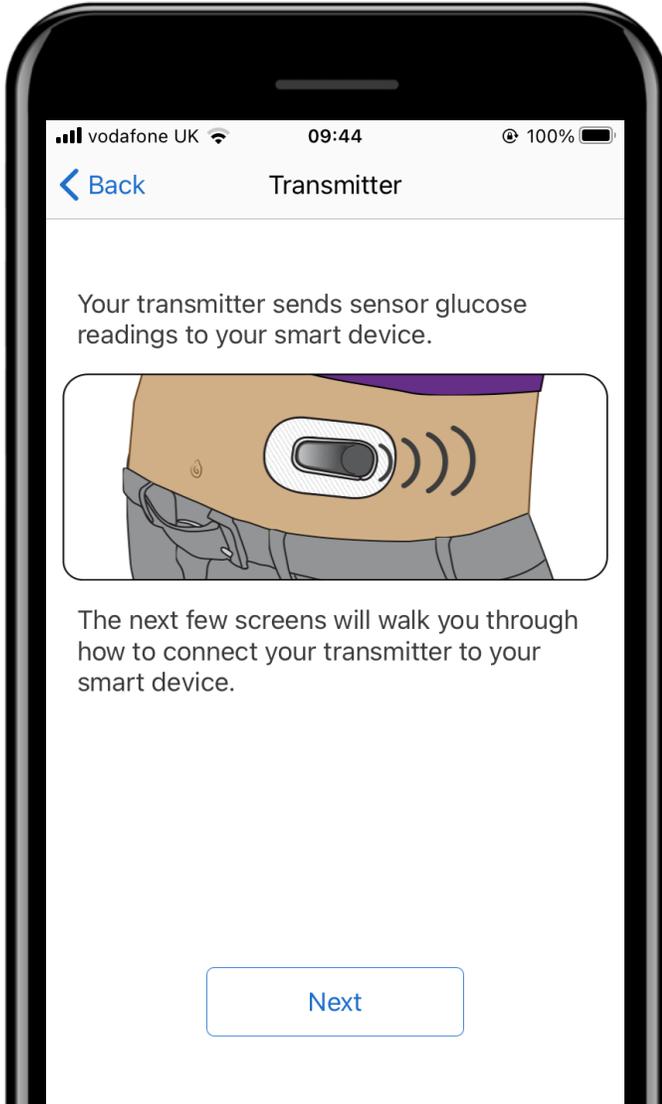


Enter Sensor Code

- Confirm code before moving on
- If using QR you may be asked to give permission for G6 to take pictures

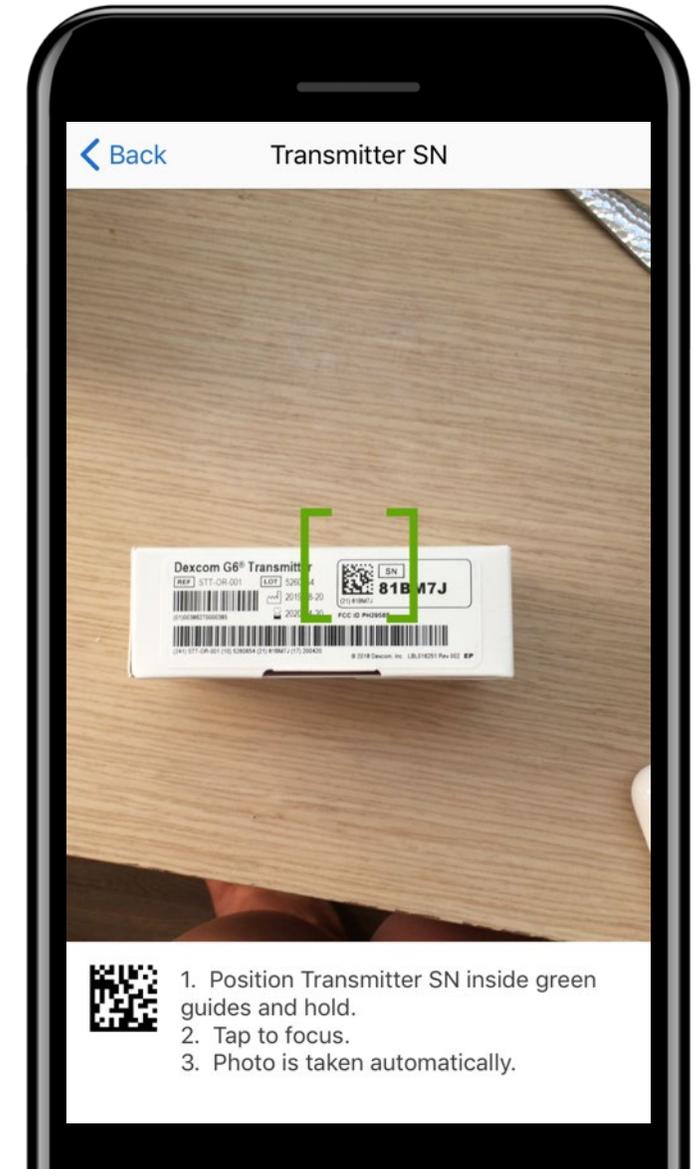
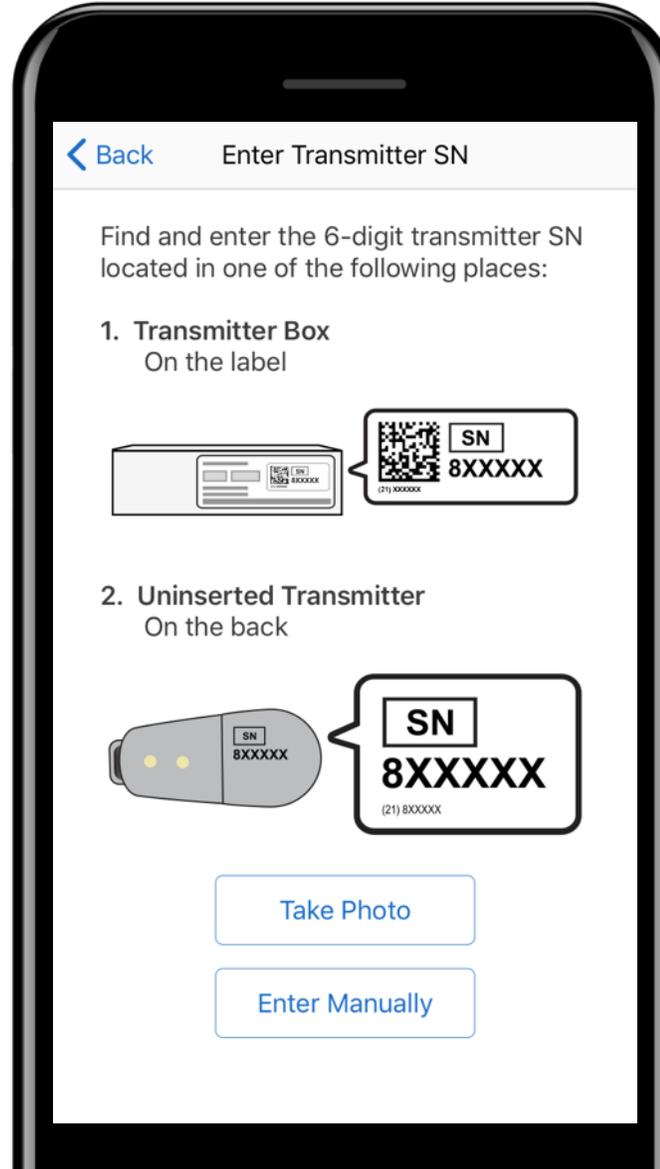


Connecting Transmitter



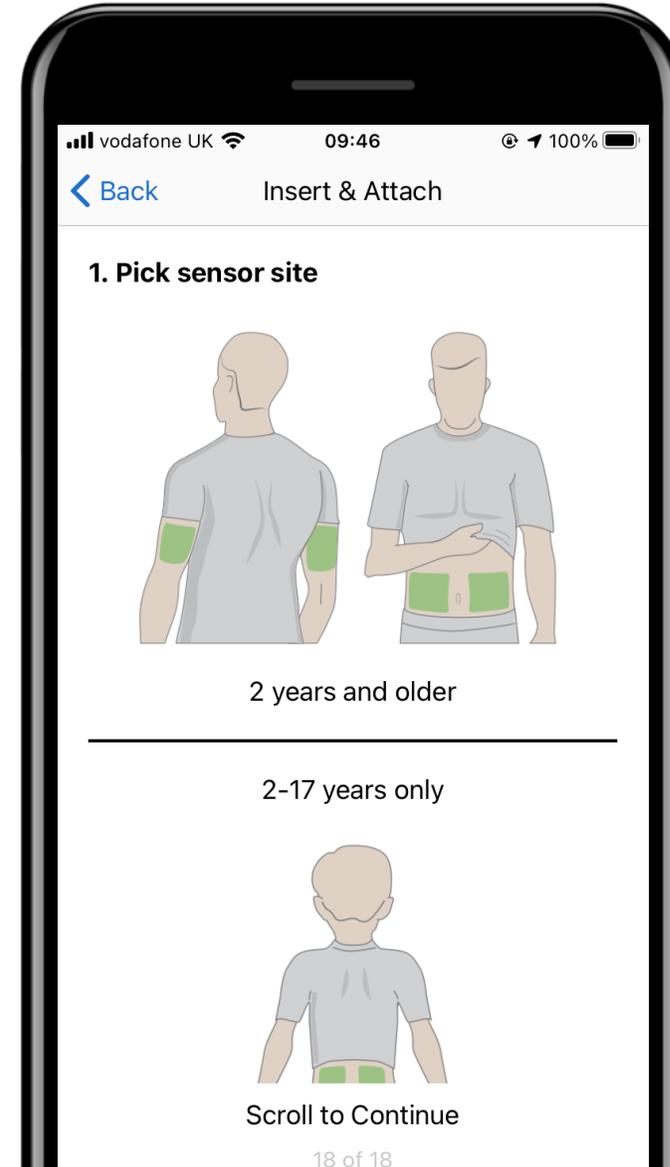
Enter Transmitter SN

- When prompted, enter your transmitter serial number (SN)



