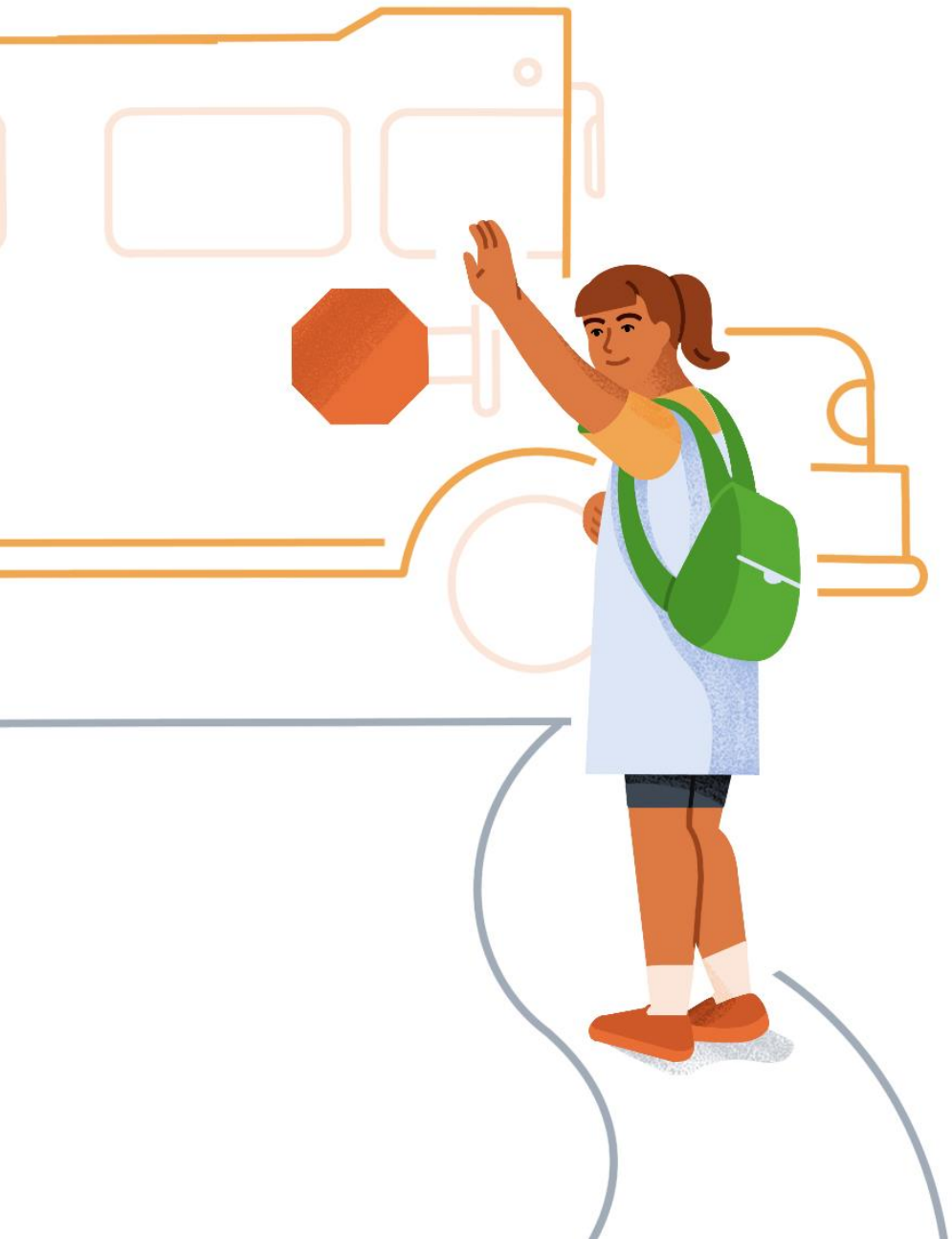
A SCHOOL's GUIDE TO DEXCOM CGM

Dexcom



WELCOME

Welcome to the Dexcom Continuous Glucose Monitoring (CGM) School Guide.

The purpose of this guide is to define CGM, explore the differences between CGM and a blood glucose monitoring (BGM), and explore how to use CGM.

This guide is for concept illustration only. For detailed step-by-step instructions on how to use the Dexcom CGM System, please refer to the user guide.

Find user guide's at: dexcom.com

SCHOOL GUIDE

This guide will introduce you to the basics of CGM. It will discuss:

- The different Dexcom CGM systems
- The difference between CGM and a meter
- CGM use in school

If you need further training on Diabetes or an individual student's treatment plan, please speak to your local diabetes healthcare team.

For training resources visit: dexcom.com/learn

DIABETES MANAGEMENT PLAN

It is a good idea to have a written diabetes management plan at school.

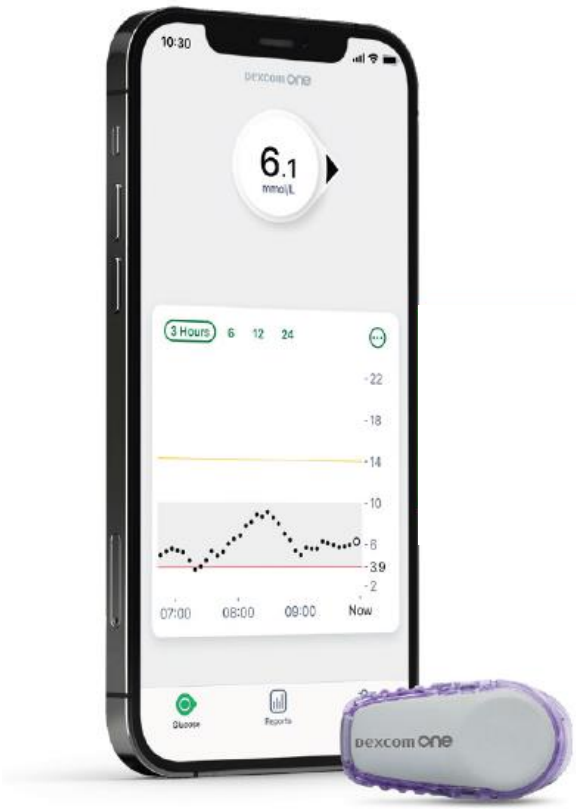
Possible contents include*:

- Identified trained diabetes personnel and description of training and times when trained personnel will be available
- Descriptions of diabetes tasks to be performed by personnel
- Immediate access to diabetes supplies and equipment
- Unrestricted access to snacks, water and toilet
- Low glucose treatment, medication, and insulin therapy plan
- When to call the main caregiver (Mum/Dad/Guardian)
- CGM Information and use of CGM in a school setting

