



Dexcom One

Getting Started with receiver

This is abbreviated instruction. For detailed instructions on how to use the Dexcom ONE Continuous Glucose Monitoring (CGM) System, refer to your instructions for use.

Screens are representational only. Your product may look different

Welcome

Today we will cover:

- Setting expectations
- Navigating and setting up your receiver
- Inserting your sensor and attaching your transmitter
- Starting your sensor and completing your 2-hour warmup
- What you will see on your Dexcom ONE receiver
- Features of the Dexcom ONE receiver
- Removing your sensor and replacing transmitter
- Treatment decisions
- And more useful information

Value of Dexcom ONE

- Real time glucose readings every 5 minutes
- 10-day sensor wear
- Can help you identify trends and patterns
- Take action to help avoid high or low glucose values
- No fingersticks* needed to make diabetes treatment decisions



* If your glucose alerts and readings from Dexcom ONE do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.

Setting Expectations

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



Overview



Dexcom ONE receiver

- Shows real-time glucose readings and trends



Applicator with built-in Sensor

- Applicator inserts the sensor wire under your skin
- Sensor gets glucose information
- Wear for up to 10 days

Transmitter

- Sends glucose information from sensor to Dexcom ONE receiver
- Use for 3 months

Receiver Navigation

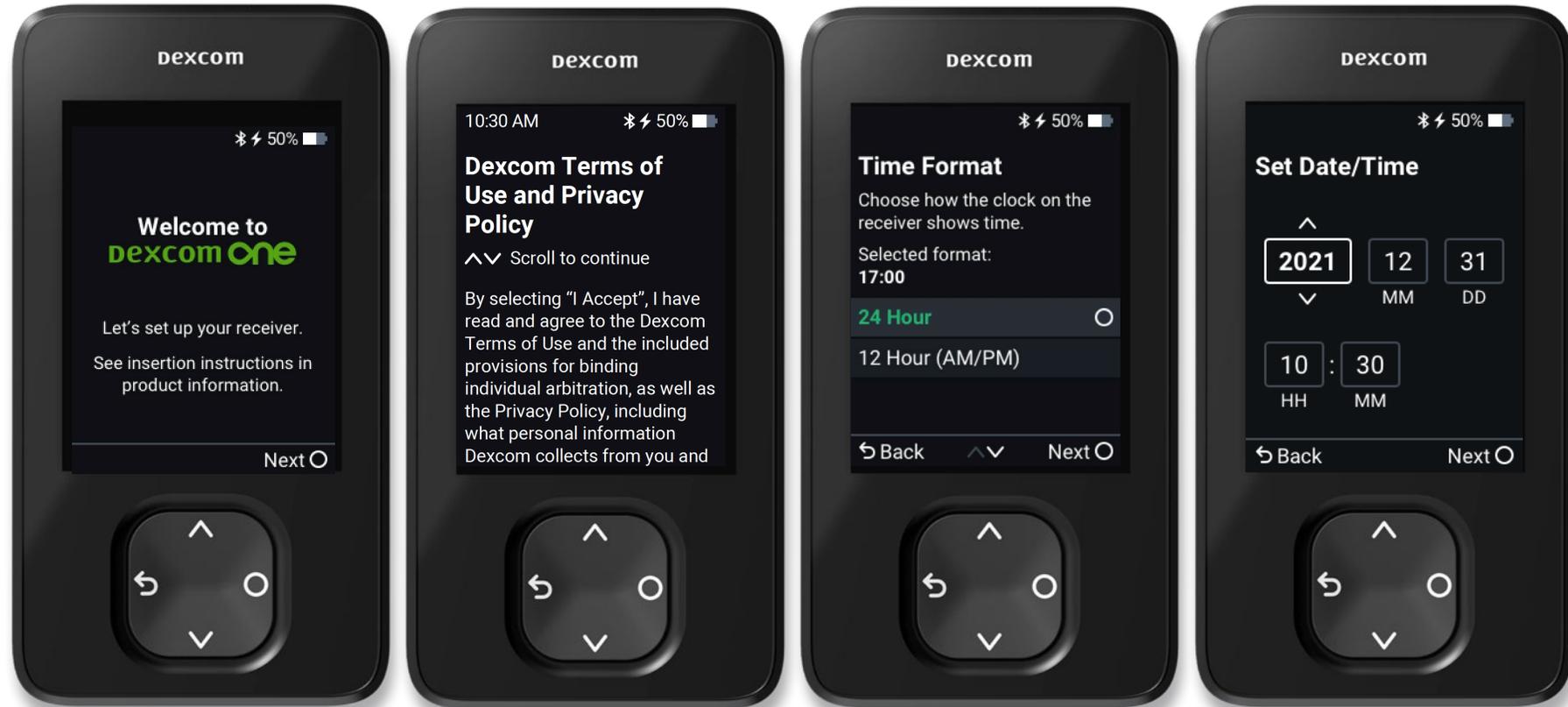
The receiver screen tells you which button to use:

- To scroll faster hold down the Scroll button
- To move to next field, use the Select button



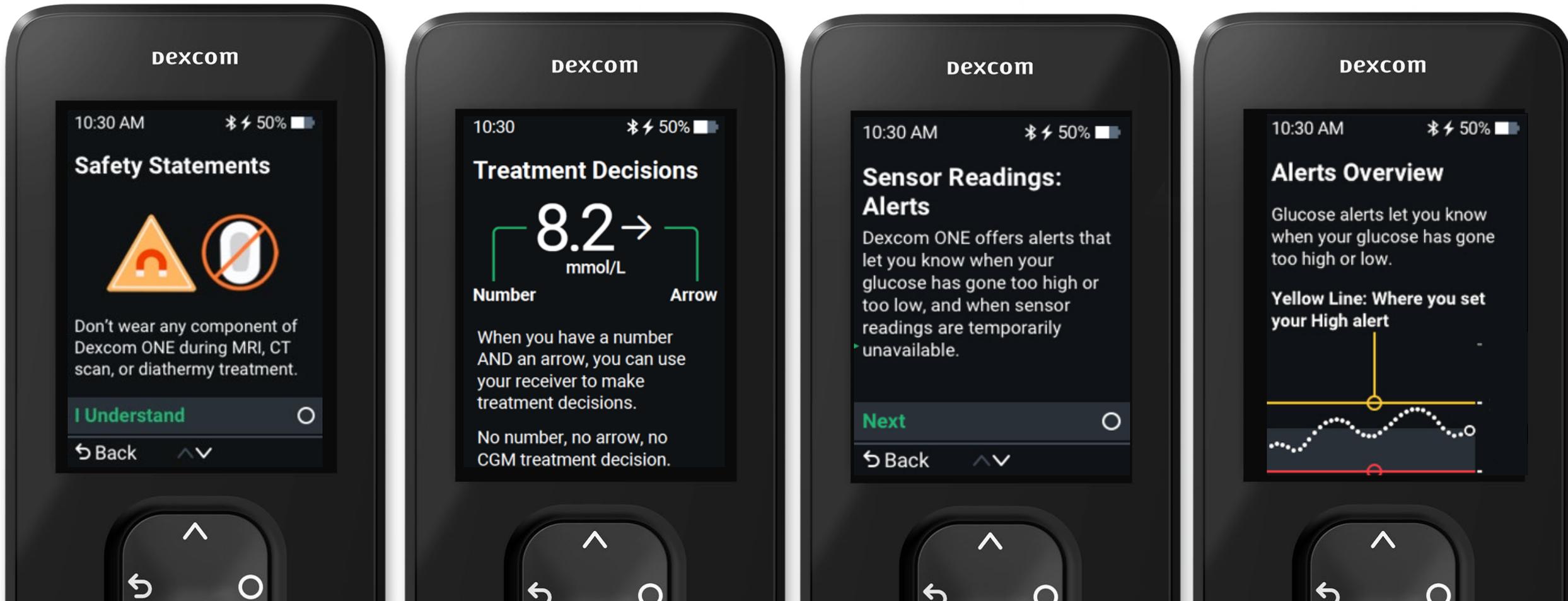
Receiver Setup

- To turn the receiver on press and hold the Select button for 3-5 seconds.
- Click Next to review and accept the terms of use and privacy policy in order to continue the setup and further usage.
- When prompted, choose the time format and enter the date and time.



Receiver Setup: Educational Screens

The receiver setup will walk you through a series of educational screens to learn about safety, treatment decisions and trend arrows. Then the receiver provides information on alerts and how to read the home screen.