Tips for Inserting the Sensor

- The app will provide you instructions on how to insert the sensor and attach the transmitter.
- Scroll down the app for instructions.
- Avoid scars, hair, tattoos, irritation, boney areas, areas where the sensor can be rubbed (waist band, seat belt), and at least 7.5 cm from insulin injection sites. Wash hands and clean insertion site with alcohol.

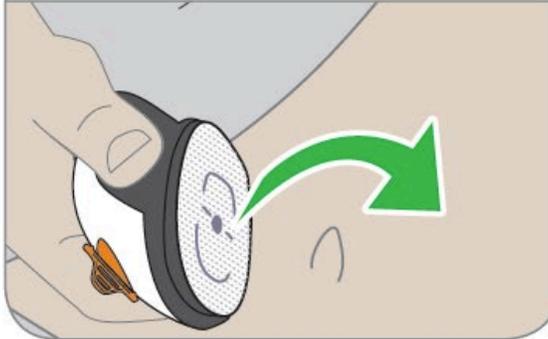


Inserting the Sensor

1 Remove both labels



2 Move applicator to sensor site



3 Place adhesive on skin



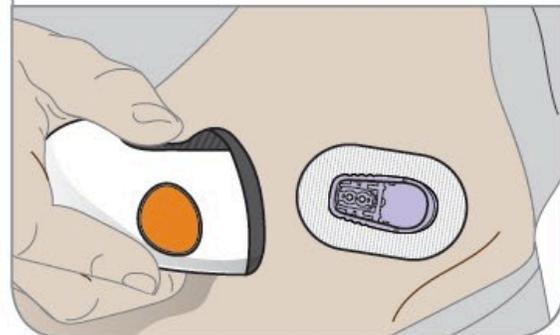
4 Fold and break off safety guard



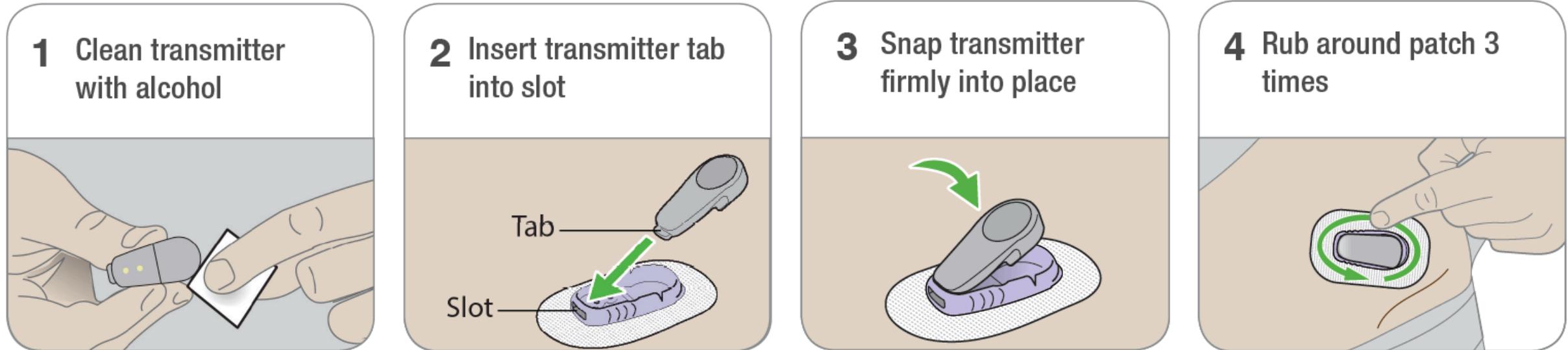
5 Press button to insert



6 Discard applicator



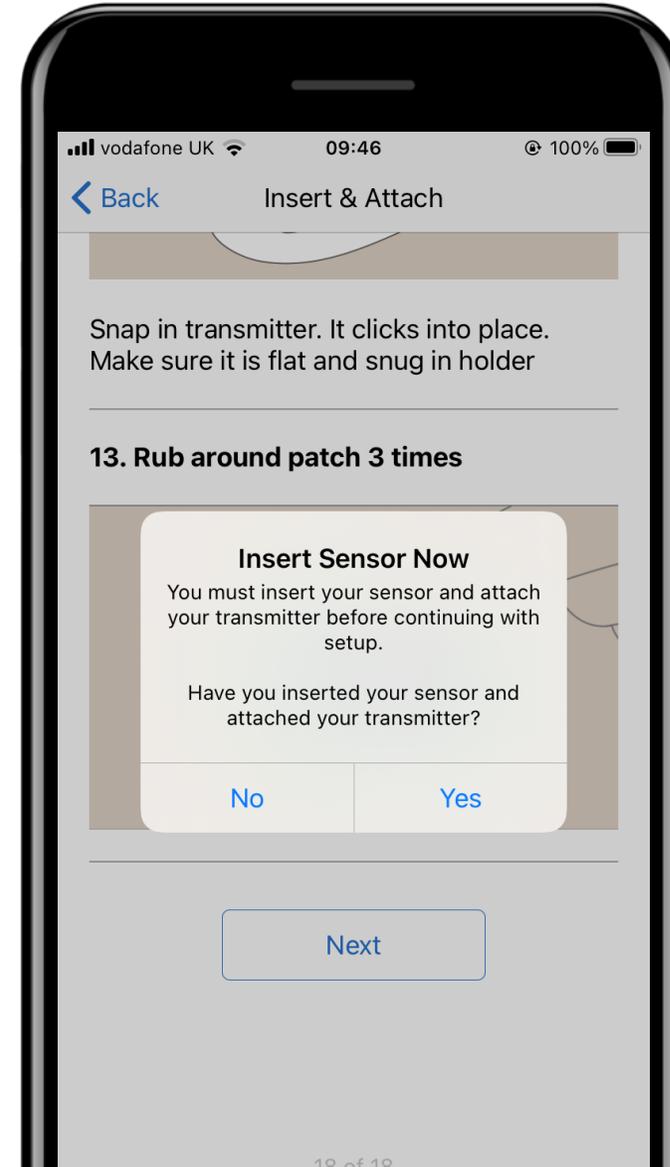
Attaching the Transmitter



Once the transmitter is snapped in you can shower or swim like normal but for best adhesion you might want to wait awhile before getting the patch wet.