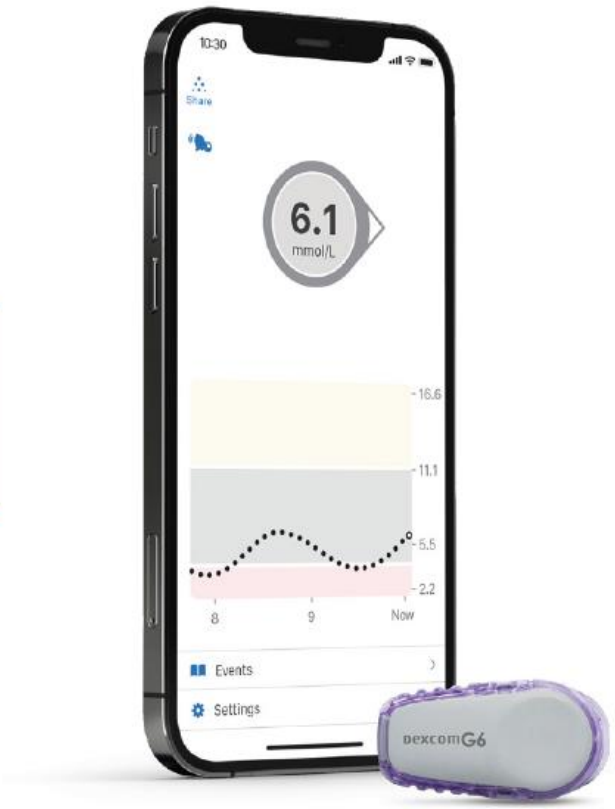
*This is not a complete list

Dexcom CGM Systems

Dexcom One



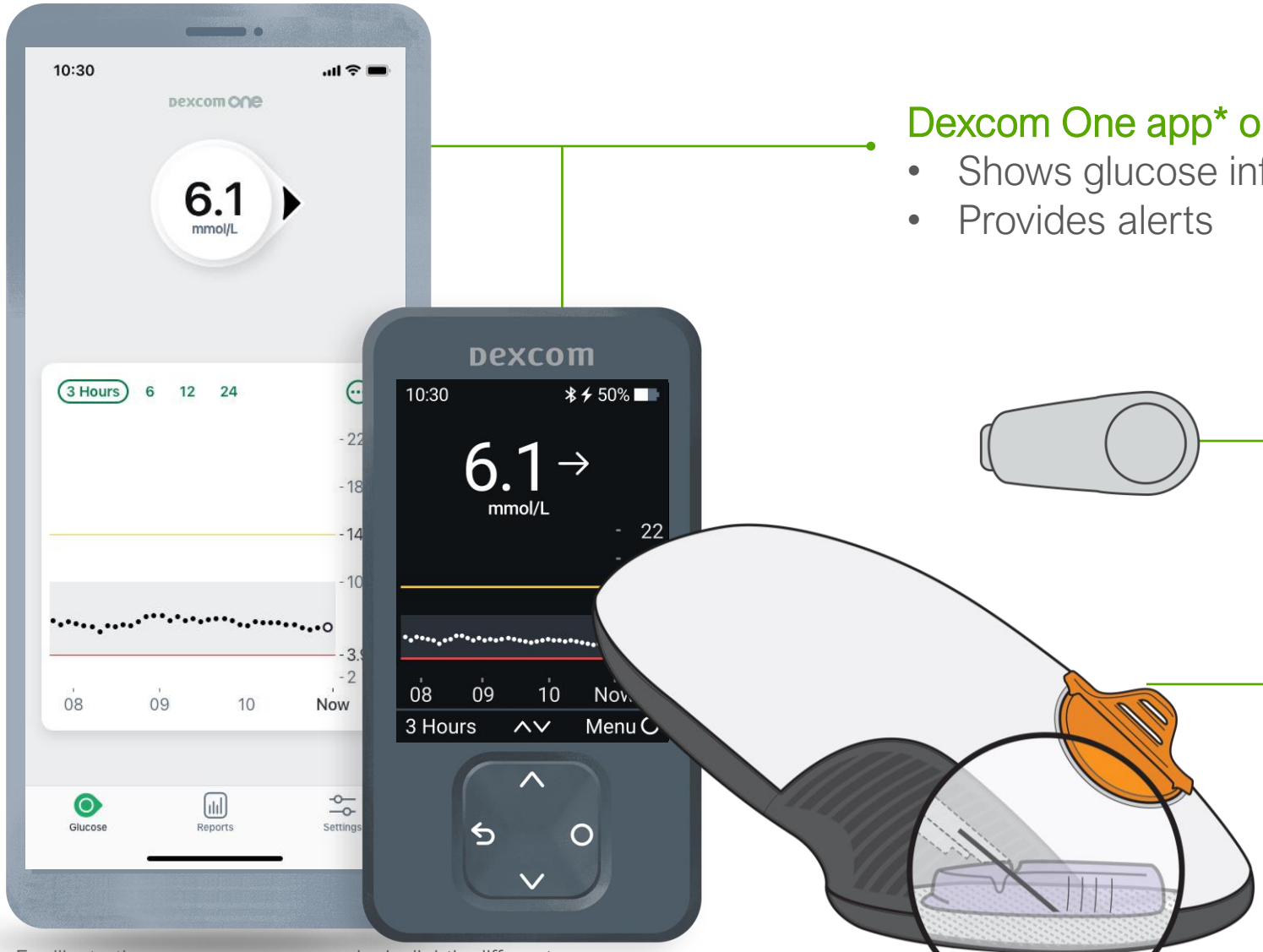
Dexcom G6



Dexcom G7

Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

DEXCOM ONE OVERVIEW



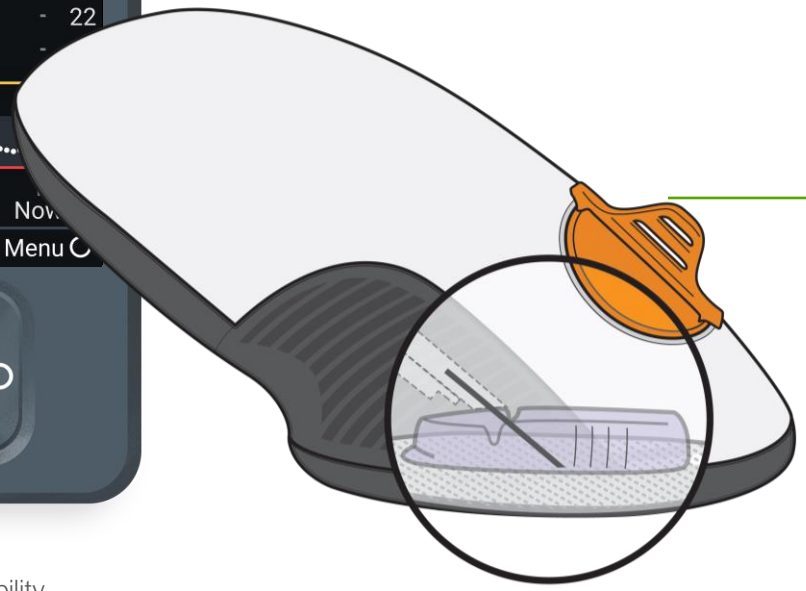
For illustrative purposes, apps may look slightly different

Dexcom One app* or Receiver**

- Shows glucose information
- Provides alerts

Transmitter:

- Affixed to sensor and wirelessly sends data to display device



Applicator with sensor:

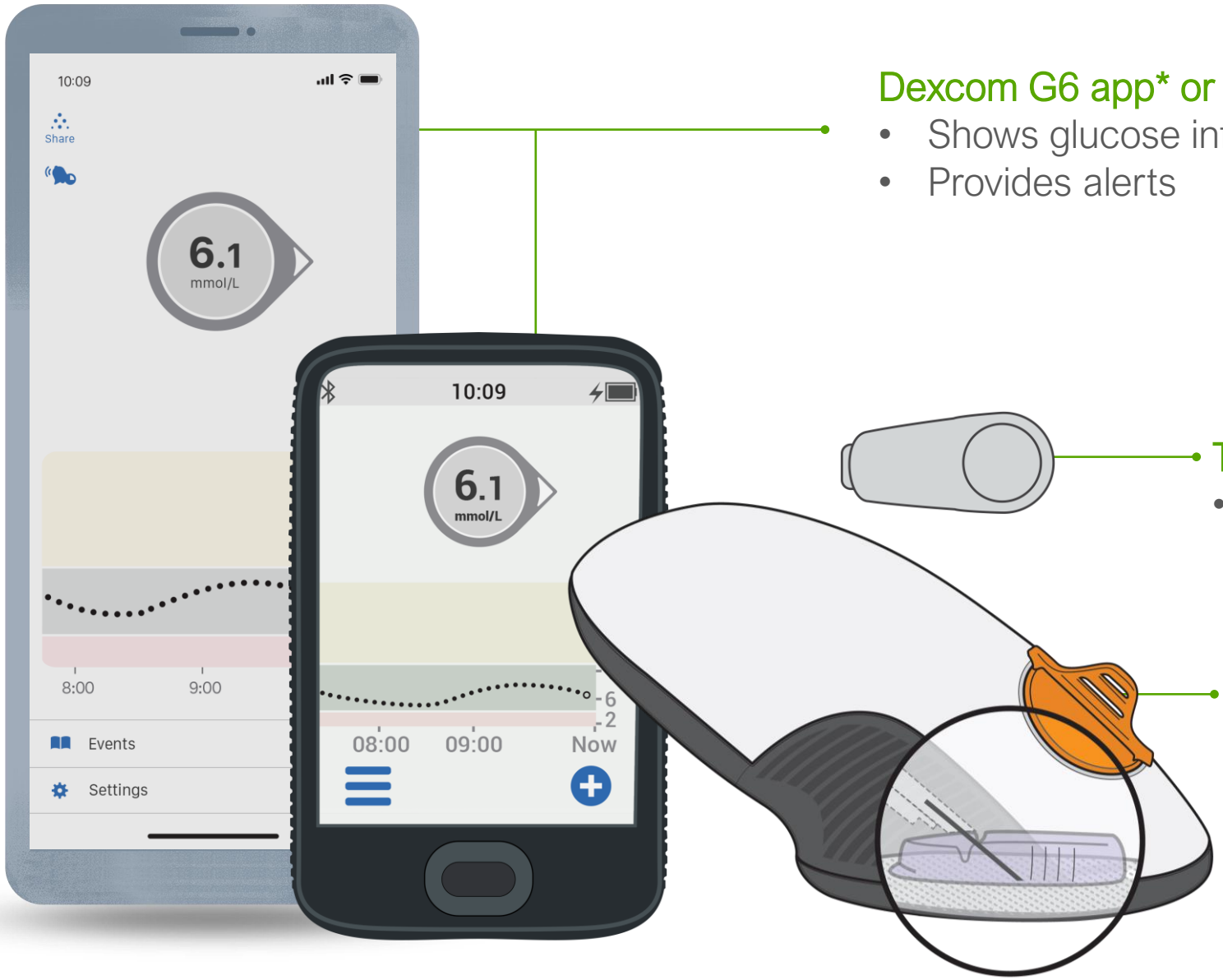
- Applicator inserts sensor under skin
- Sensor gets glucose information
- Worn for up to 10 days
- Transmitter sends glucose information from sensor to Dexcom One app or receiver

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

** In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom One User Guide (dexcom.com).

DEXCOM G6 OVERVIEW

LBL-1000670 Rev001



Dexcom G6 app* or Receiver**

- Shows glucose information
- Provides alerts

Transmitter:

- Affixed to sensor and wirelessly sends data to display device

Applicator with sensor:

- Applicator inserts sensor under skin
- Sensor gets glucose information
- Worn for up to 10 days
- Transmitter sends glucose information from sensor to Dexcom G6 app or receiver

For illustrative purposes, apps may look slightly different

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

** In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom G6 User Guide (dexcom.com).

DEXCOM G7 OVERVIEW

LBL-1000670 Rev001

For illustrative purposes, apps may look slightly different

Dexcom G7 app* or Receiver**

- Shows glucose information
- Provides alerts

Applicator with built-in Sensor

- Applicator inserts the sensor wire under skin
- Sensor gets glucose information
- Worn for up to 10 days
- Sensor sends glucose information from sensor to Dexcom G7 app or receiver

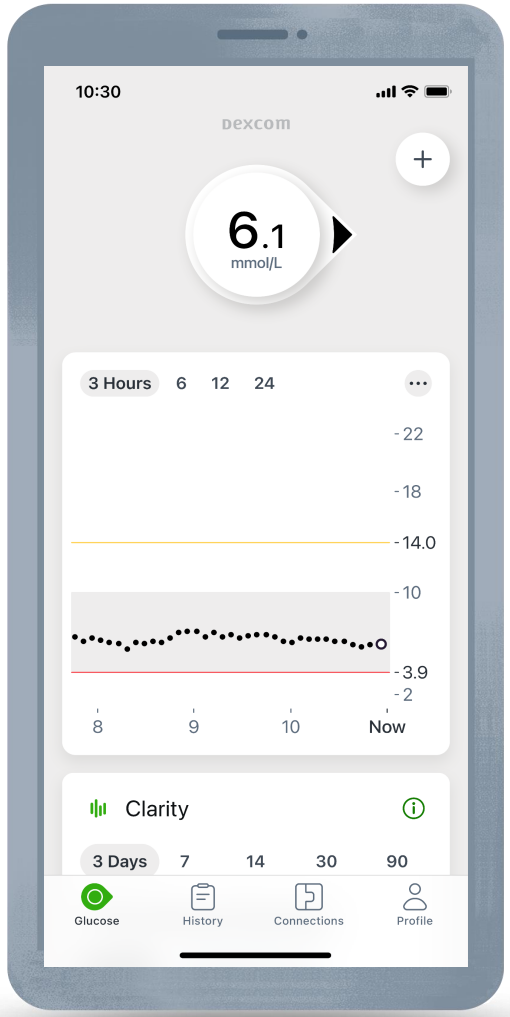
* For a list of compatible devices see: dexcom.com/compatibility

** In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom G7 User Guide (dexcom.com).

SMART DEVICE USE

If the student uses a smart device, it will need to be always with them, and the volume will need to be loud enough to hear alerts.

If the student is out of range (6 metres) from the device for a period of time, no real time alerts will sound but the information will backfill when back in range of the transmitter.