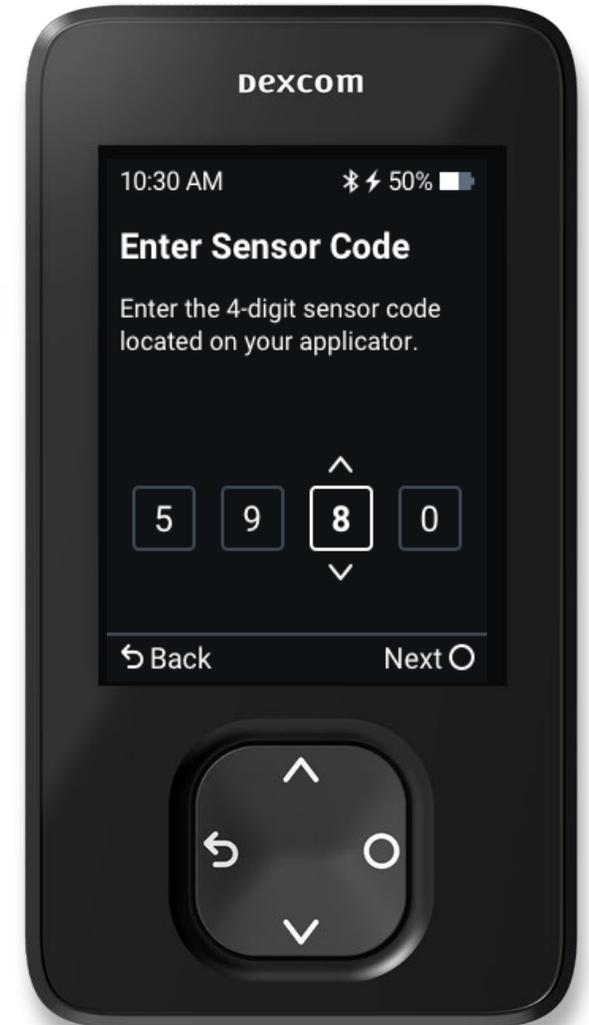
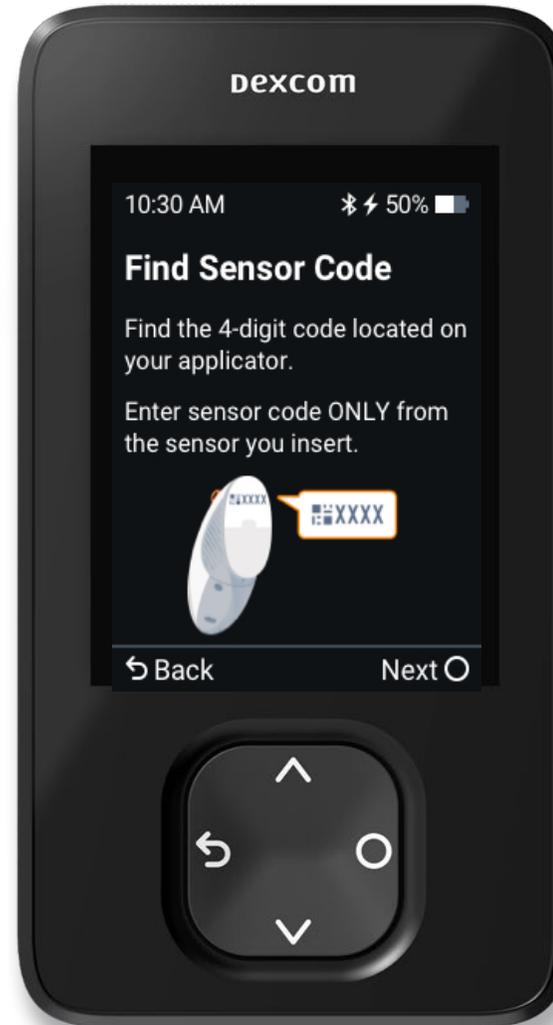
Enter Transmitter SN

- During the receiver setup, you will be prompted to enter your transmitter serial number (SN)
- The transmitter SN is printed on the bottom of the transmitter and on the side of the transmitter box.



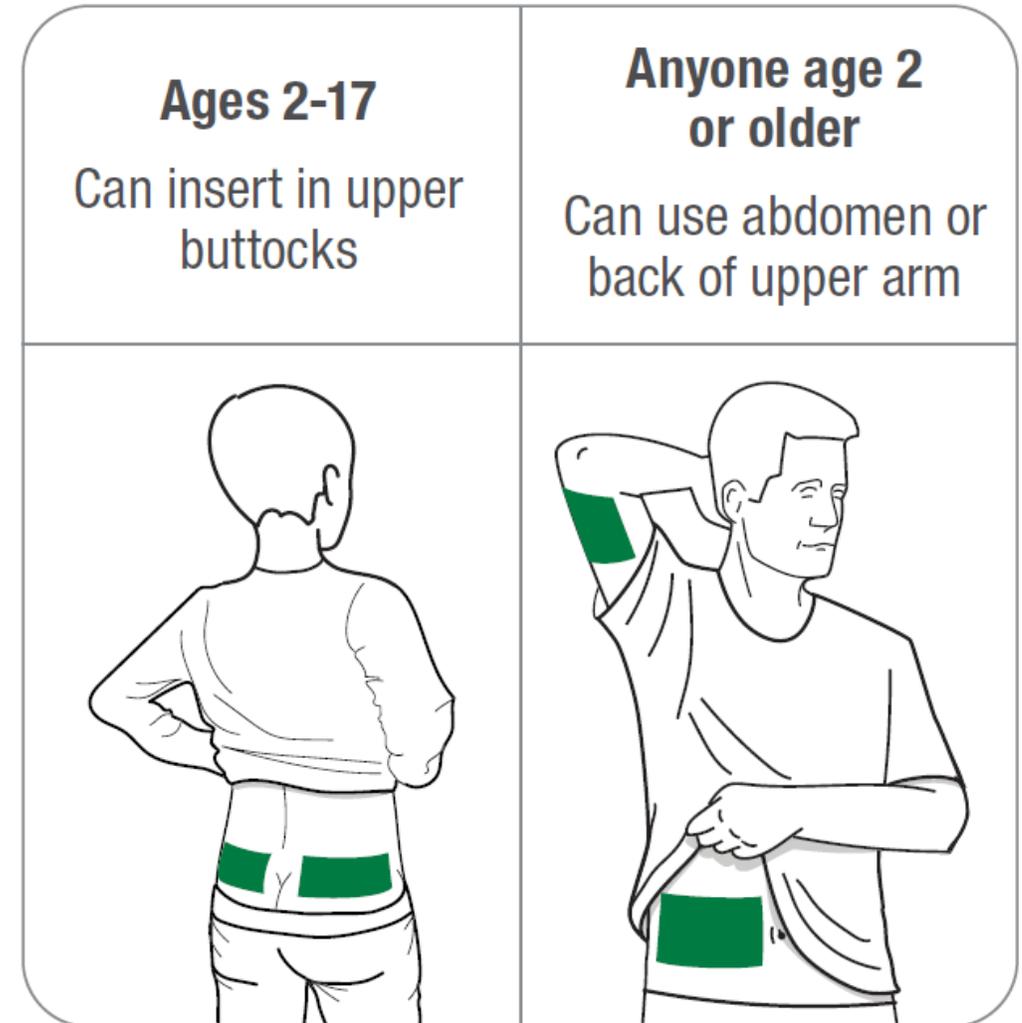
Enter Sensor Code

- Then enter the sensor code.
- The 4-digit code can be found on the applicator.

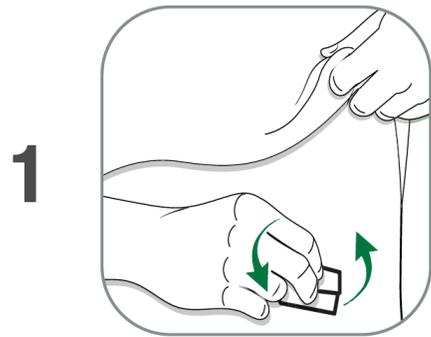


Insert Sensor and Attach Transmitter

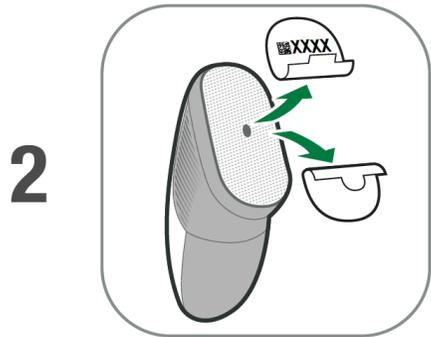
- Choose site for insertion.
- Avoid:
 - Bones
 - Irritated skin
 - Tattoos
 - Areas that get bumped
- Clean site with an alcohol wipe and let it air dry.
- After sensor insertion, attach the transmitter.