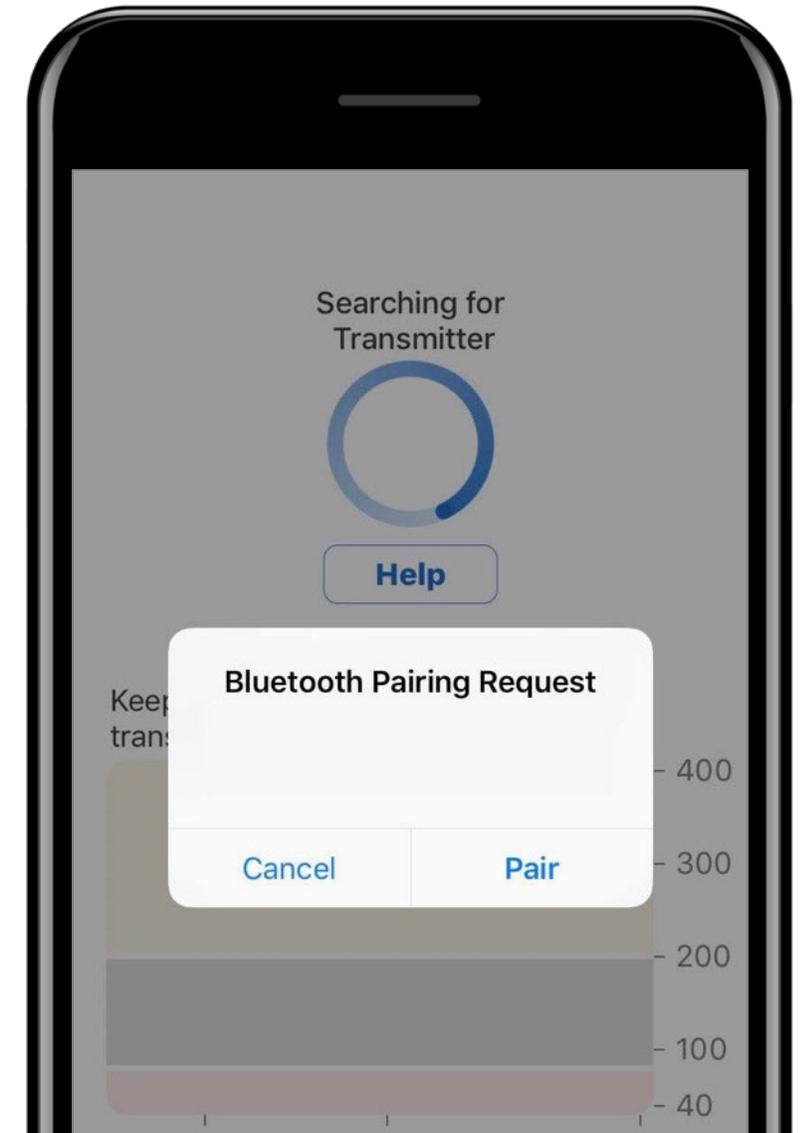
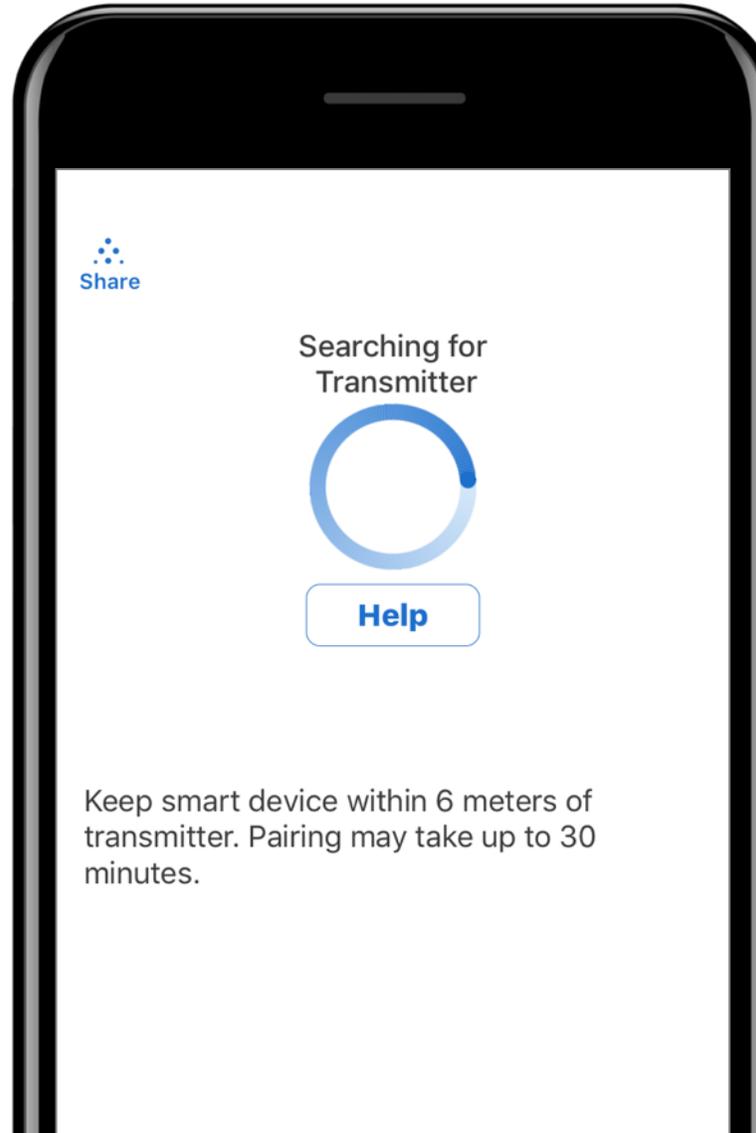
Insert Sensor and Attach Transmitter

- On the app confirm you have inserted your sensor and attached your transmitter



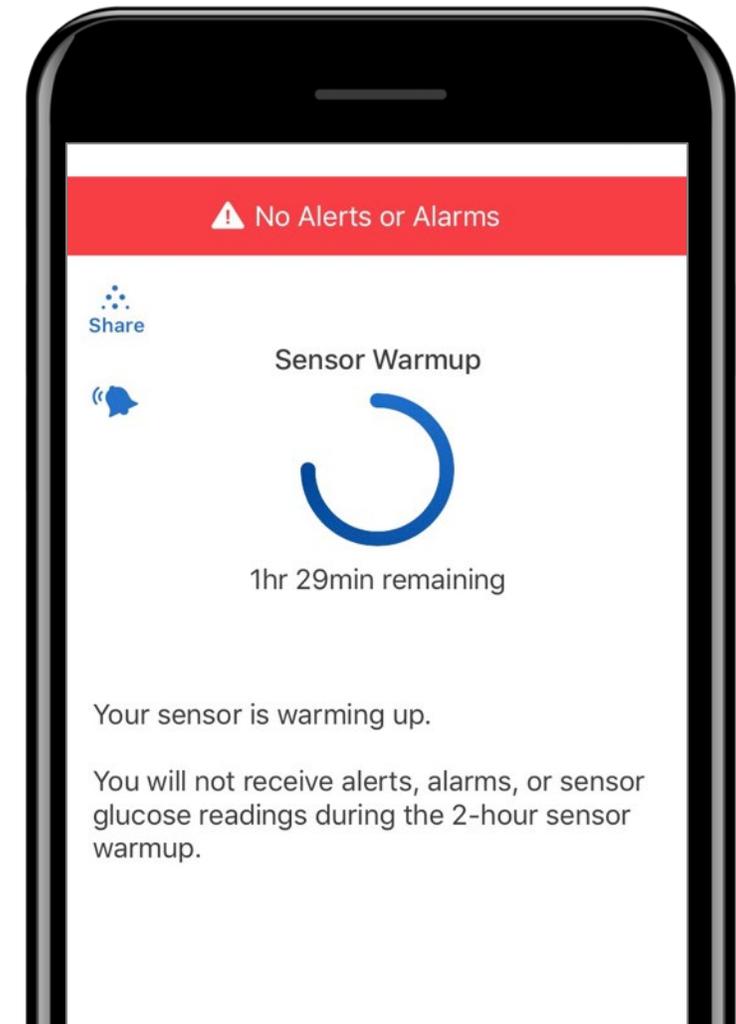
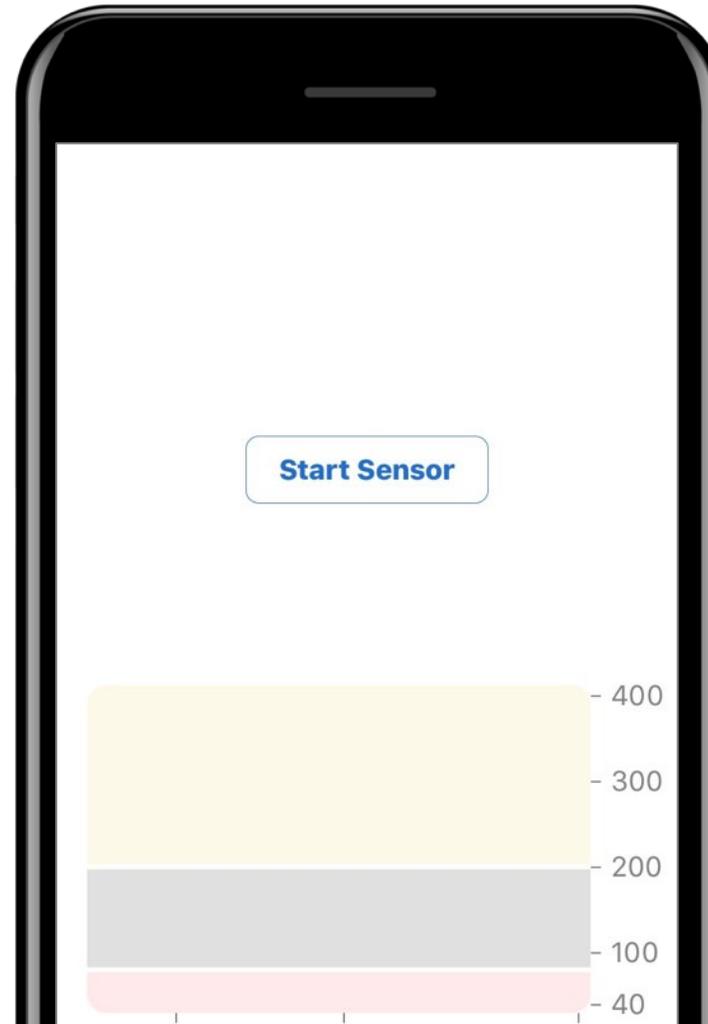
Pairing