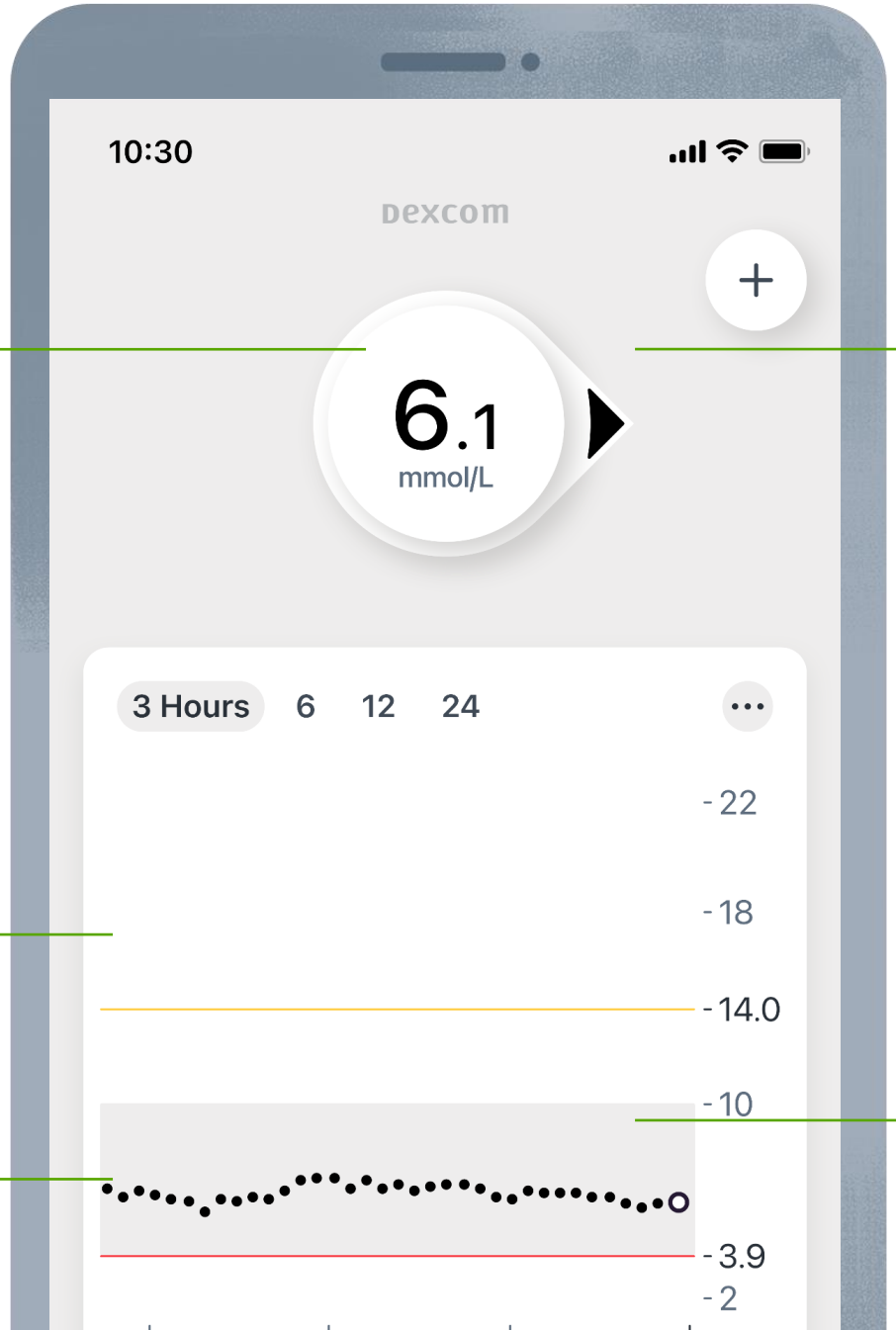


For illustrative purposes, apps may look slightly different

Current Glucose: Shows where the student's glucose is now

High Alert Level: The student will be alerted when glucose rises above this level

Low Alert Level: The student will be alerted when glucose falls below this level



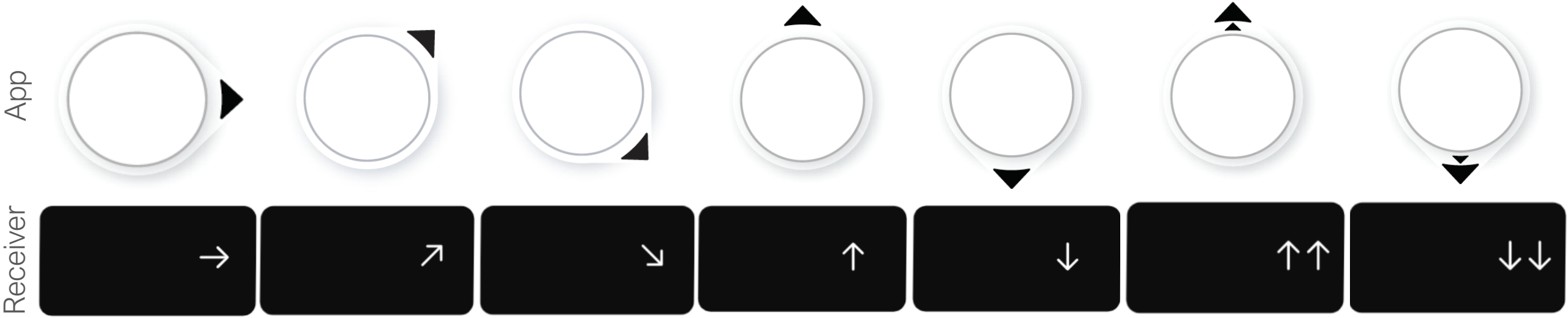
Trend Arrow: Shows a student's glucose speed and direction

Trend Graph: Shows a student's glucose over the past 3, 6, 12 or 24 hours

For illustrative purposes, apps may look slightly different

TREND ARROWS

Trend arrows show a student's glucose speed and direction.



Steady

Changing less than 1.7 mmol/L in 30 minutes

Slowly rising or falling

Changing 1.7–3.3 mmol/L in 30 minutes

Rising or falling

Changing 3.3–5.0 mmol/L in 30 minutes

Rapidly rising or falling

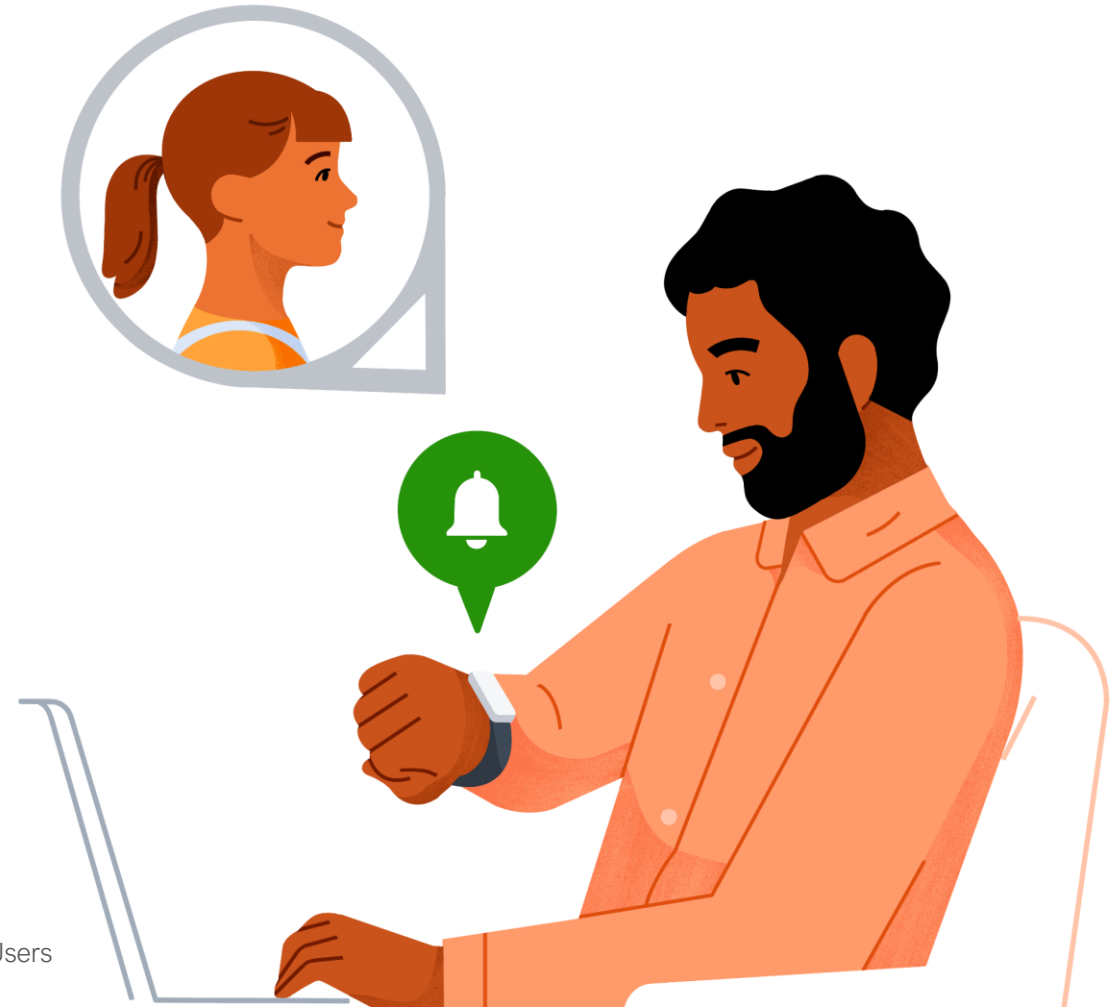
Changing more than 5.0 mmol/L in 30 minutes