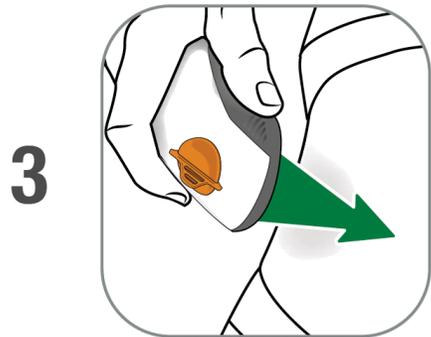
Inserting the Sensor



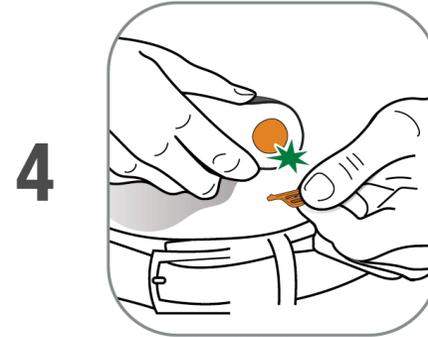
Wash hands and sensor site with soap. Dry. Scrub sensor site with alcohol wipe.



Peel off adhesive backings from applicator. Do not touch adhesive. Keep the backings. They show your sensor code.



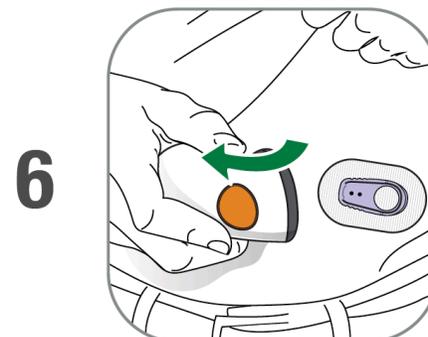
Place applicator on skin before breaking safety guard.



Fold and break off safety guard. Do not twist.

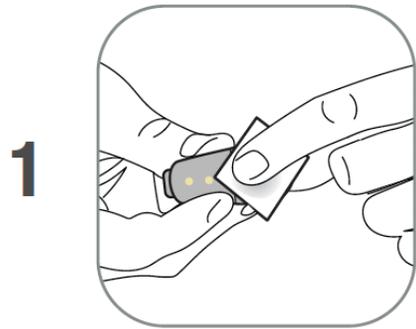


Press button to insert sensor.

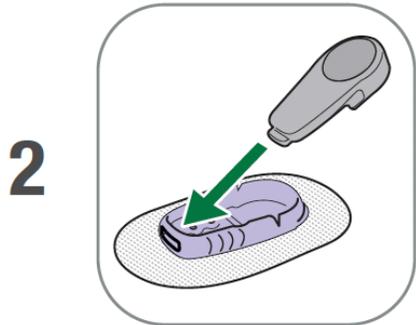


Remove applicator from skin leaving patch and holder on.

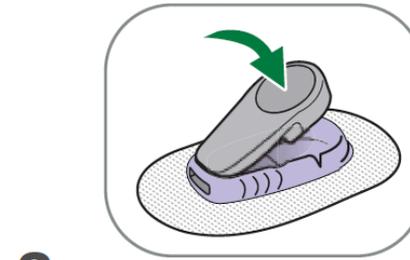
Attaching the Transmitter



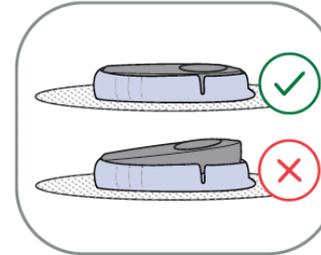
Clean transmitter with alcohol wipe.



Insert transmitter, thinner end first (tab), into holder.

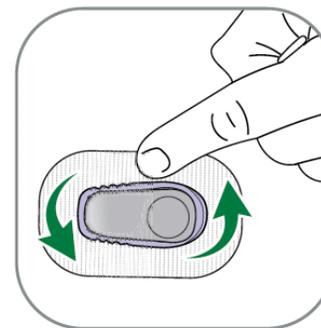


3



Snap in transmitter. You should hear and audible click. Make sure it is flat and snug in holder.

4

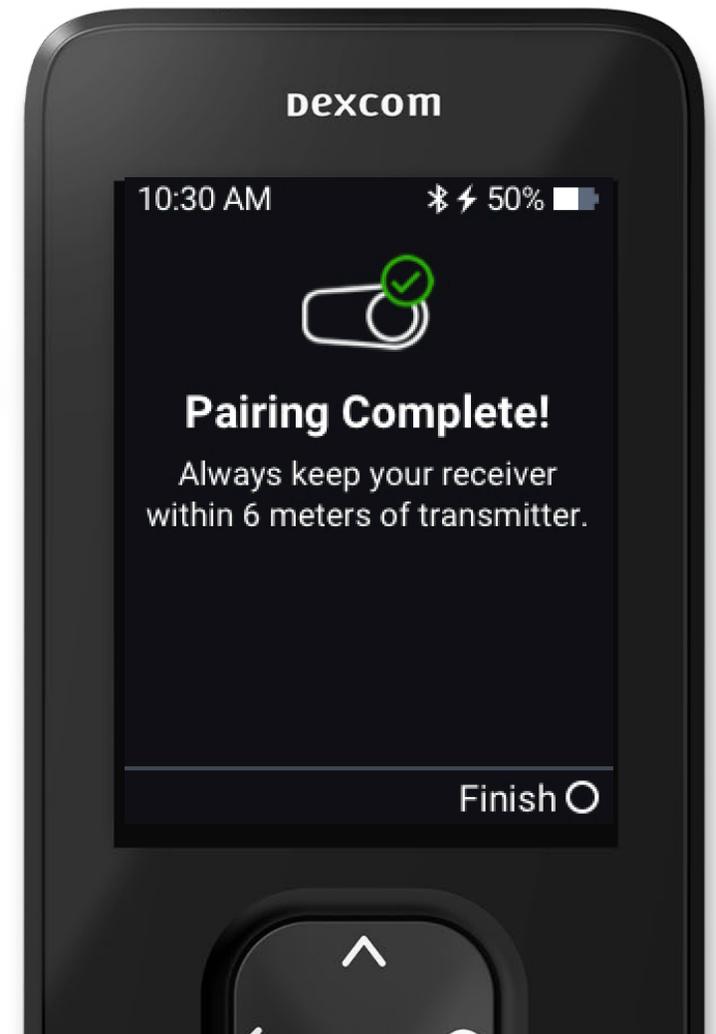
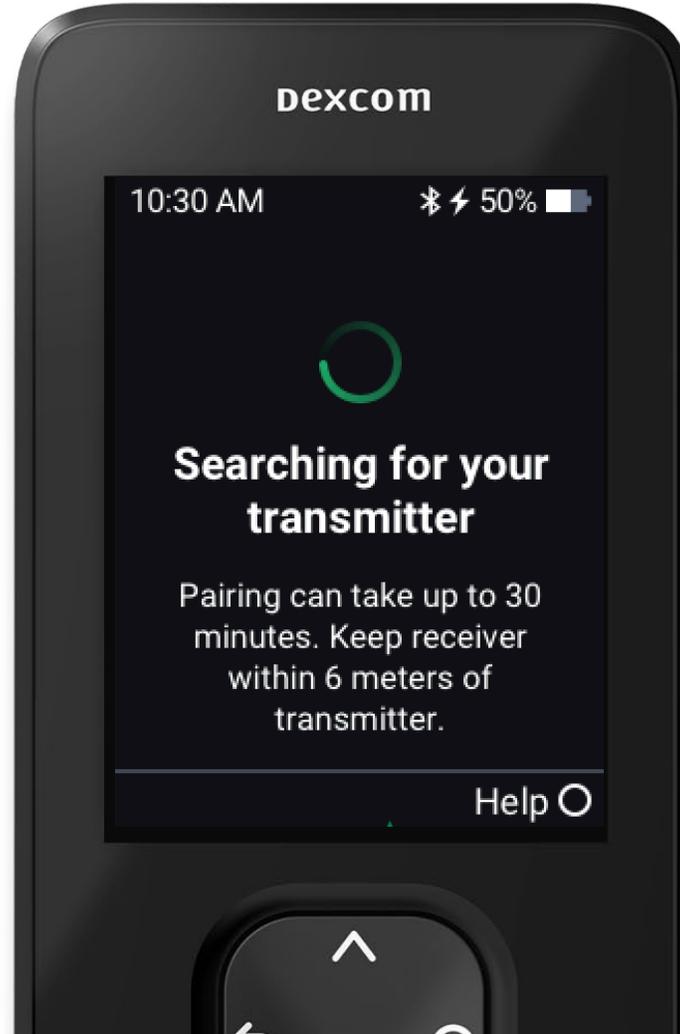
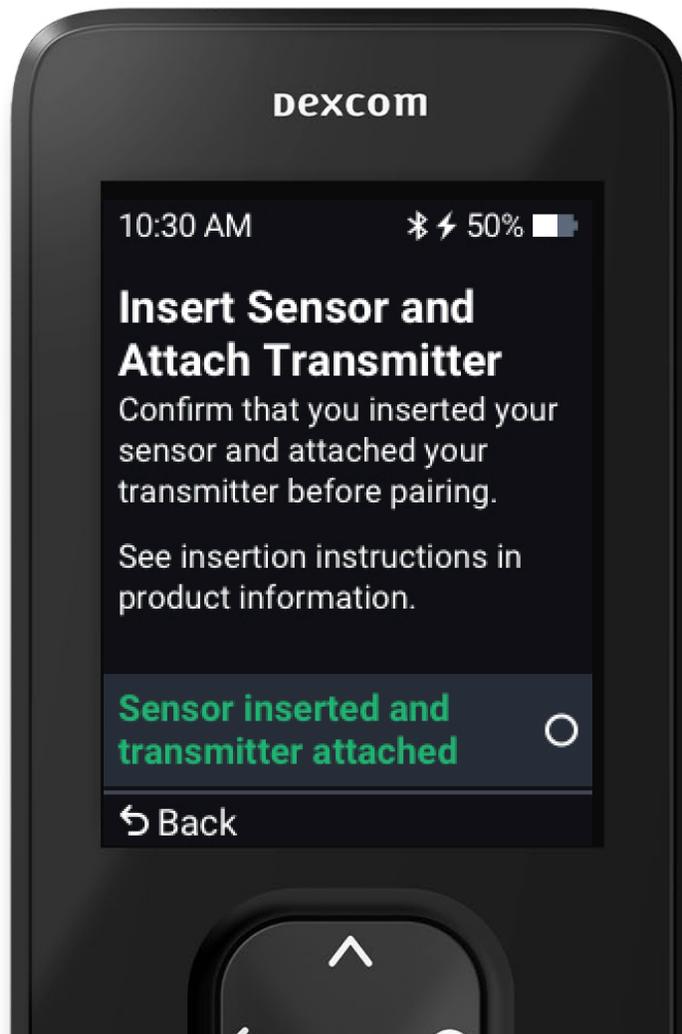