- Once you attach your transmitter it needs to be paired

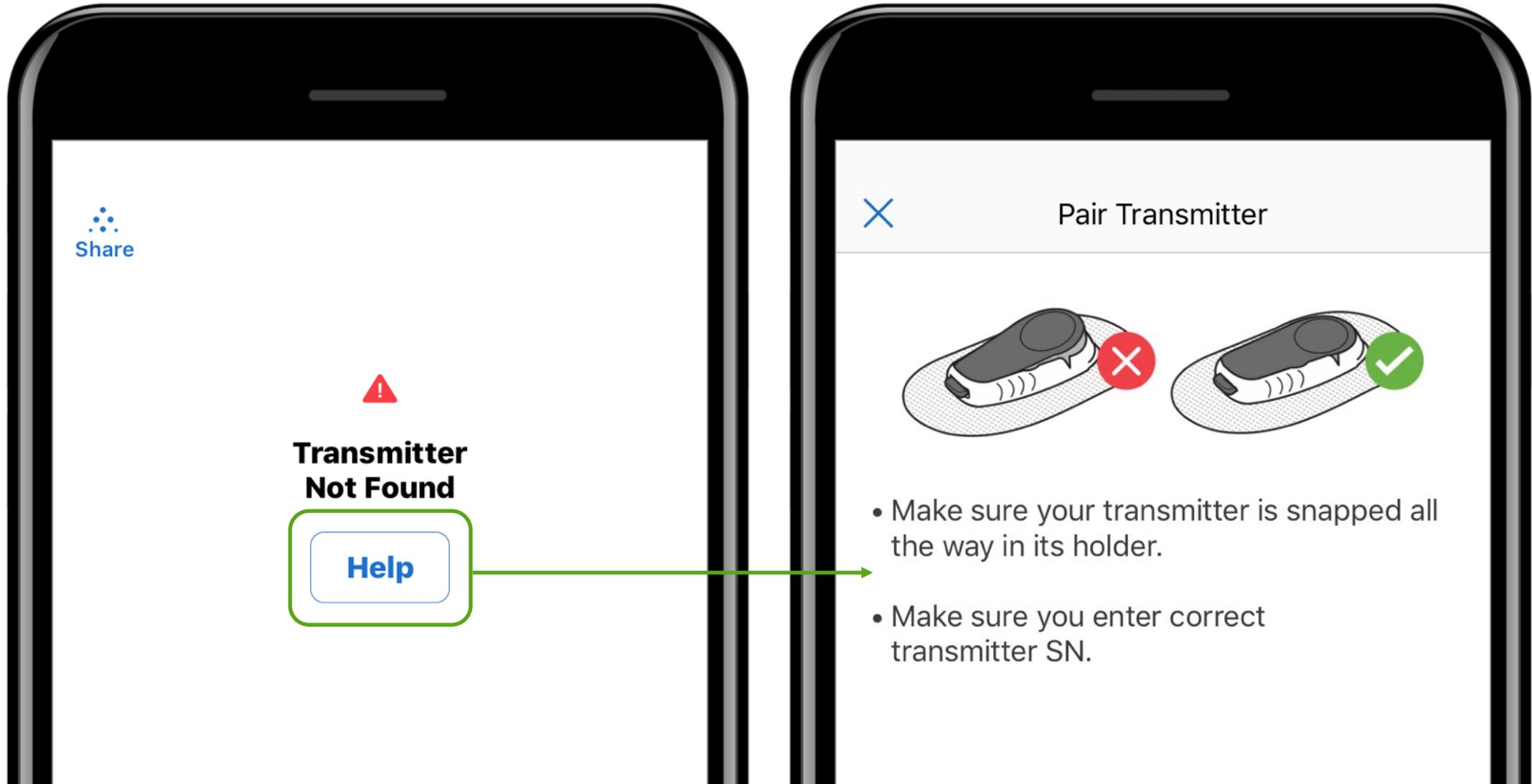


Start Sensor

- Tap **Start Sensor** to begin 2-hour sensor warmup
- There will not be any glucose readings or alerts until warmup period has ended
- Keep smart device within 6 meters of the transmitter during the sensor warmup
- Keep app open in background

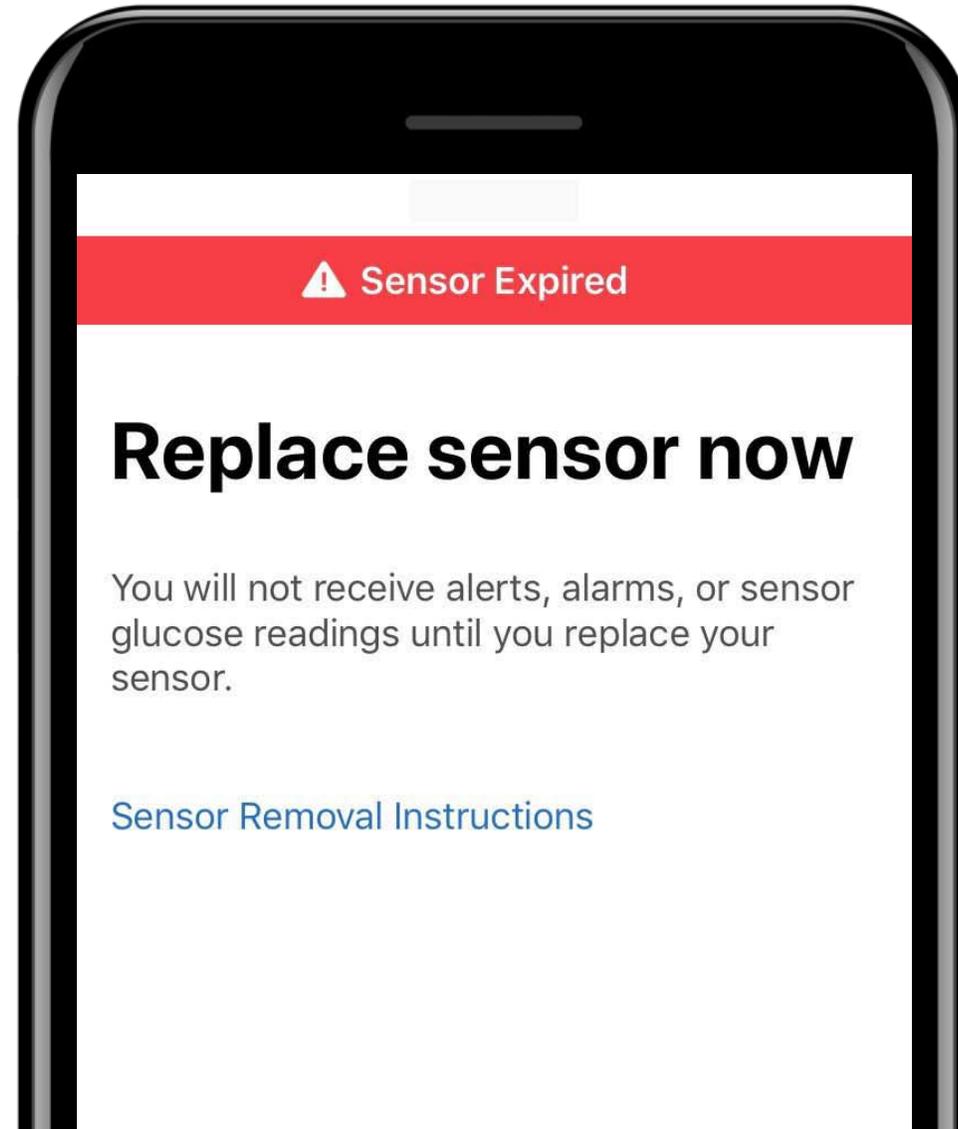


Troubleshooting



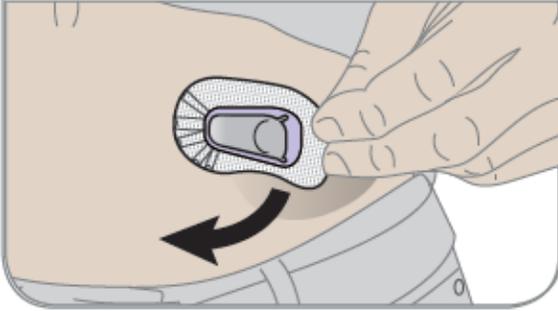
Ending Sensor Session

- Your sensor automatically shuts off after 10 days
- Your app will alert you 24 hours, 6 hours, 2 hours and 30 minutes before this happens