DEXCOM SHARE*

The Dexcom G6 and G7 app (not receiver) have the built-in Dexcom Share feature, where up to 10 followers can monitor a student's glucose from their smart device. †

Followers can be parents, spouses, grandparents, caregivers or even you.

You will only get alerts to your follow app when the student's transmitter is in range of the phone and the phone is transmitting to the cloud.



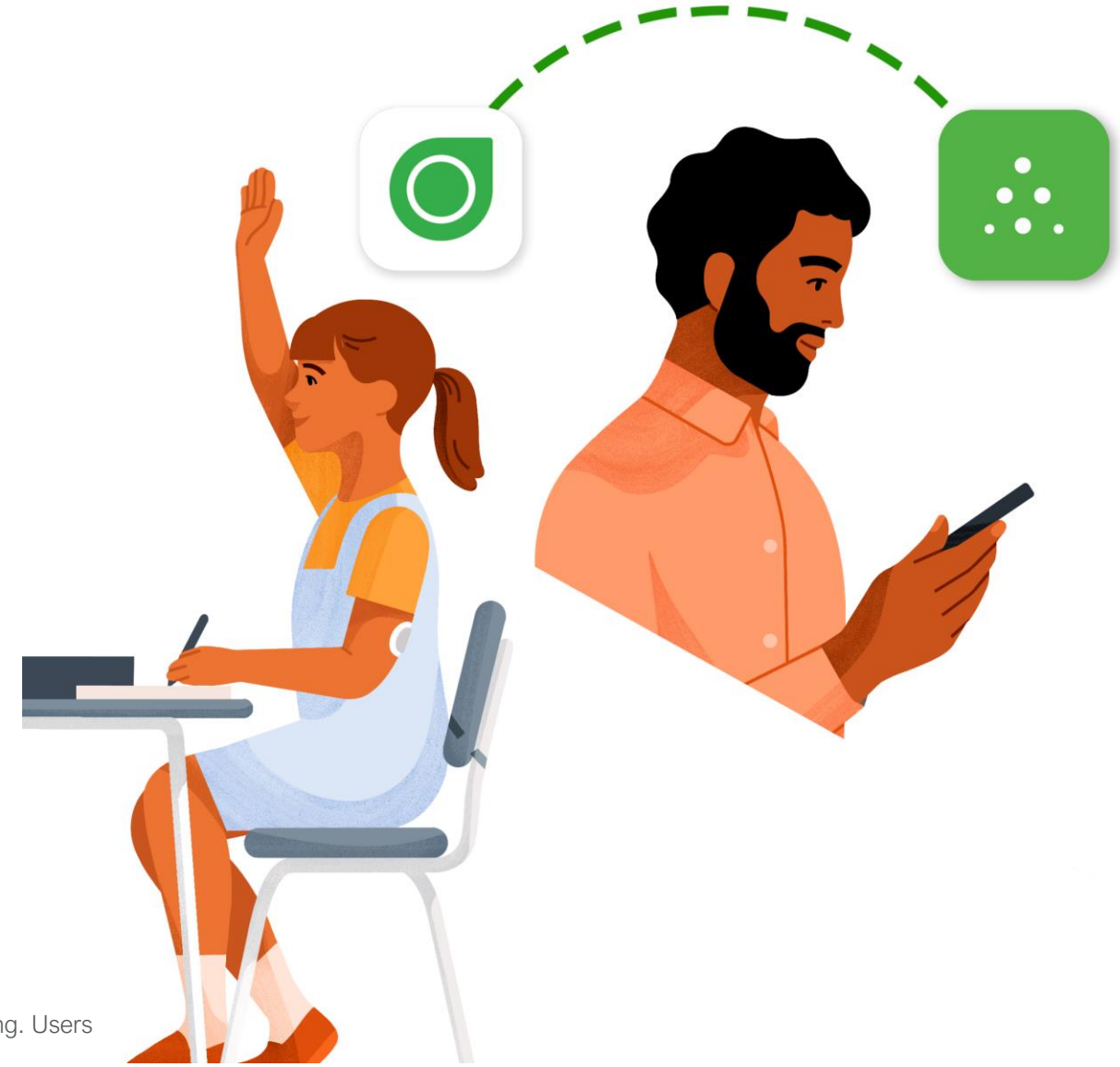
*This feature is available on the Dexcom G6 and Dexcom G7 system only
† Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G6 app or receiver before making treatment decisions.

DEXCOM SHARE*

The student wearing the Dexcom G6 or G7 is known as the Sharer. To share glucose information with Followers, the student will need:

- The Dexcom G6 or G7 app on a compatible device† with internet connection‡

A parent may ask for use of school Wi-Fi to use Dexcom Share.



*This alert is available on the Dexcom G6 and Dexcom G7 system only
†For a list of compatible devices see: dexcom.com/compatibility
‡Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G6 app or receiver before making treatment decisions.

DEXCOM FOLLOW*

To receive the student's glucose information, Followers will need to install the Dexcom Follow app on a compatible smart device† and have internet connectivity. When someone is added as a Follower they will be sent an email with instructions.

Any diabetes treatment decision should be based on the student’s Dexcom G6 or G7, not information from the Dexcom Follow app.

Dexcom One does not have Share/Follow.

