

This is abbreviated instruction. For detailed instructions on how to use the Dexcom ONE Continuous Glucose Monitoring System, refer to your instructions for use. Screens are representational only. Your product may look different

LBL021633 Rev001

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
- What you will see on your Dexcom ONE app
- Features of the Dexcom ONE app
- Removing your sensor and transmitter
- Treatment decisions
- And more

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 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 ONE) and blood (meter)
- Readings can be different and still be considered accurate



Overview



Intro to Dexcom Apps

Dexcom ONE app

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

Dexcom CLARITY app

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

Install Dexcom ONE app

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







Login

 Login using existing Dexcom account or create a new account





The app walks you through setup step-by-step. Education and instructions are provided at every step:

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Set Low and High Alerts

During the Overview section of setup, you will be prompted to turn your alerts on or off.



Sensor Readings

Alerts

Dexcom ONE offers alerts that let you know when your glucose has gone too high, low or when sensor readings are temporarily unavailable.

I would like:

Alerts On

Alerts Off

You can change this later in **Settings > Alerts.**

Technical alerts let you know when you're not getting sensor readings. They include App Stopped, Replace Sensor Now, and similar alerts. **Technical alerts are always On.**

Enter Transmitter SN and Sensor Code

During the App Setup section of setup, you will be prompted to:

- Enter your transmitter serial number (SN)
- Enter your sensor code. Only enter the sensor code from the sensor you are going to insert.



Insert Sensor and Attach Transmitter

During the Start Sensor section of setup, you will be prompted to insert your sensor and attach your transmitter.

Avoid:

- Bones
- Irritated skin
- Tattoos
- Areas that get bumped

Clean site with an alcohol wipe and let dry



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.

Inserting the Sensor



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



Fold and break off safety guard. Do not twist.



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



Press button to insert sensor.



Place applicator on skin before breaking safety guard.



Remove applicator from skin leaving patch and holder on.

2

3

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.

*The Dexcom One Sensor and Transmitter are water resistant and may be submerged under eight feet of water for up to 24 hours without failure when properly installed

Pairing and 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 smart device within 6 metes of the transmitter during the warmup
- Keep app open in background



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



Home Screen



Trend Arrows

- Trend arrows show the speed and direction glucose is heading
- Trend arrows can help catch highs and lows before they happen



Low and High Alerts

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





Sounds

- Dexcom ONE's alerts will not override your phone's settings
- You will NOT hear or feel alerts if your phone is set to silent



CLARITY Report

• Shows your glucose information for a specific period, including average glucose and time in range



Settings

In Settings you can:

- Stop the sensor session early
- Find transmitter information
- Edit alerts
- Edit target range
- Find support information

3 days left		
Insertion Time	1/12/21, 1:13 PM	
Sensor Expires	1/22/21, 1:13 PM	
REPLACE SEN	ISOR	
STOP SENSOR S	ESSION	
Transmitter	51D1NE >	
CM		
GM Alerts	>	
GM Alerts	>	
GM Alerts Target Range	>	

Sensor Expired

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

No Alerts Start New Sensor	
3 Hours 6 12 24 ↔ No Alerts Sensor Expired	
No readings or alerts until you start a new sensor. Start New Sensor	
Sensor Removal Instructions	

Removing Sensor and Transmitter



Keep transmitter for next sensor session

Diabetes Treatment Decisions

No number or arrow? Always use your meter.

Symptoms don't match readings? Use your meter.





Dexcom CLARITY appoin 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 ONE app, your glucose data is automatically sent to your CLARITY account
- You can authorize data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. Your clinic will provide you with a sharing code.



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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

Additional support

Visit <u>dexcom.com/learn</u> 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



Dexcom One

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