Rub around patch 3 times to help it stick.

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

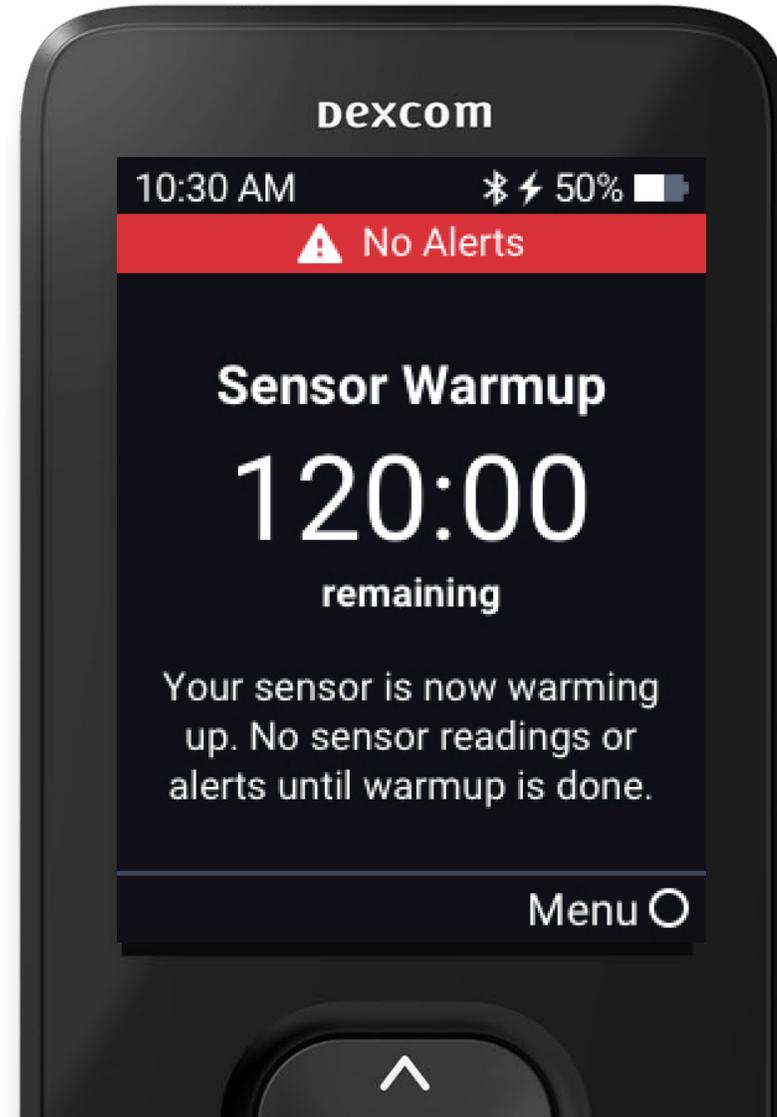
Sensor Insertion confirmation and Transmitter Pairing

In your receiver, select Sensor inserted and transmitter attached. Then wait for the transmitter to pair.



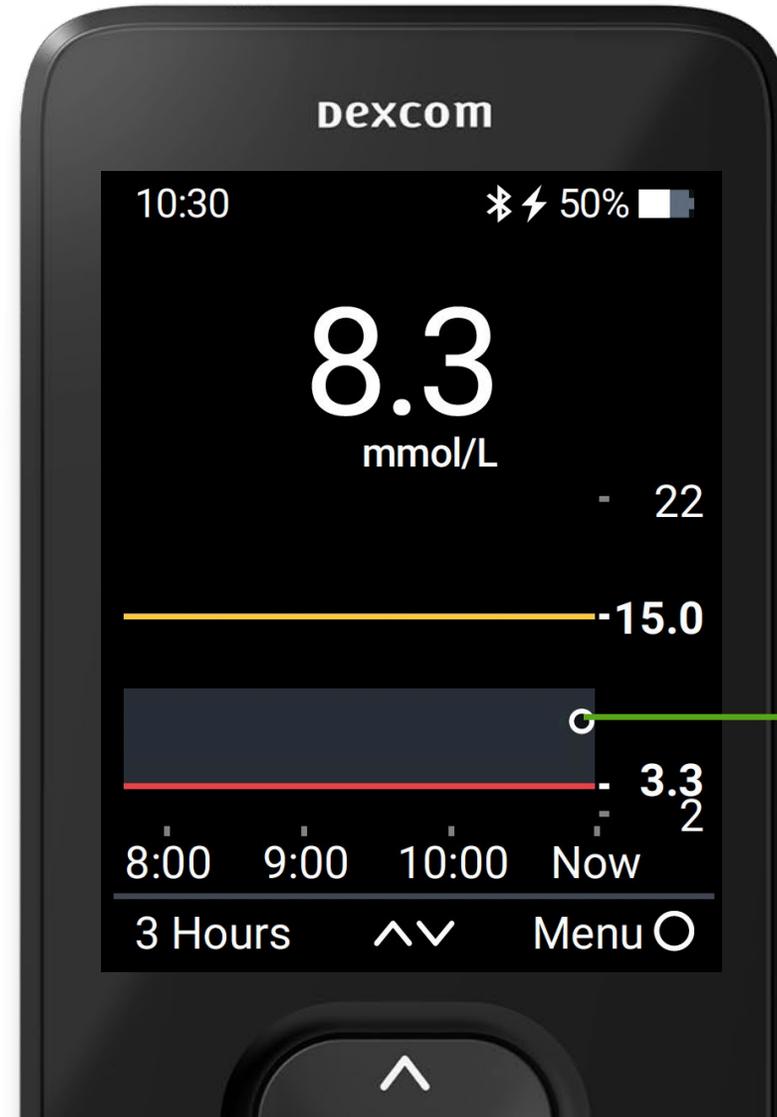
Sensor Warmup

- Once communication is confirmed with the transmitter, the 2-hour sensor warmup will start.
- There will not be any readings or alerts until warmup is done.
- Keep receiver within 6 meters of the transmitter during the warmup.