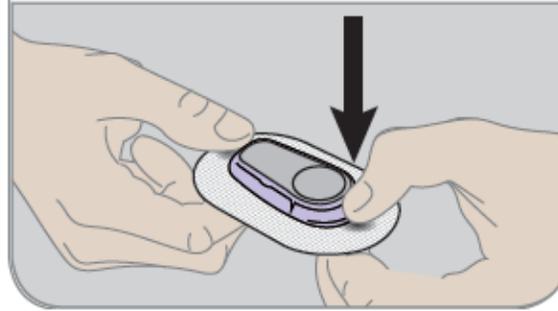


Removing the Sensor and Transmitter

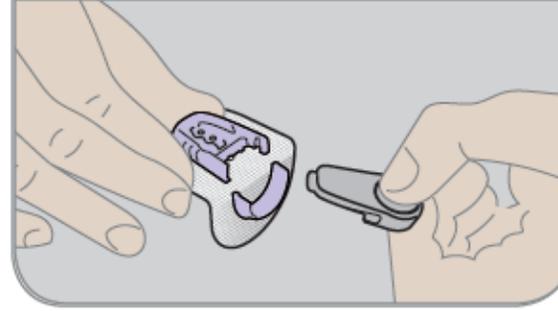
1 Peel the patch off like a bandage



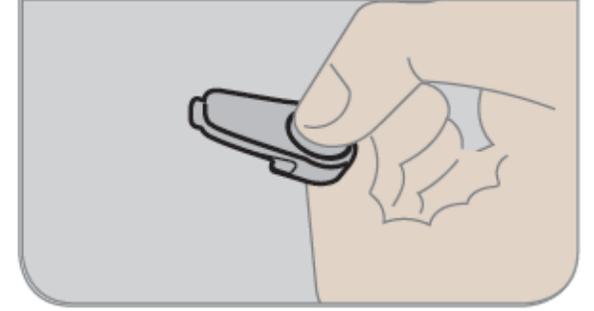
2 Bend and break the lip to release the transmitter



3 Slide transmitter straight out of transmitter holder

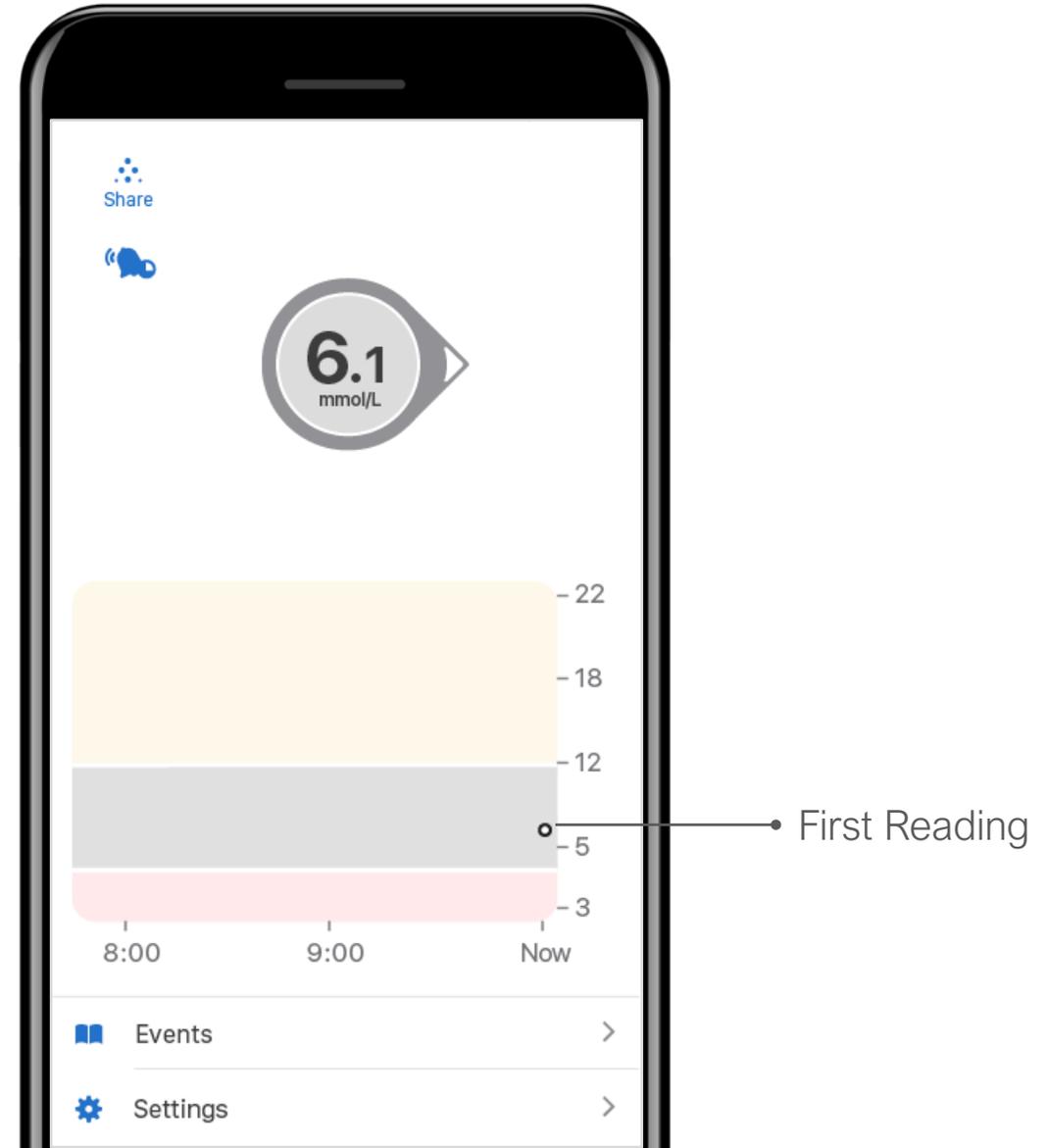


4 Keep transmitter for next sensor session

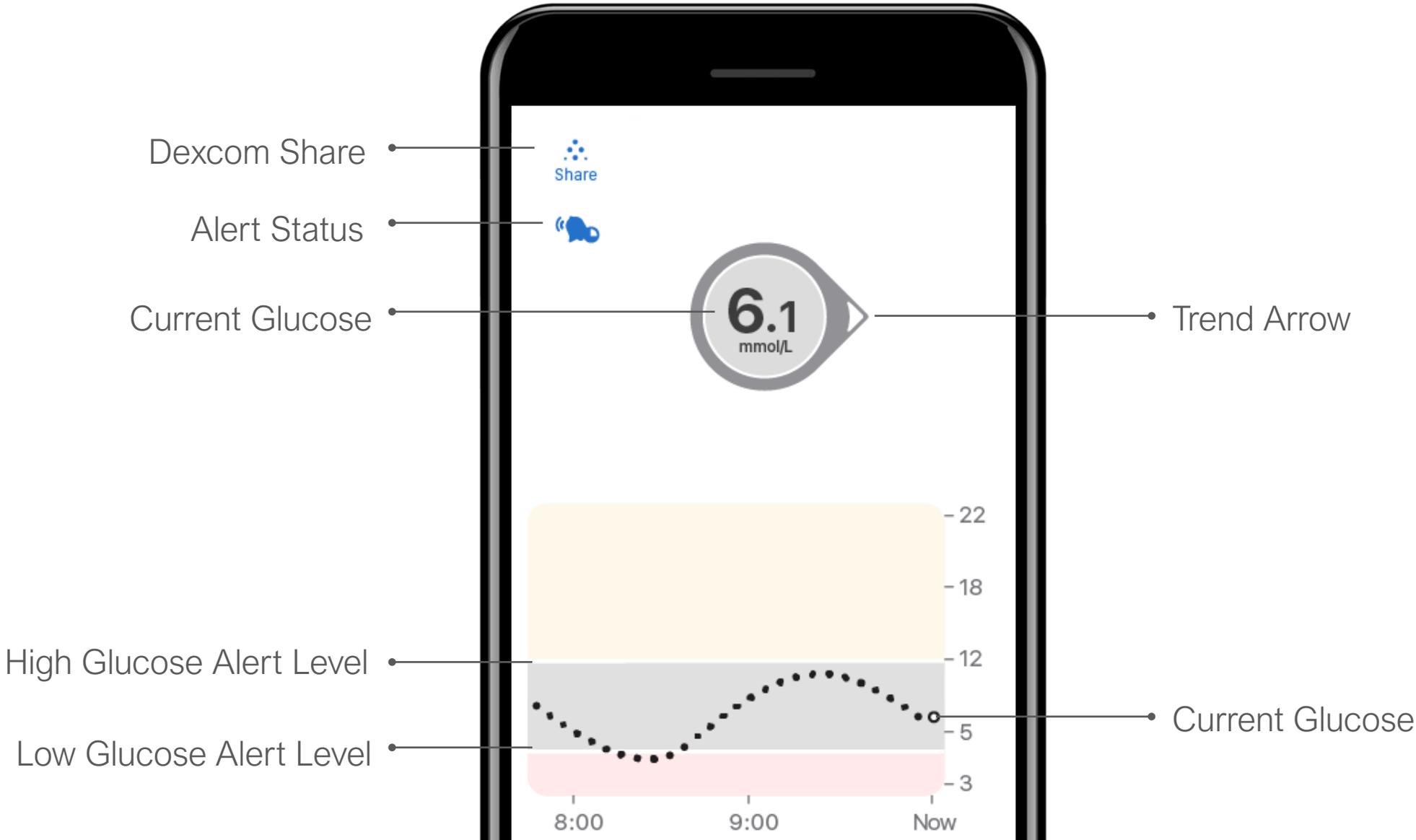


Beginning of Trend Graph

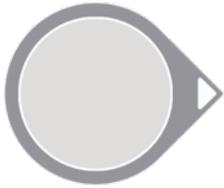
- After the 2-hour warmup your first reading will appear
- The app must be within 6 meters of the transmitter to receive glucose information



