

app getting started

one+

Welcome!

Today we will cover:

- Setting expectations
- Setting up the Dexcom ONE+ app
- Inserting the sensor
- Dexcom ONE+ alerts and app features
- Removing the sensor
- And more



Value of Dexcom ONE+

- Real time glucose readings up to every 5 minutes
- Can help you identify trends and patterns
- Can help you take action to avoid high or low glucose
- No fingersticks needed to make diabetes treatment decisions*

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

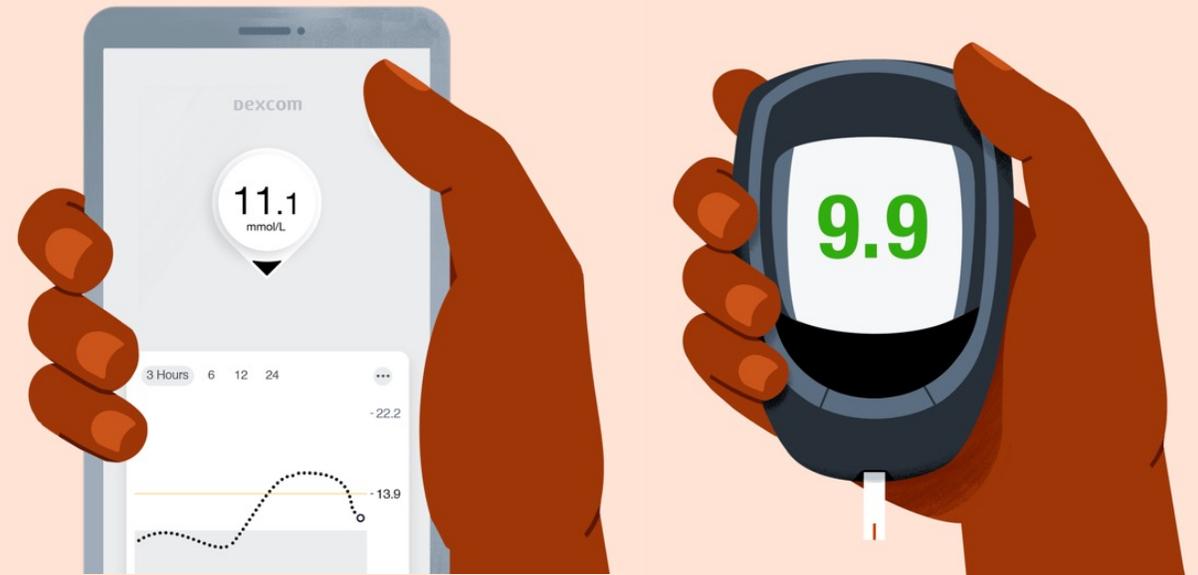
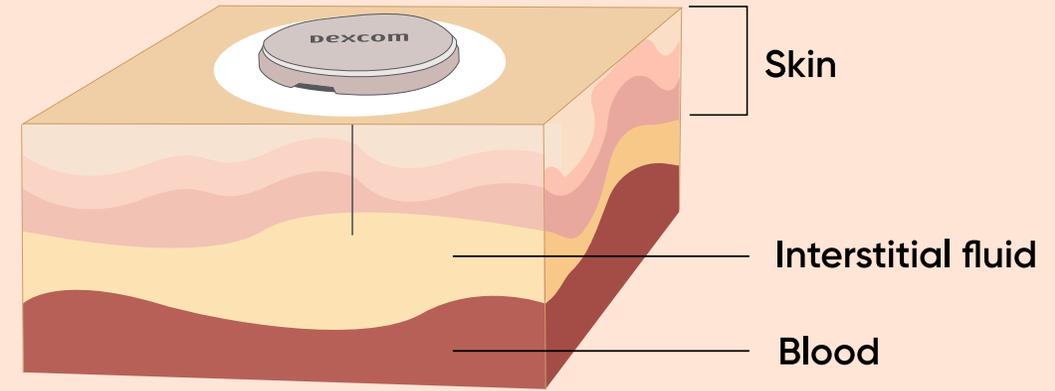