Beginning of Trend Graph

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



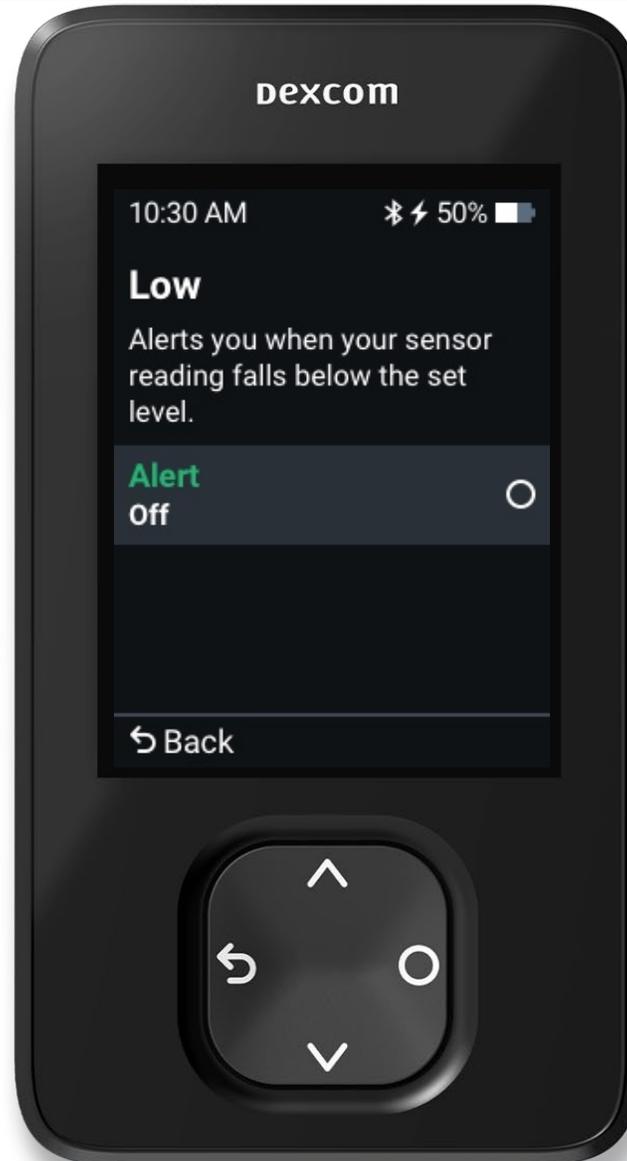
First Reading

Home Screen



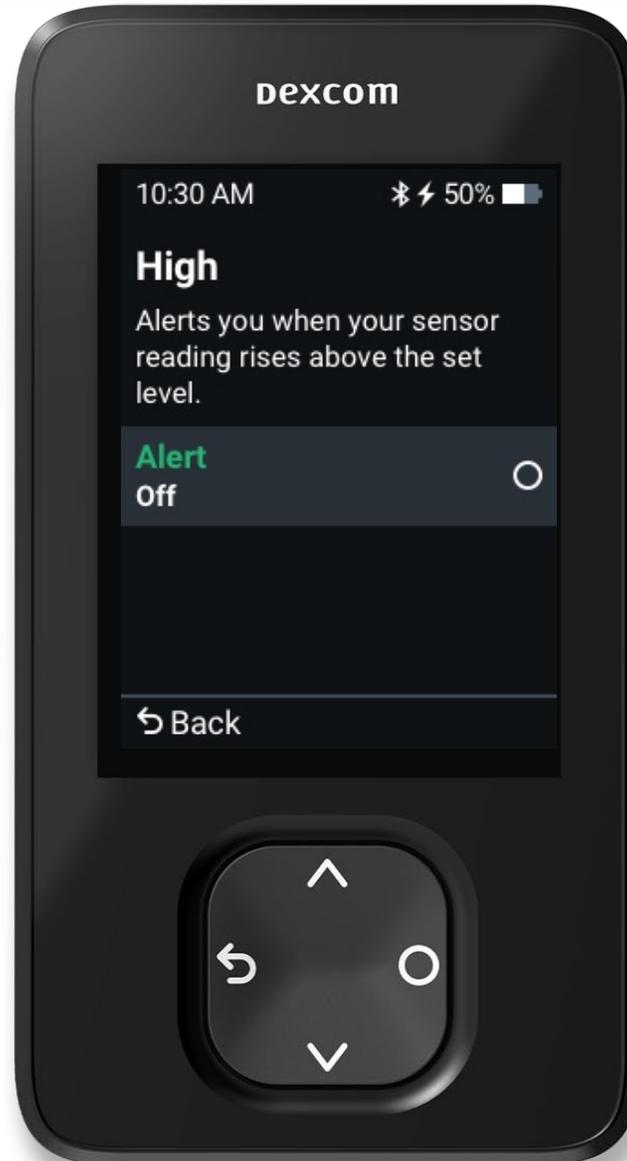
Low Alert

- You may choose to turn on Low Alert during setup.
- Or change by going to **Menu > Settings > Alerts > Low**
- Low alert will be activated when sensor reading is at or below the Low Alert level.
- You can customise your alert level and tone.
- Default Low Alert is set to 3.9 mmol/L.



High Alert

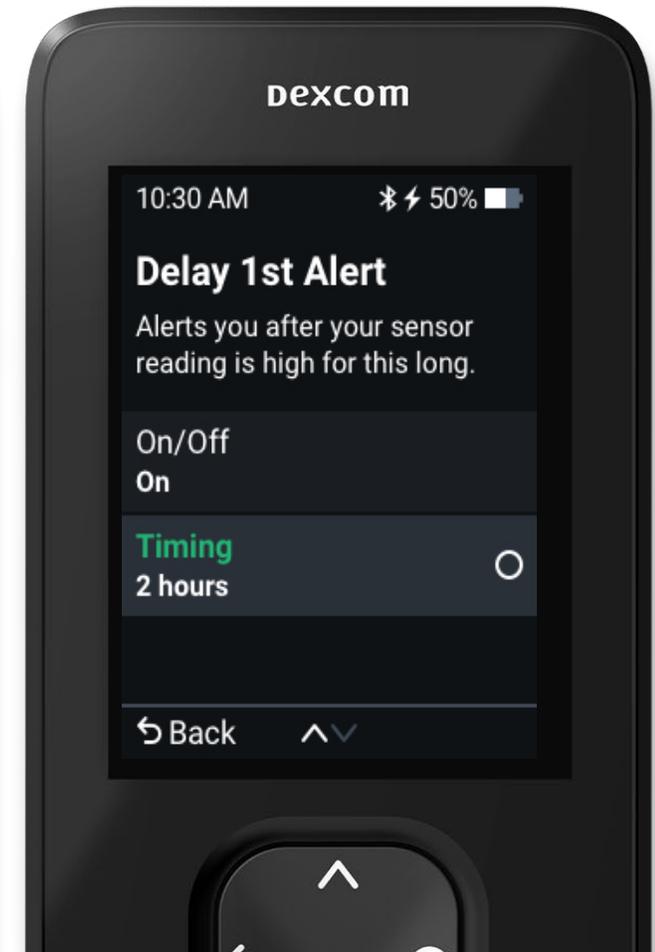
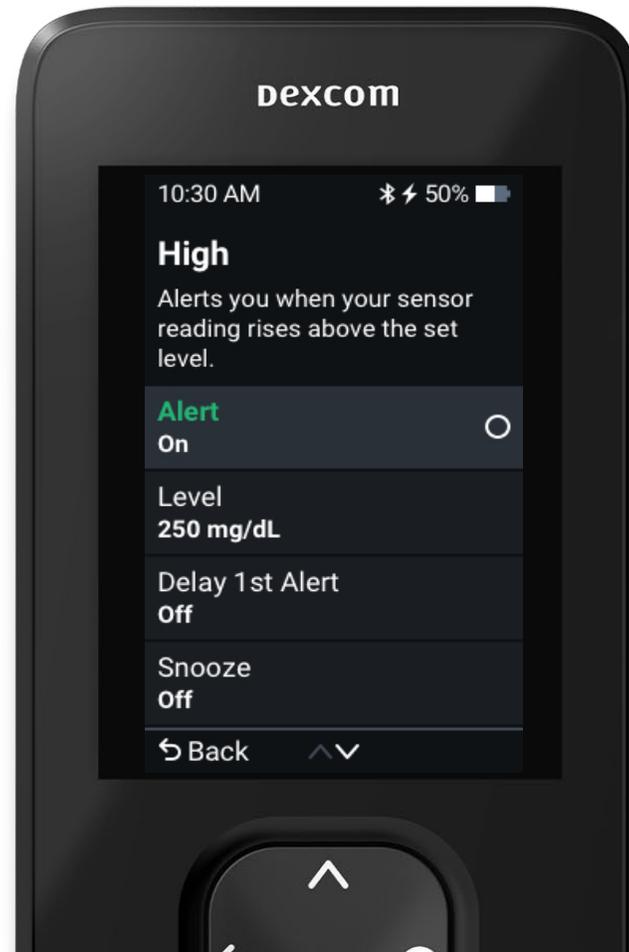
- You may choose to turn on High Alert during setup.
- Or change by going to **Menu > Settings > Alerts > High**
- High alert will be activated when sensor reading is at or above the High Alert level.
- You can customise your alert level and tone.
- Default High Alert is set to 14.0 mmol/L.