Viewing the App Trend Screen



Trend Arrows



Constant

Changing less than 0.06 mmol/L per minute or up to 0.8 mmol/L in 15 minutes



Slowly Rising

Rising 0.06-0.1 mmol/L each minute or up to 1.7 mmol/L in 15 minutes



Rising

Rising 0.1-0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes



Rapidly Rising

Rising more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes



Slowly Falling

Falling 0.06-0.1 mmol/L each minute or up to 1.7 mmol/L in 15 minutes



Falling

Falling 0.1-0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes

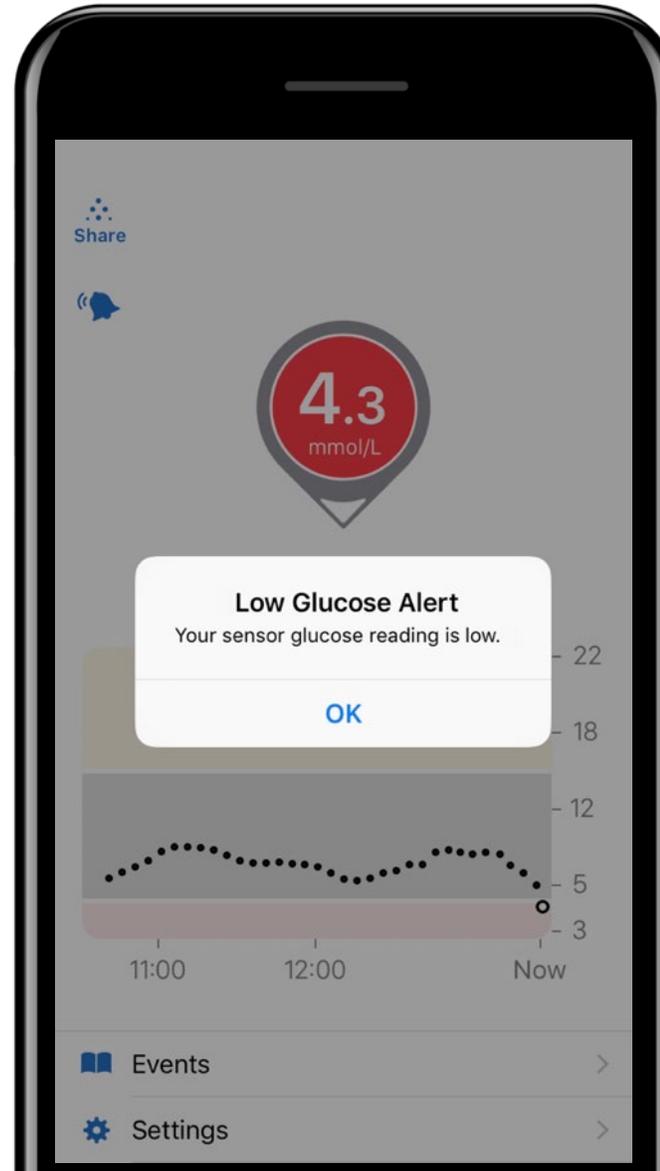


Rapidly Falling

Falling more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes

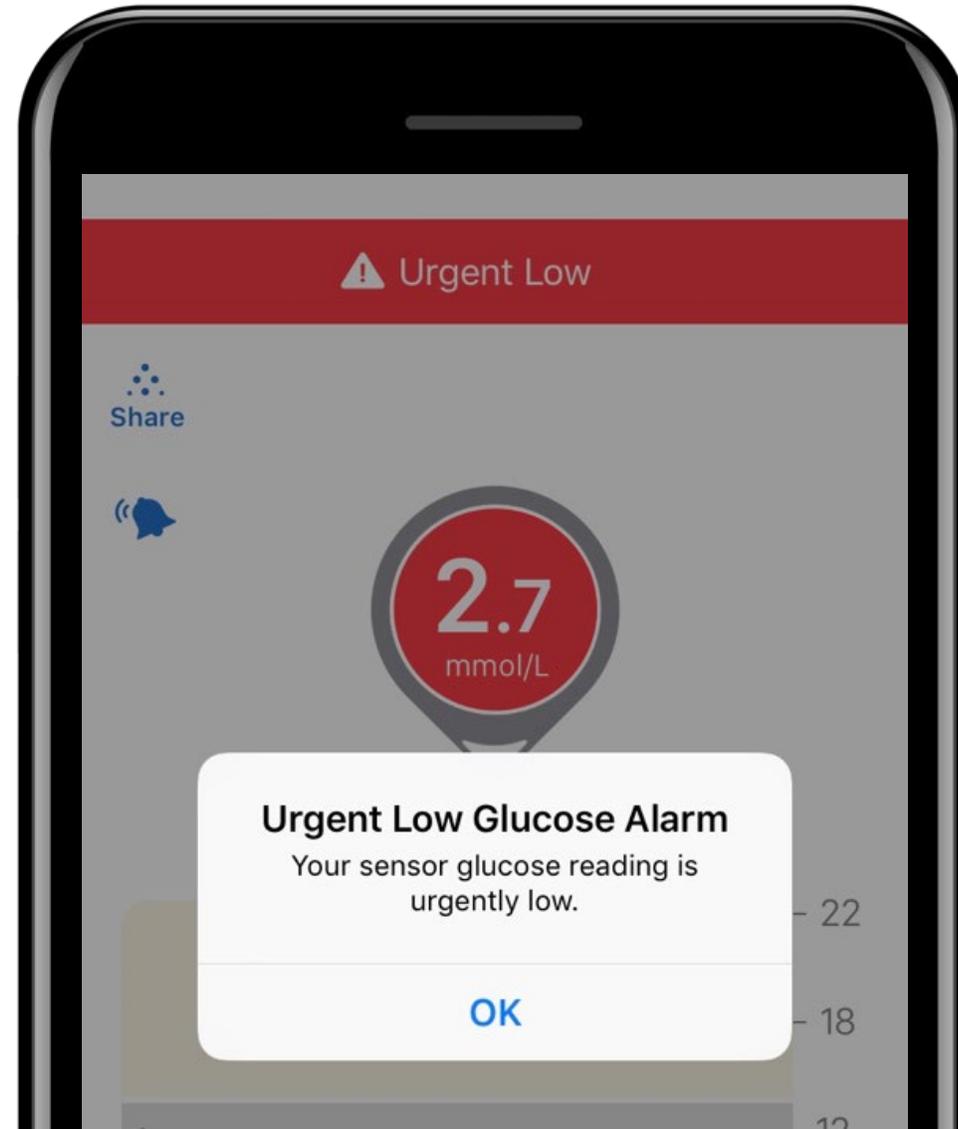
Low and High Glucose Alerts

- Low and high glucose alerts tell you when your readings are outside your target ranges
- Can be customized or turned off in settings



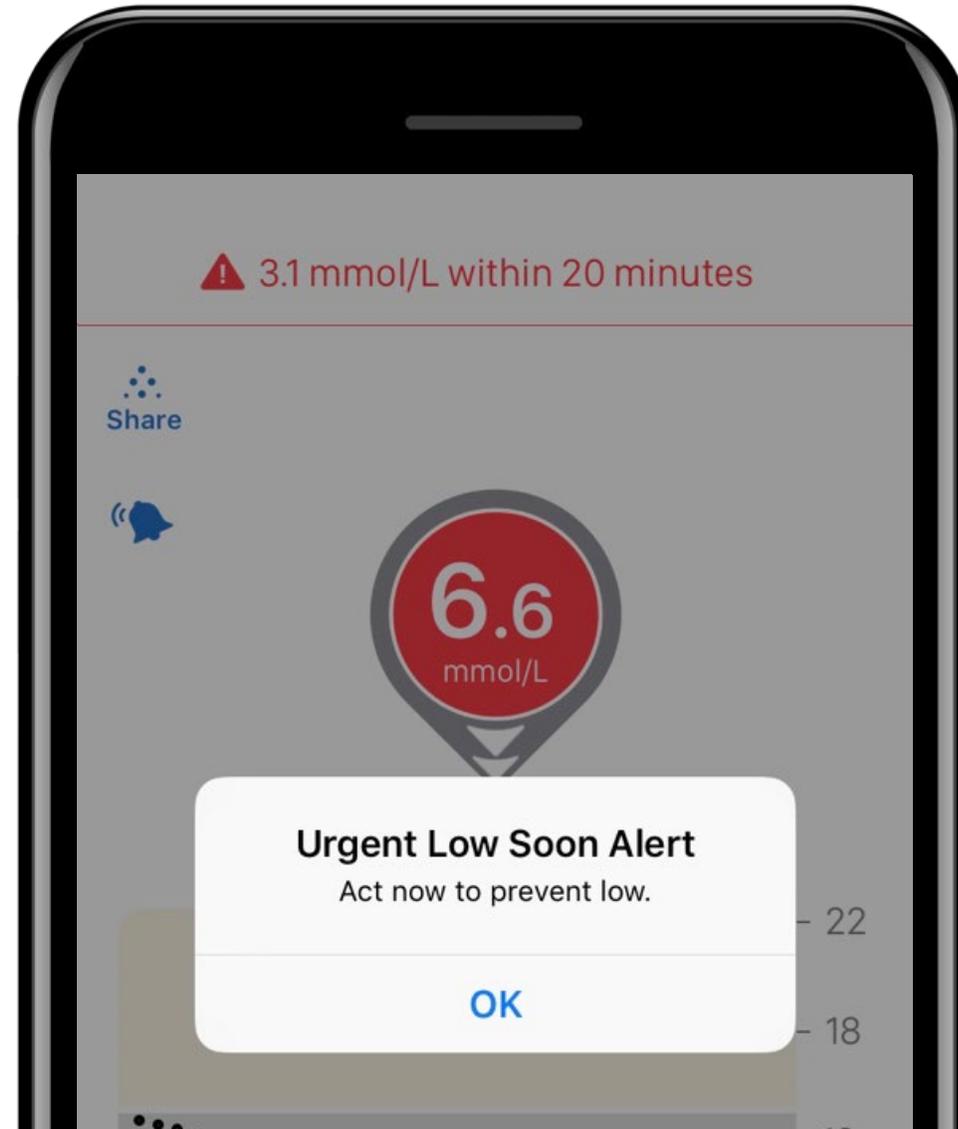
Urgent Low Alarm

- Notifies when your sensor glucose is at or below 3.1 mmol/L
- Can't change or turn off



