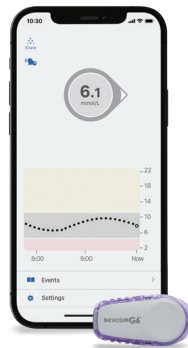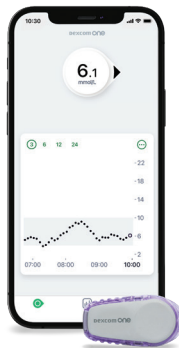# Ready to get started?

EMBARK ON YOUR JOURNEY TO ZERO FINGER PRICKS* AND ZERO SCANNING

Our simple self-guided training programme helps you get the best from your Dexcom real-time Continuous Glucose Monitoring (CGM) system. Find out more overleaf.

Smart devices sold separately.†

dexcom

*If your glucose alerts and readings from the Dexcom CGM do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.
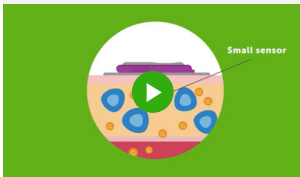
Your Dexcom journey
begins here

Follow these simple steps at **dexcom.com/learn** or scan the QR code to get started and get the most out of your Dexcom CGM system.

LEARN THE BASICS

Before getting started, find out more about real-time CGM and how it works. We will also help you prepare for set-up, including checking your phone is compatible with the Dexcom apps.[†,‡]
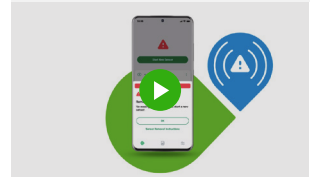
Small sensor

GET STARTED

Follow the videos to walk through setting up your Dexcom on a compatible smartphone or receiver and how to insert your first sensor. Then you're ready for life with your new Dexcom real-time CGM.

YOUR FIRST 10 DAYS WITH DEXCOM

10 days with Dexcom, so how does it feel? We are here to help you replace your sensor and provide more bitesize videos on how to make treatment decisions with your Dexcom and more.

BEYOND THE BASICS

Once you have set up your Dexcom CGM System, our support doesn't end there. We offer ongoing education to help you get the best from your Dexcom experience.

UNDERSTANDING YOUR DIABETES TRENDS

Learn about Dexcom Clarity and understand trend reports.[§]

Smart devices sold separately.[†]

WE ARE HERE TO HELP

Visit our **Technical Support Portal** where you can easily log a product issue at a time that suits you.

dexcom.com/UKIETechSupport

For detailed, step-by-step instructions on how to use Dexcom Continuous Glucose Monitoring Systems, refer to the Instructions For Use guide.

dexcom