Dexcom Follow App‡

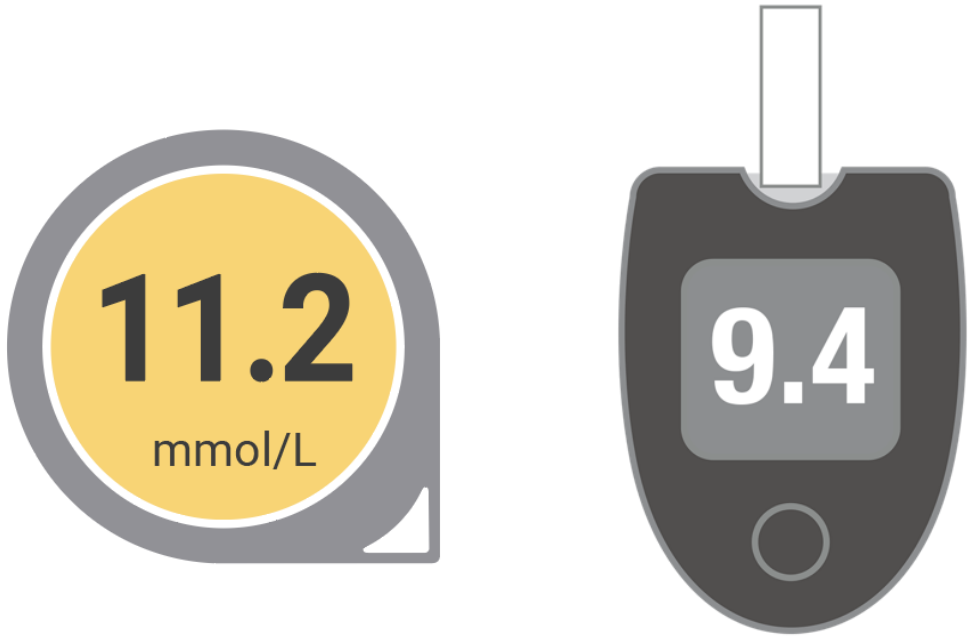
*This alert is available on the Dexcom G6 and Dexcom G7 system only
† For a list of compatible devices see: dexcom.com/compatibility
‡ Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G6 app or receiver before making treatment decisions.

ACCURACY

Dexcom CGM readings and meter values may not be the same and that's ok.

The Dexcom CGM system and a meter measure glucose from two different types of body fluids. CGM measures from interstitial fluid and a meter measures from blood.

CGM and meters both have a range in which they are considered accurate. Readings can be different and still fall into their accurate range.



CGM in SCHOOL

Students may come to see you for a variety of reasons regarding their CGM.

The next few screens explore how you may use CGM in a school setting.

We will also look at some specific scenarios that you may encounter with students.

TREATMENT DECISIONS

A student may come to you to treat a low or high glucose level. All Dexcom CGM devices can be used to make treatment decisions such as treatment for a low glucose level or dosing insulin for a high glucose level.

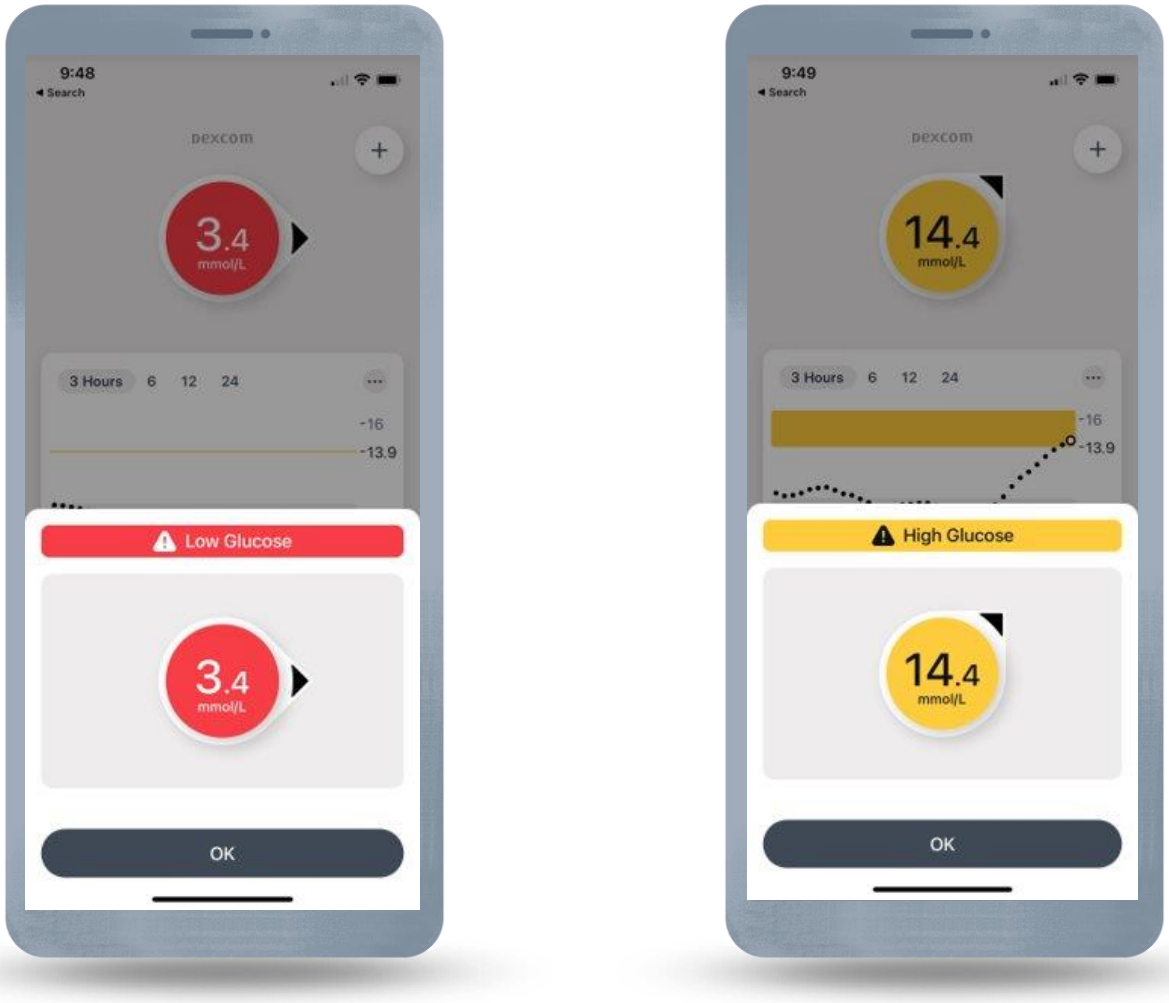
Always use a blood glucose meter:

- If a number and an arrow are not shown on the Dexcom CGM app
- Any time the student's symptoms or expectations don't match readings. For example, if a student says they feel low but the Dexcom CGM shows them in a normal range.

LOW AND HIGH ALERTS

Each student should have a set low and high glucose alert on their Dexcom device.

The display device will either vibrate or sound based on the student's alert settings.



For illustrative purposes, apps may look slightly different

URGENT LOW SOON*

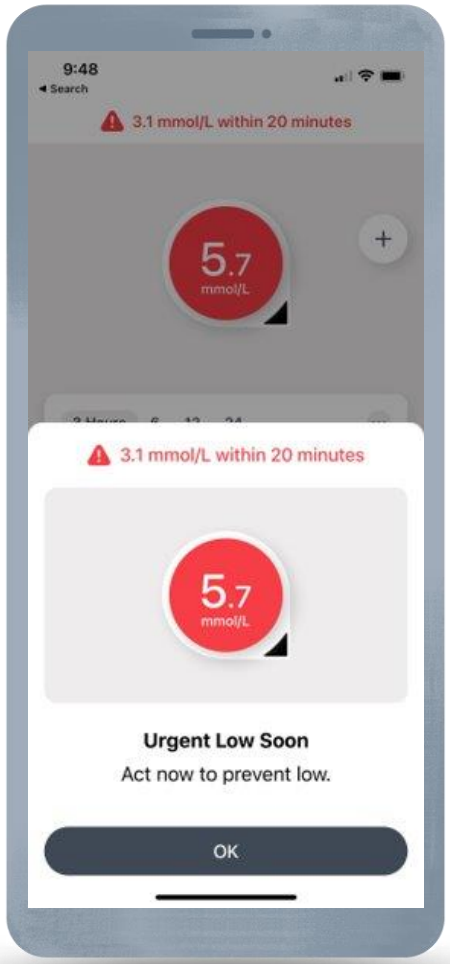
At times, glucose levels fall quickly. The new Urgent Low Soon alert* is designed to provide a 20 minute advance warning of when the user will reach 3.1 mmol/L, so they can act quickly to avoid a potential severe hypoglycaemic event.