Delay 1st High Alert

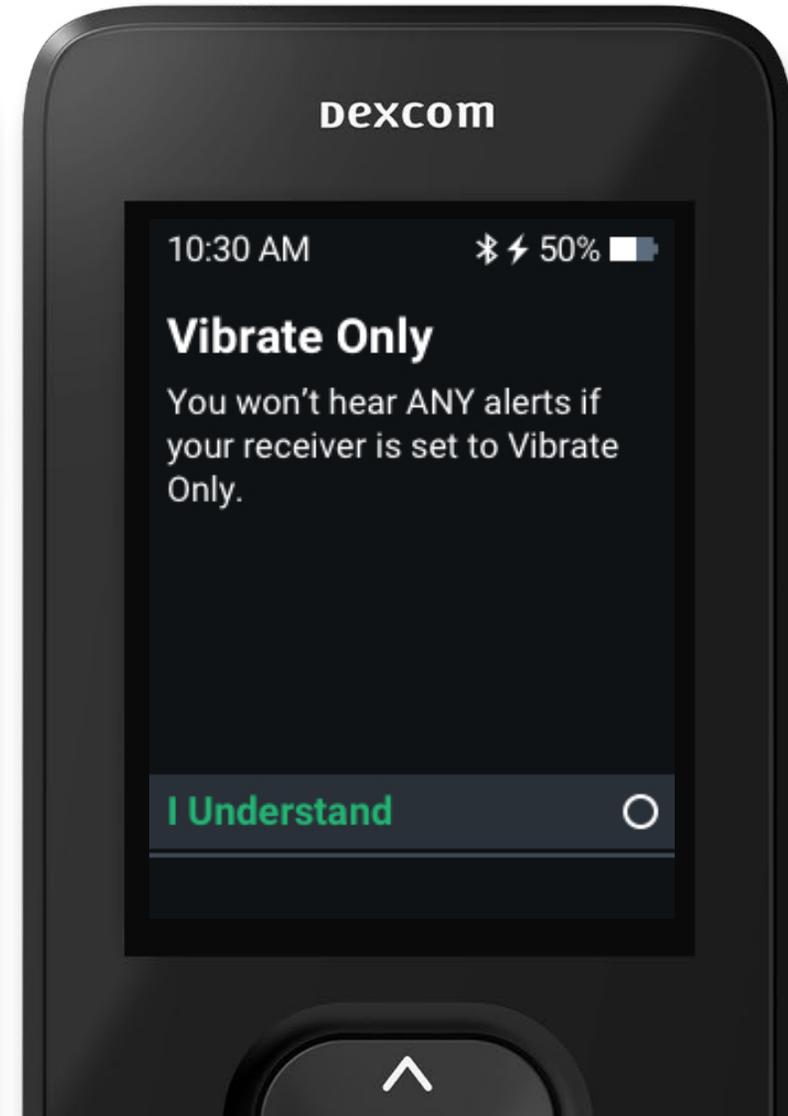
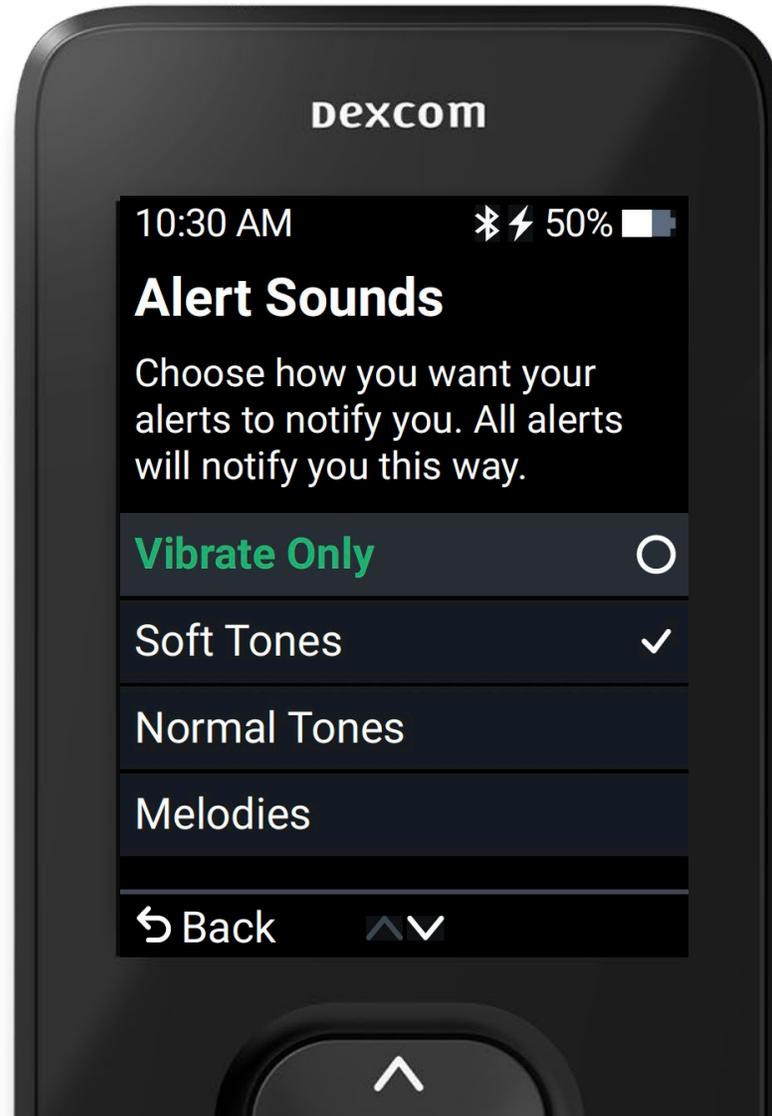
If your sensor readings tend to be high after meals, your healthcare professional may advise you to delay your first High Alert to give your insulin a chance to work.

- To set up Delay 1st High Alert, go to **Menu > Settings > Alerts > High**
- Choose Timing from minimum 15 minutes up to 4 hours



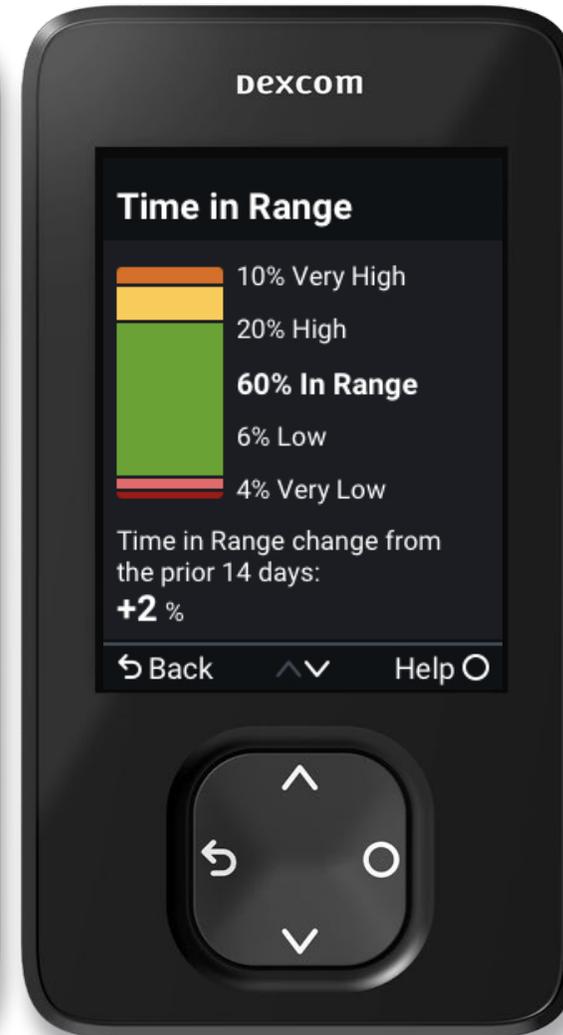
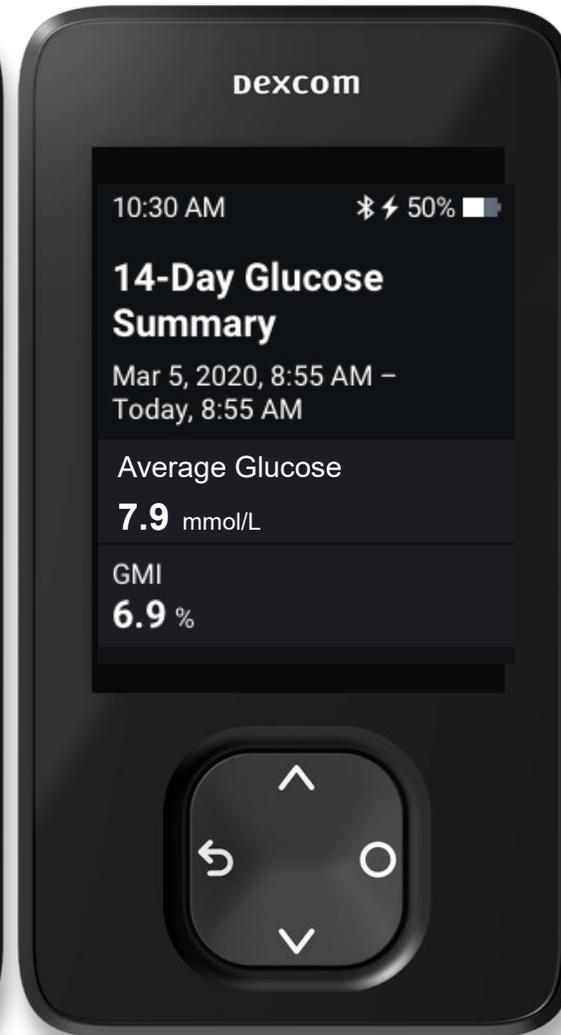
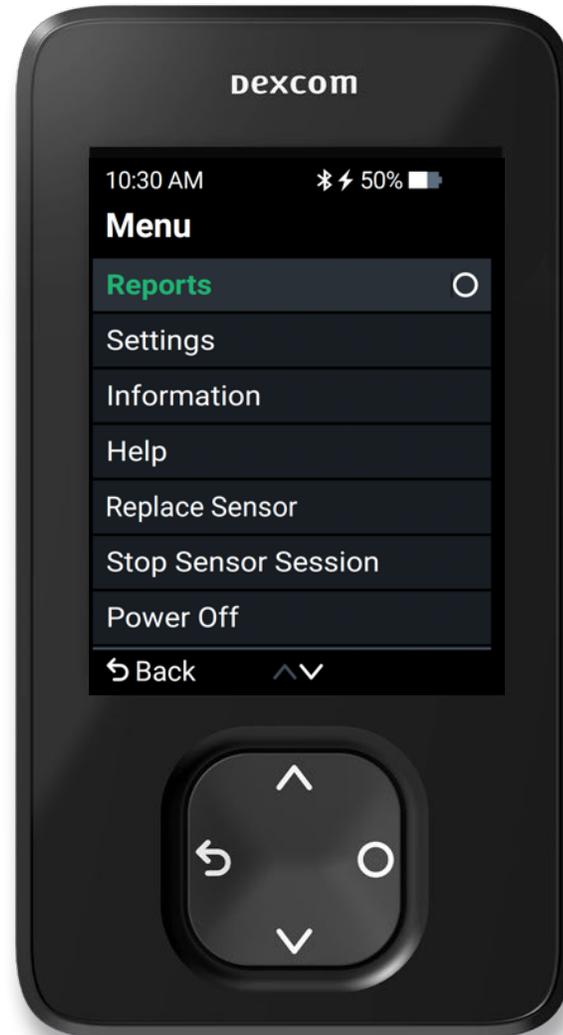
Alert Sounds