Urgent Low Soon Alert

- Notifies when your sensor glucose will be at or below 3.1 mmol/L within 20 minutes
- Can be turned off in settings



DEXCOM IS HERE TO SUPPORT YOU

Check out our website for tips and tricks, videos, tutorials, testimonials and to register for one of our webinars where we can answer all your questions!

dexcom.com/UKIEStartHere

CONTACT OUR TEAM

Customer support

Monday - Thursday 09:00 - 17:30

Friday - 09:00 - 16:00

UK: 0800 031 5761

IE: 1800 827 602

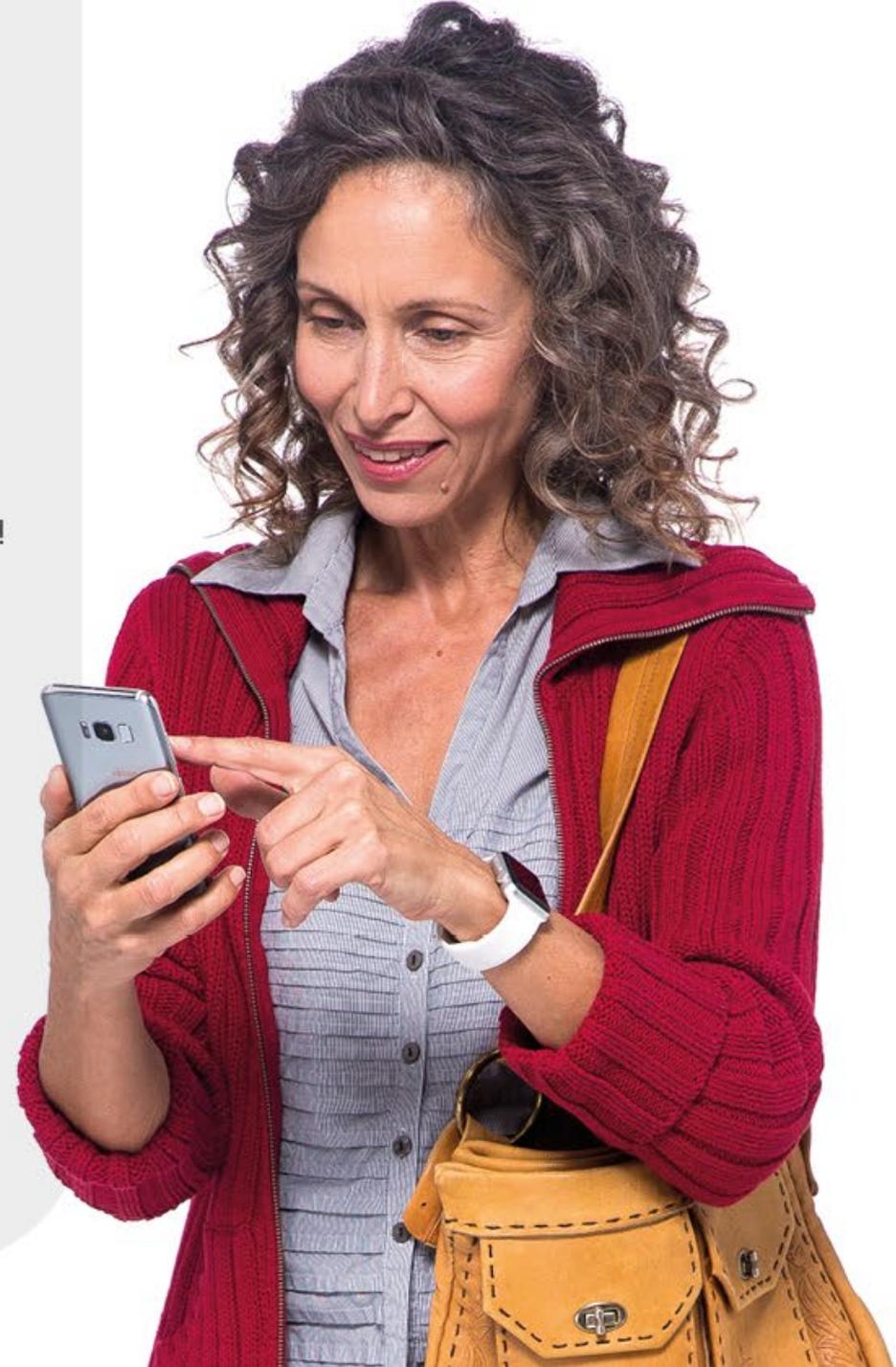
Technical Support enquiries

Monday - Friday 07:00 - 18:00

Saturday - Sunday 08:30 - 16:30

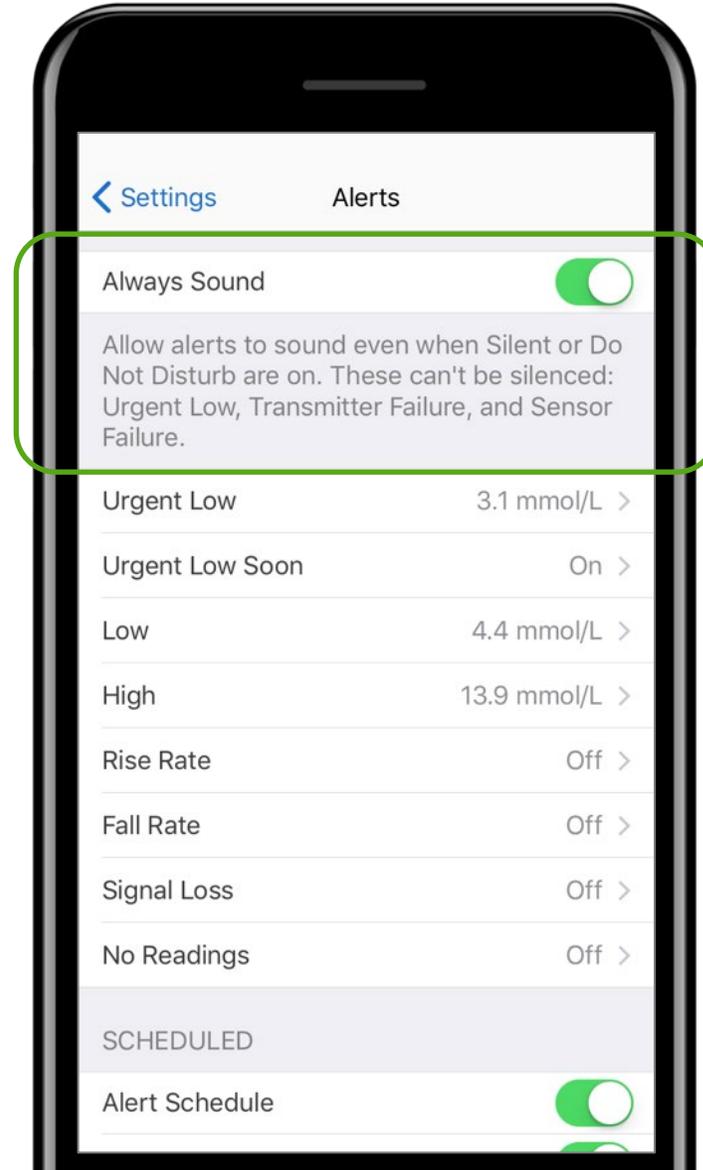
UK: 0800 031 5763

IE: 1800 827 603



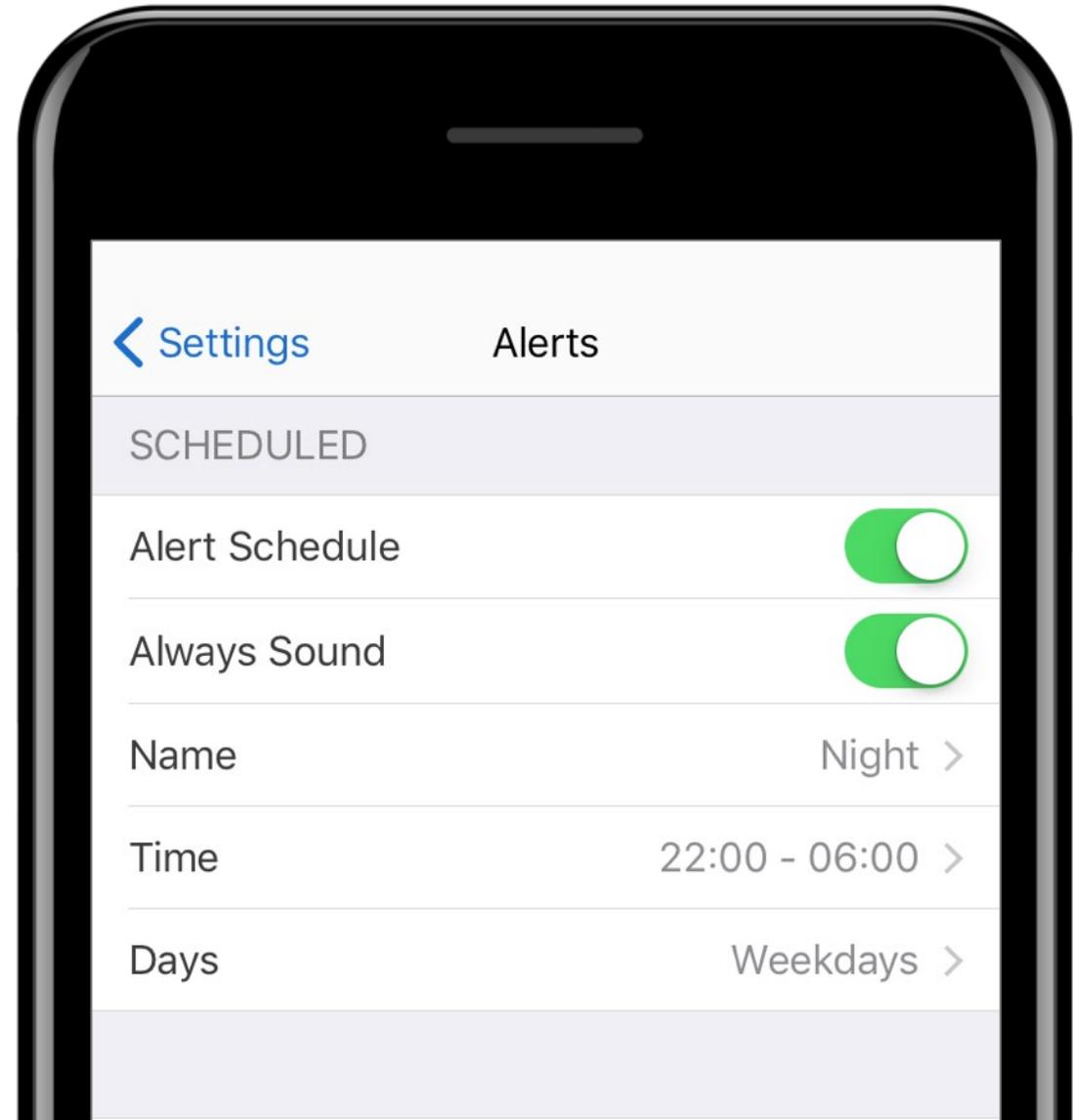
Always Sound

- Always Sound ensures Alerts will sound when your device is on silence or Do Not Disturb



Alert Schedule

- Schedule and customize a second group of alerts
- Example: Set alerts to vibrate during the day, sound at night
- Example: Set more alerts during the weekdays, less alerts during the weekend



Rise/Fall Alerts

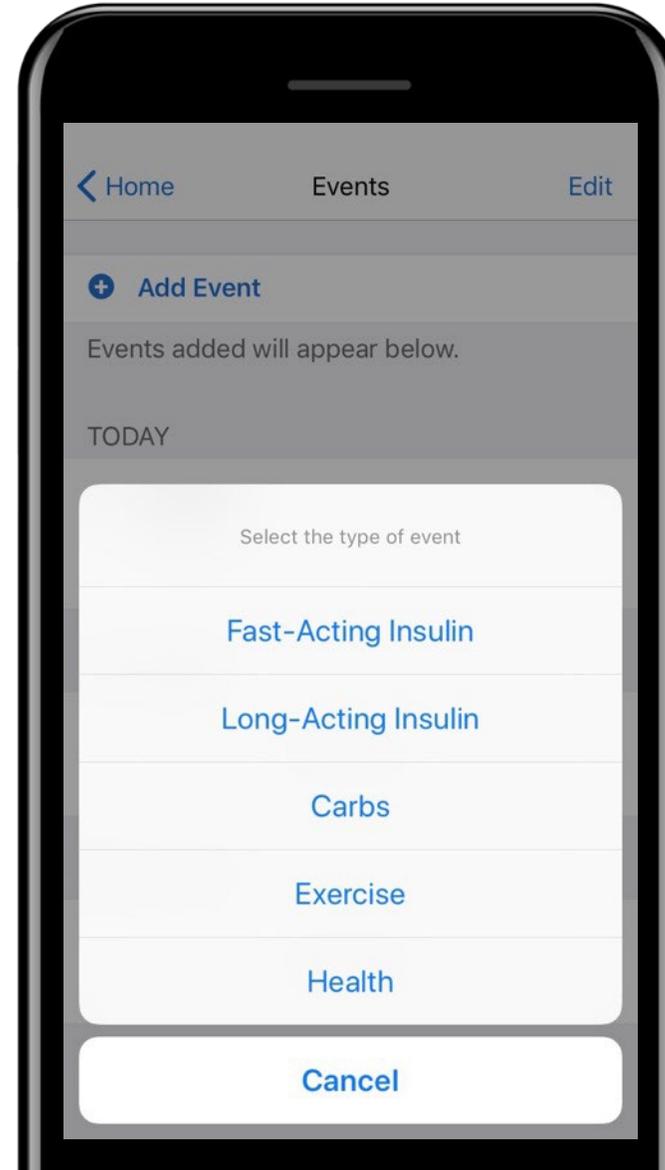


Signal Loss Alert



Events

- An Event is an action or situation that affects glucose levels
- Once entered, events can be viewed in Dexcom CLARITY reports or landscape view on the app



Diabetes Treatment Decisions

No number or arrow? Always use your meter.



Symptoms don't match readings? Use your meter.



Dexcom SHARE

- Dexcom Share is a feature within the Dexcom G6 app that allows one person, (the Sharer) to remotely transfer their glucose information to others (Followers)
- The Dexcom Follow* app is a separate app and is part of Dexcom Share

*Internet connectivity required for data sharing. Following requires the use of the Follow App. Followers should always confirm readings on the Dexcom G6 App or Receiver before making treatment decisions.



Data sent
securely to Followers



Followers (parents, caregivers, etc.) will
need to download the separate Dexcom
Follow app

Dexcom SHARE Setup

- Click Share icon to set up
- The app will walk you through inviting a Follower
- An email will be sent to the Follower
- The Follower will need to download the Dexcom Follow app and accept the invitation
- The Follower can edit their own notifications, they cannot edit notifications on the Sharer's app