A student can get an Urgent Low Soon alert even if their sensor reading is in their normal range. This alert lets you know they are falling fast so they can eat or drink right away to stop the fall.

Depending on how quickly the student will be at 3.1 mmol/L, they will either get their Urgent Low Soon Alert or their Low Alert:

- Within 20 minutes = Urgent Low Soon Alert
- Not that fast = Low Alert and/or Urgent Low Alert

The Urgent low soon alert is fixed and cannot be adjusted, but it can be turned on or off.



For illustrative purposes, apps may look slightly different

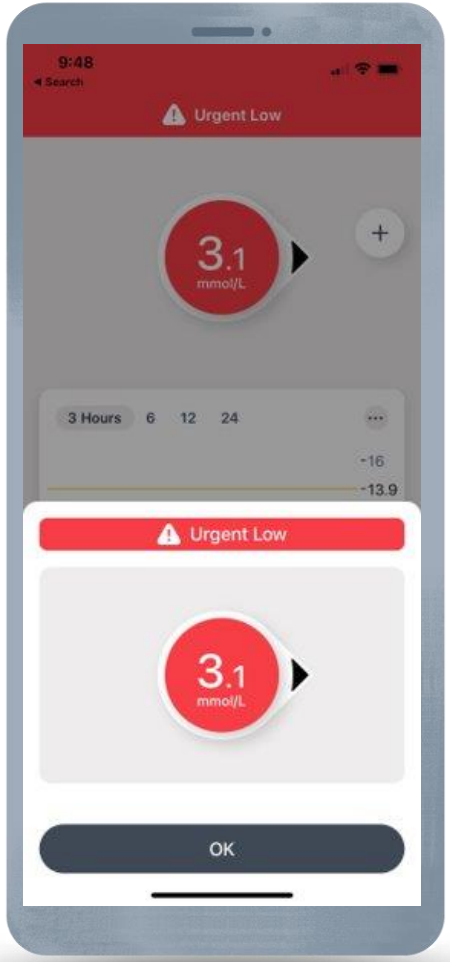
*This alert is available on the Dexcom G6 and Dexcom G7 system only

URGENT LOW*

On the G6 /G7, There is also the Urgent Low Alert that lets you know when the student's sensor glucose is at or below 3.1mmols/l.

Urgent low can’t be changed or turned off.

Please be aware that on the Dexcom G7 there is the ability to silence all alerts for a period of time. The urgent low alert would therefore still be seen on the app screen but would not initially sound/vibrate. If not responded to these alerts will become audible after 20 minutes



For illustrative purposes, apps may look slightly different

*This alert is available on the Dexcom G6 and Dexcom G7 system only

RESPONDING TO ALERTS

Based on your student's treatment plan a student may come to you to help respond to alerts.

The steps you should take are:

- Go into the Dexcom app on the student's smart device
- Tap OK to clear the alert
- Take action based on the glucose information shown in the Dexcom app and your students treatment plan

SENSOR INSERTION

You may need to help a student with sensor insertion.

Different Dexcom devices have different approved sites. These could be either the back of the arm, the abdomen or the upper buttocks*.

Find sensor insertion videos at: **dexcom.com**

*Dexcom G6 and Dexcom One only for ages 2-17 years old, Dexcom G7 only for ages 2-6 years old.

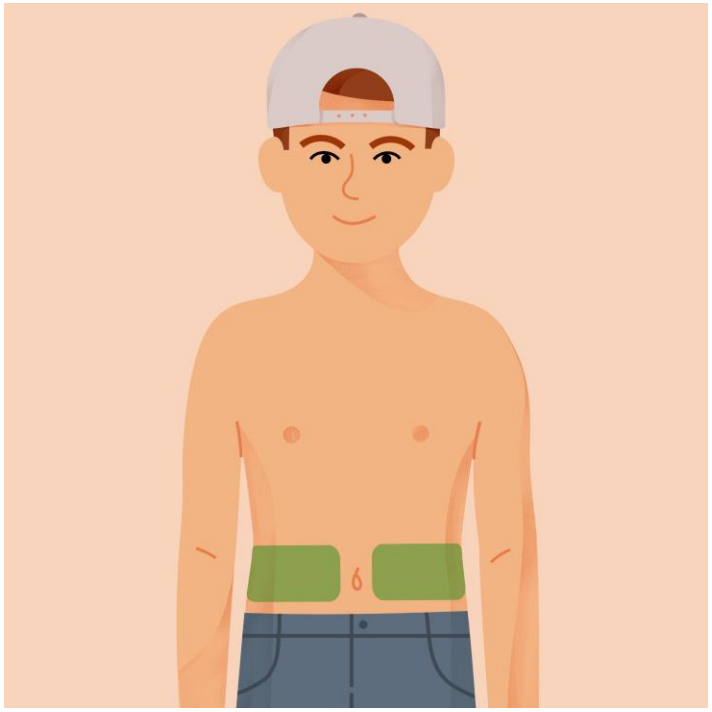
SENSOR INSERTION

Back of the upper arm

Ages 2+

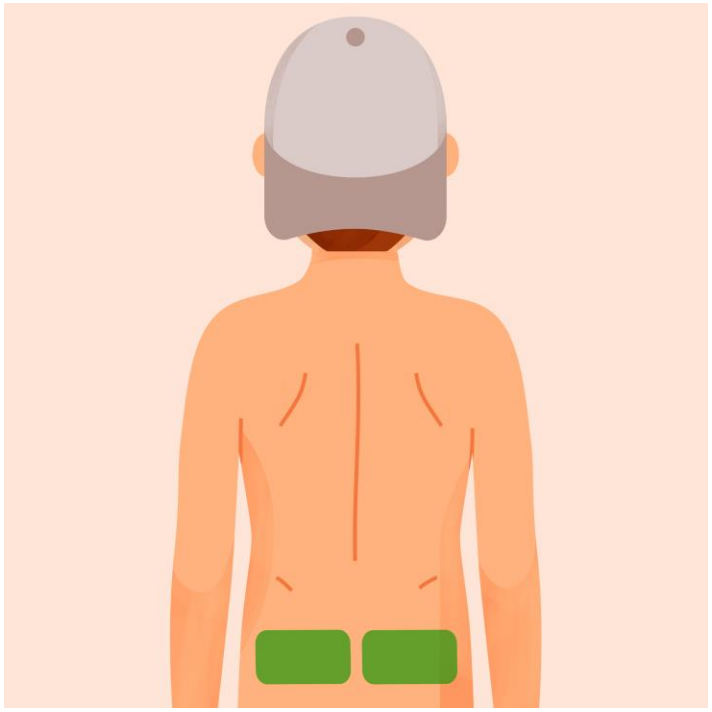
Abdomen

Ages 2+



Upper buttocks

Dexcom G6 and Dexcom One only for ages 2-17 years old
Dexcom G7 only for ages 2-6 years old