- You can change the alert sound under
Menu > Settings > Alert Sounds



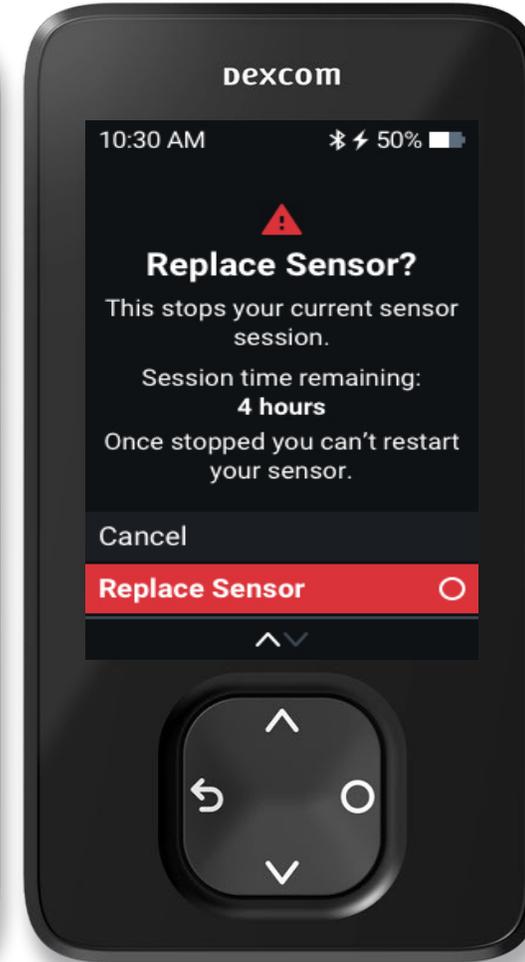
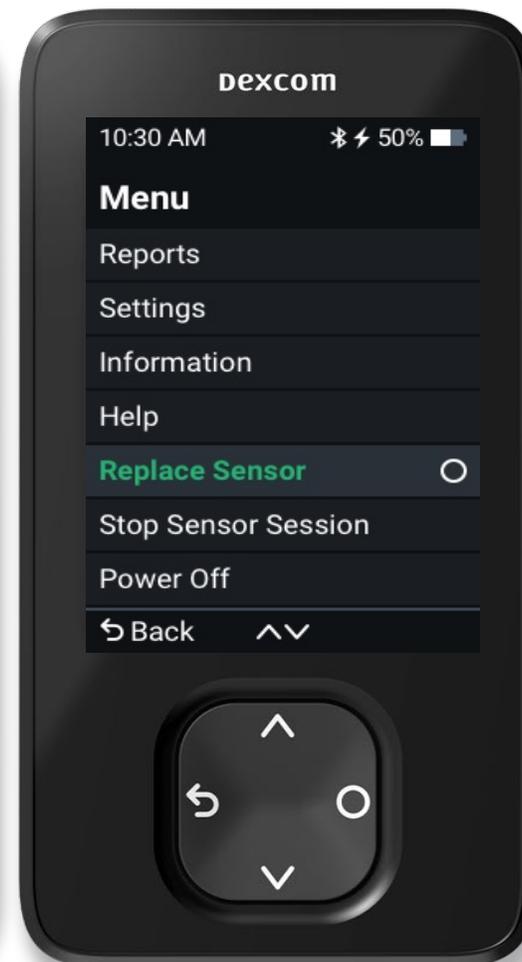
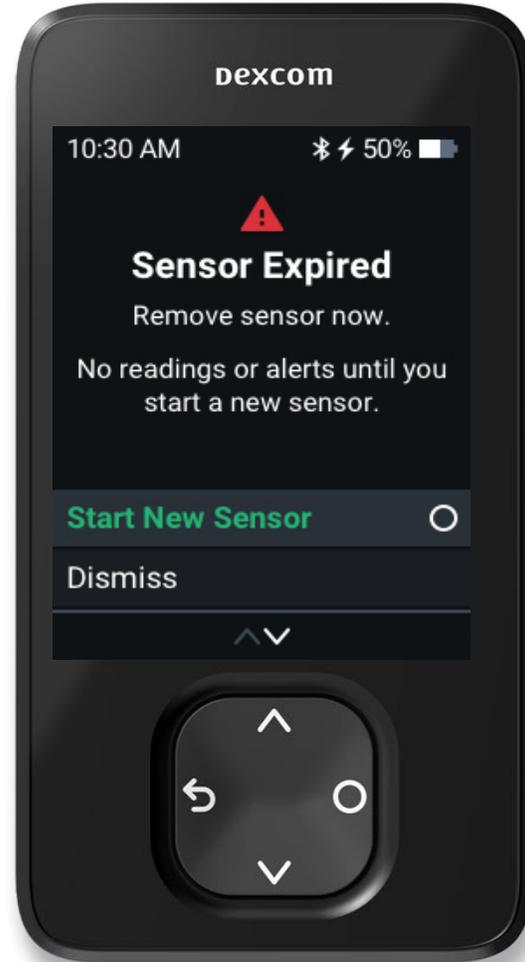
Glucose Summary Reports

- The receiver shows summary reports of glucose information over the last 3, 7, 14, 30, and 90 days.
- The reports can be used to spot trends and opportunities.
- To view reports, go to Menu > Reports



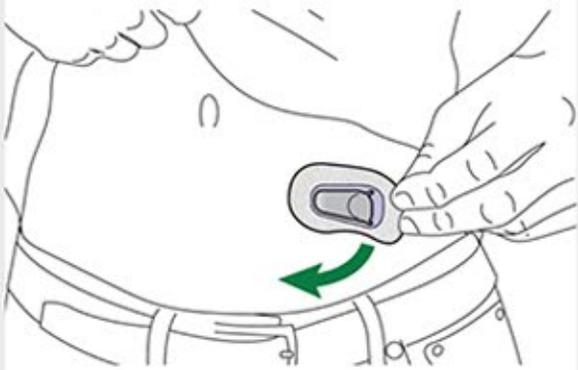
Sensor Transition

- Your sensor expires automatically after 10 days.
- Your receiver will alert you 24 hours, 6 hours, 2 hours and 30 minutes before this happens.
- You might wait till the sensor session ends automatically or end it manually.
- To end sensor session manually go to **Menu > Replace Sensor**.