Click to invite Followers



Example of e-mail invite sent to Followers



Dexcom CLARITY app

- Download the Dexcom CLARITY app to track your progress, receive weekly notifications of statistics, and share data with your clinic
- When you use the Dexcom G6 app, your glucose data is automatically sent to your CLARITY account



Dexcom CLARITY

- Log in at clarity.dexcom.eu
- Use your current Dexcom login
- Free to use



Optional Skin Adhesive and Timing

Optional Skin Adhesive

- Create an empty oval on the skin with the skin adhesive, such as Mastisol or SkinTac
- Let skin adhesive dry
- Insert sensor on clean skin in center of oval.

Timing

- Skin types vary, and for some people, it may take awhile – overnight, for example – for the patch to fully dry and stick. During that time, keep your skin dry and avoid doing things that would make you sweat. If inserting a new sensor before bed, make sure you're through the warmup before you go to sleep.

Security and Travel



Use walk-in metal detectors
or be hand-wanded



Don't use full body
scanners



Don't put components
through baggage
x-ray machines

Ages and Pregnancy

The Dexcom G6 is indicated for persons age 2 years and older, including pregnant women.



Contraindications - MRI/CT/ Diathermy

Sensor and transmitter must be removed before:



Magnetic Resonance
Imaging (MRI)



Computed Tomography
(CT) scan



High-frequency
electrical heat
(diathermy) treatment

Sunscreen and Insect Repellent

Some skin care products, such as sunscreens and insect repellents, can make the plastic used in Dexcom G6 crack. After using skin care products, wash hands before touching the G6. If any skin care products get on your Dexcom G6, immediately wipe with a clean cloth.



Any Questions?

Additional support

Visit dexcom.com/learn to take advantage of training tutorials and resources where you can learn at your own pace and enhance your knowledge.

Technical Support Enquiries

Fill out a technical support request [here](#)

No access to the internet? Call 0800 031 5763 (UK) 1800 827 603 (Ireland)

Managing your orders

You can access your account online [here](#) to view and update your account details or check your shipment schedule.



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