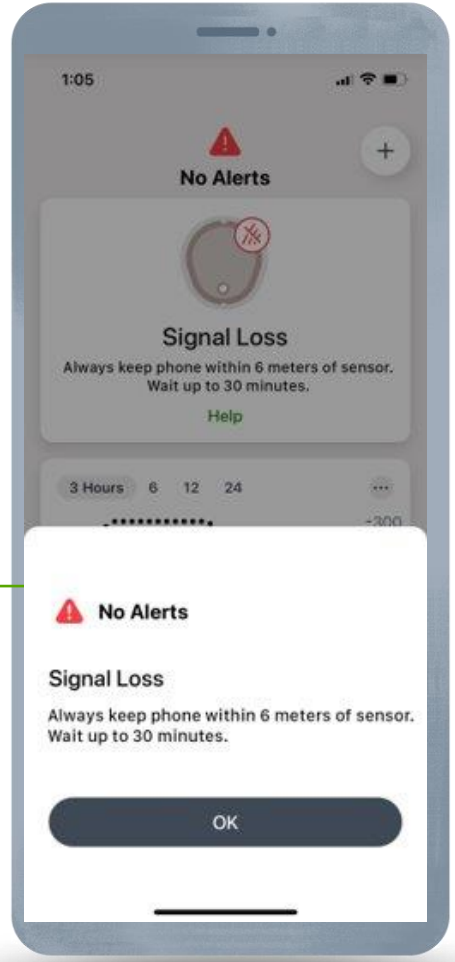


TROUBLESHOOTING

A student may come in for help with a screen they have never seen before.

Use a meter for treatment decisions if an error is shown.

For troubleshooting tips, visit dexcom.com/en-GB/faqs



For illustrative purposes, apps may look slightly different

Dexcom and special circumstances

People with Diabetes are covered by:

- Equality act 2010 (England, Scotland & Wales)
- The Disability Discrimination Act 1995 (Northern Ireland)
- The Disability Act 2005 (Southern Ireland)

Some considerations or allowances may need to be made to students with diabetes using CGM when they are taking exams, going on school trips or residentials.

These allowances should allow students to not be disadvantaged by their Diabetes diagnosis.

Dexcom and Exams

- In order for the student to be able to check their glucose levels during an exam it is advised they are able to take a blood glucose machine and/or their smart device/ Dexcom receiver into the exam room.

- Consider allowing the student to sit at the front of the exam room so that Dexcom receiver or smart device is withing 6 metres of the student if the device needs to be on a separate table (ie the invigilator table).

- If using a smart device, ask the student to turn off all other notifications, so that only Dexcom notifications are allowed.

- Decide whether sound is required.
    - If sound is required, then the student may need to sit the exam in a separate room.
    - Please note that the urgent low alert on Dexcom G6 and Dexcom G7 will sound even if the phone is silenced.

- For further information on Diabetes and school trips Diabetes UK have created a great resource here.

Dexcom and school day trips

- For activity days, placement of sensor may need to be considered
- Over-patches may need to be considered dependent on activity
- The Dexcom needs to be within 6 metres of the student at all times to get real time alerts therefore a body worn pack may be required
- The Dexcom Follow app may need to be downloaded and set up on a teacher /assistant's phone and should be considered with the students guardian
- A blood glucose machine should be provided, and someone should be trained to use it
- If the Dexcom device comes out or stops working, a plan should be in place for blood glucose monitoring
- For further information on Diabetes and school trips Diabetes UK have created a great resource here.

Dexcom and Residentials

If you are taking a student who wears a Dexcom on a residential trip there are things you need to consider as well as those already outlined for day trips.

- A separate care plan for residential trips including plans for the Dexcom system should be written with Parent/Guardian and possibly the Diabetes Specialist Nurse
- If the student is not able to change their device themselves then someone will need to be trained to do this even if a change is not due.
- Blood glucose meter must be provided as a back-up to the Dexcom device.
- At least double the amount of Dexcom product that is required, should be taken on the trip.

ADDITIONAL HELP

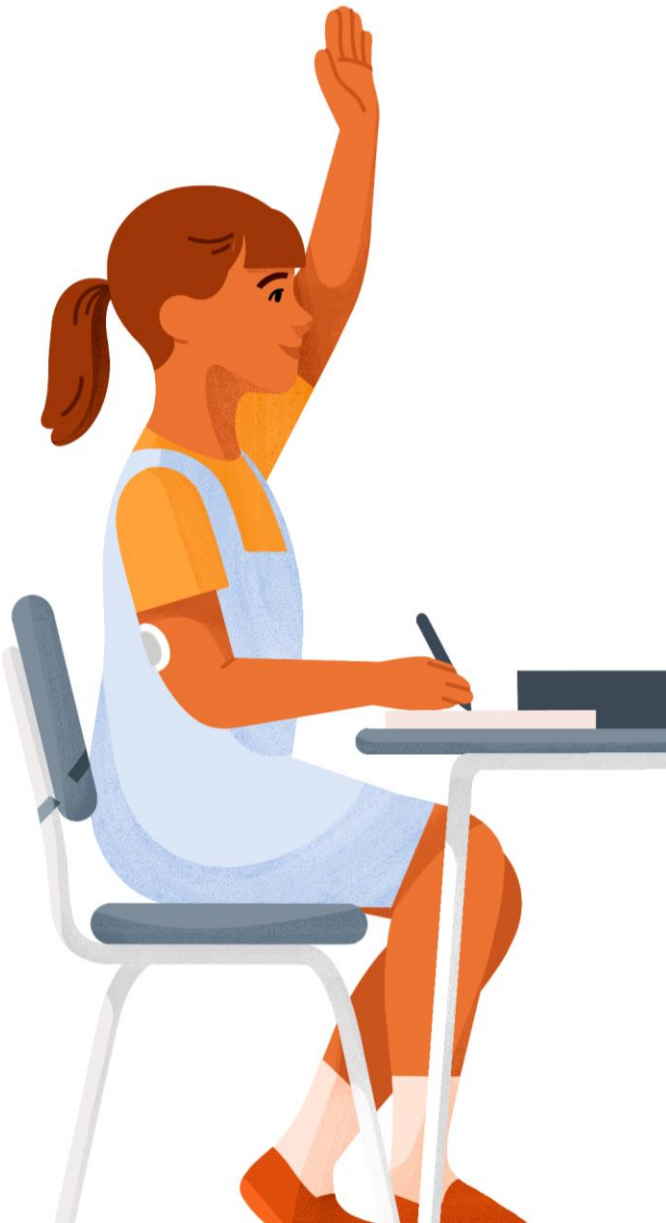
Additional support

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.

UK 0800 031 5763
Ireland 1800 827 603



EVERY STUDENT IS UNIQUE

If other issues come up regarding the student and their CGM, speak to the main caregiver and adjust the diabetes management plan as needed.

This guide is for concept illustration only. Always read the indications, warnings, precautions, and instructions provided with your Dexcom G7 CGM System. If you don't you may have inaccurate sensor readings, missed alerts, and might miss a severe low or high glucose event.

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