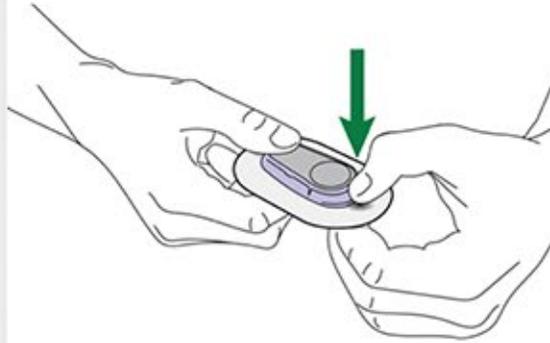


Removing Sensor and Transmitter

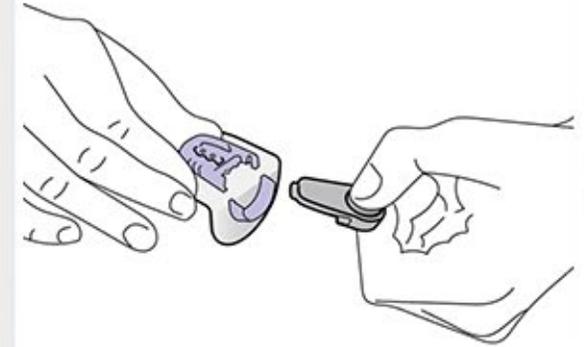
1. Peel the patch off like a bandage



2. Bend and break the lip to release the transmitter



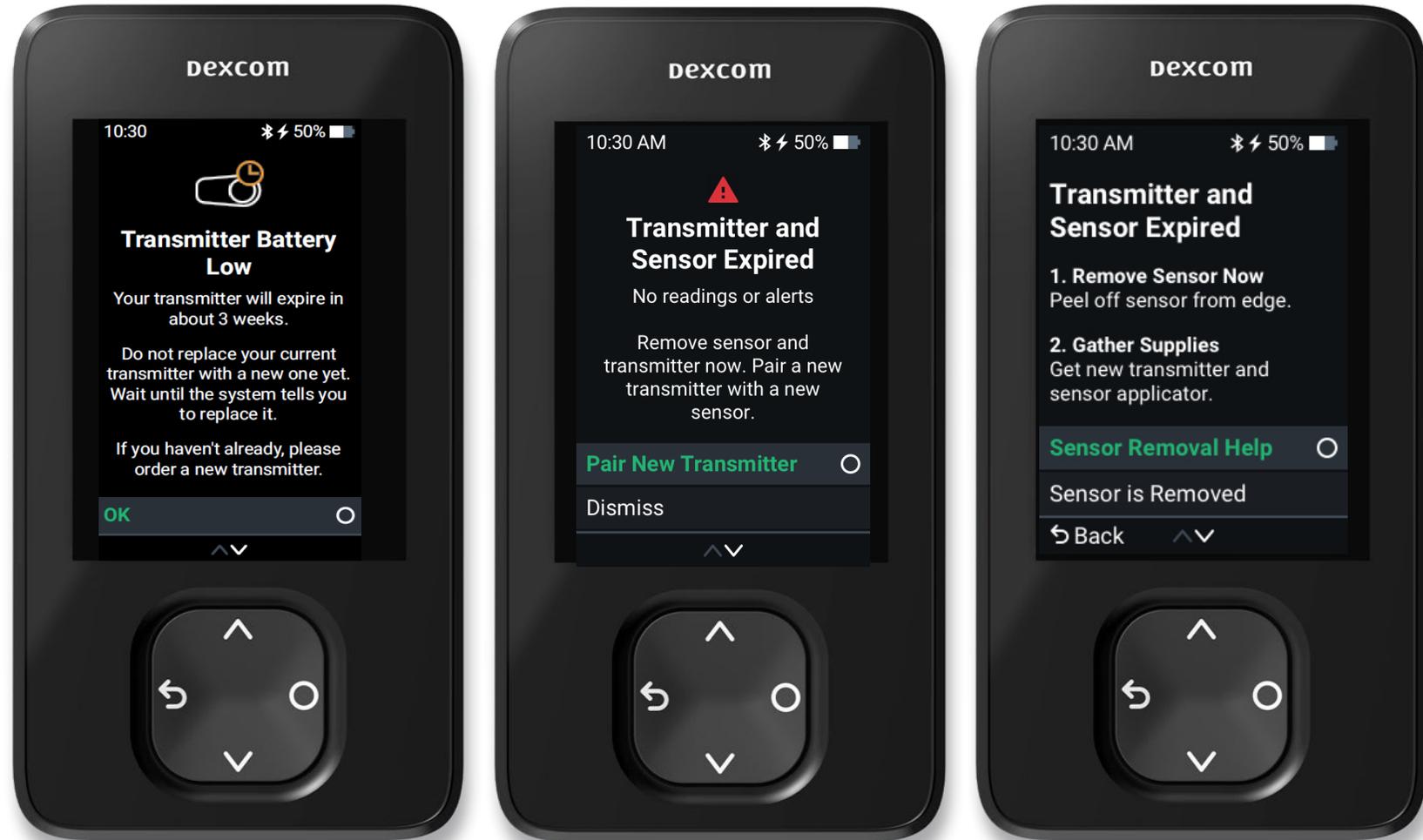
3. Slide transmitter straight out of transmitter holder



Keep transmitter for next sensor session

Replace Transmitter

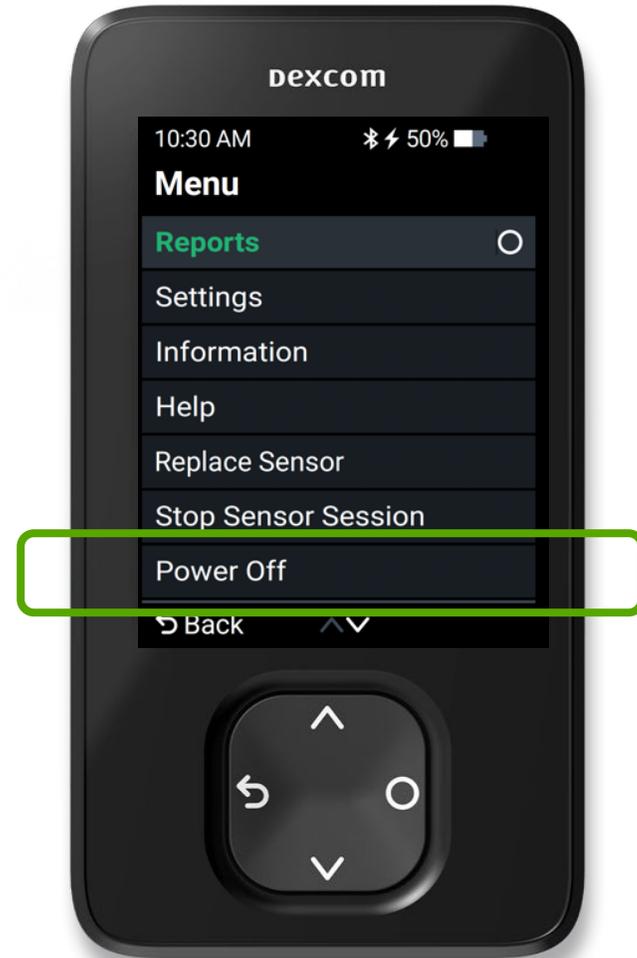
- Your transmitter will expire after 90 days.
- When your transmitter battery is about to expire, receiver will alert you when 3 weeks, 2 weeks left and then 1 session left.



When the transmitter has less than one sensor session of battery life left, you will not be able to use it to start a new sensor session

Receiver Maintenance

- Keep your receiver clean and dry.
- Do not submerge the receiver in water or get dirt or water in the USB port. That could damage the receiver.



To turn the receiver off go to **Menu > Power Off**

Receiver Product Specifications

Memory Storage	180 days of glucose data
Battery Longevity (Typical)	7 days
Battery Charging Time	Approximately 3 hours
Operating Altitude	-382 meters to 5,000 meters
Data Communication Range	6 meters

Diabetes Treatment Decisions

No number or arrow? Always use your blood glucose meter.



Symptoms don't match readings? Use your blood glucose meter.



Security and Travel



Use walk-in metal detectors
or be hand-wanded

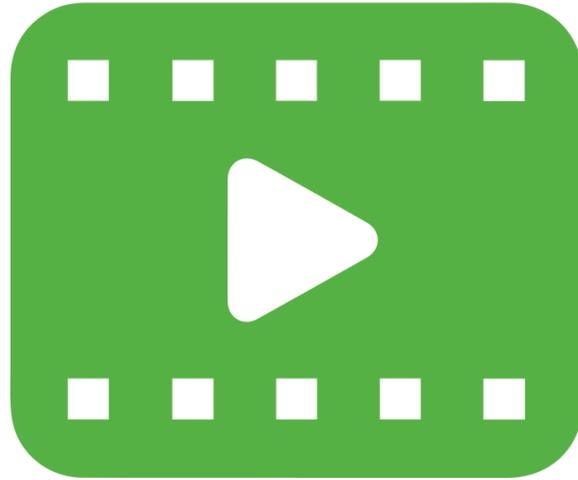


Don't use full
body scanners



Don't put components
through baggage
x-ray machines

Any Questions?



Take advantage of training videos where you can learn at your own pace and enhance your learning experience.

Available on the [Dexcom website](#).



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LBL-1000985 Rev001