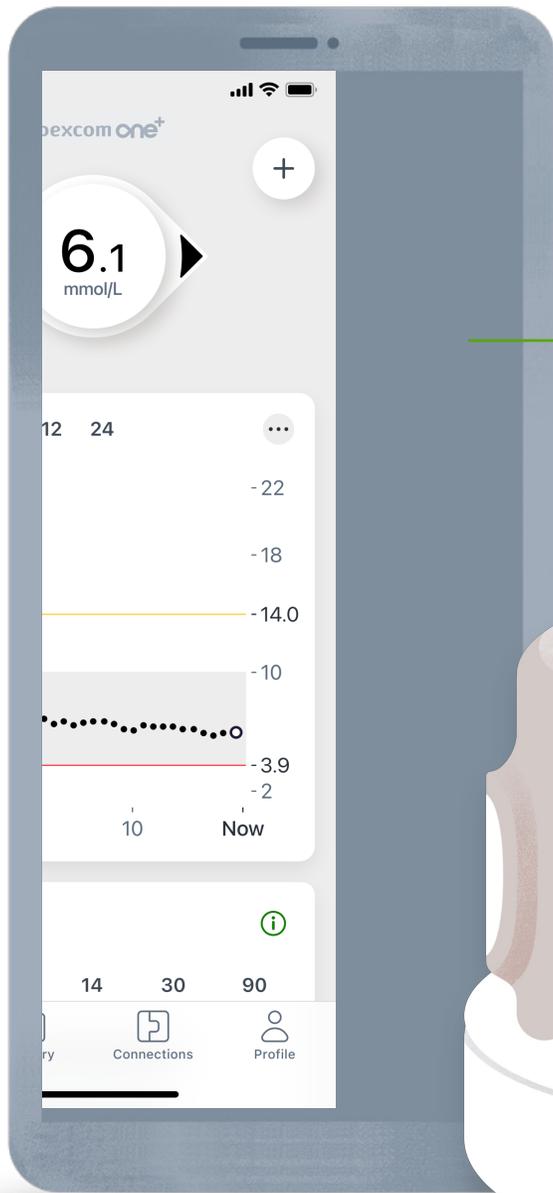
Setting Expectations

The Dexcom ONE+ measures the glucose levels in the interstitial fluid just beneath your skin. Blood glucose meters measure glucose levels in your blood. Because glucose travels from the blood into the interstitial fluid, your blood glucose changes a little before your interstitial fluid does.

Readings can be different and still be considered accurate.

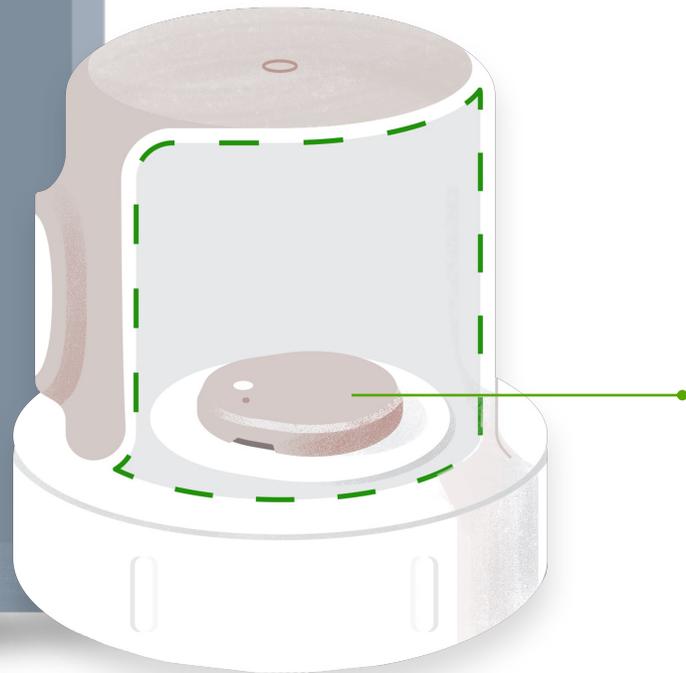
Note: The difference between your meter and Dexcom ONE+ readings may be greater when you insert a new sensor. Generally, the readings get closer over the first 24 hours.





Dexcom ONE+ app

- Shows glucose information
- For a list of compatible devices see: dexcom.com/compatibility



Applicator with built-in Sensor

- Applicator inserts the sensor under your skin
- Sensor gets glucose information
- Sensor sends glucose information to the Dexcom ONE+ app

Smart devices sold separately.

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 sensor.
- **What does it do?** Review key metrics, create reports, or authorize data sharing with your clinic.

Install Dexcom ONE+ App

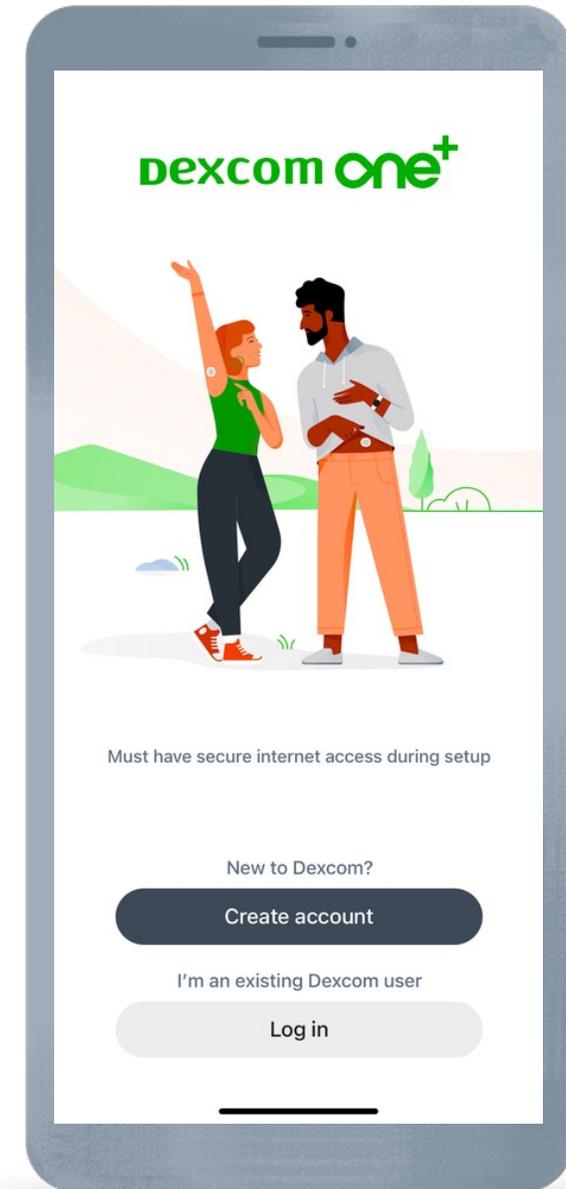
Download the Dexcom ONE+ app from
your app store.

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



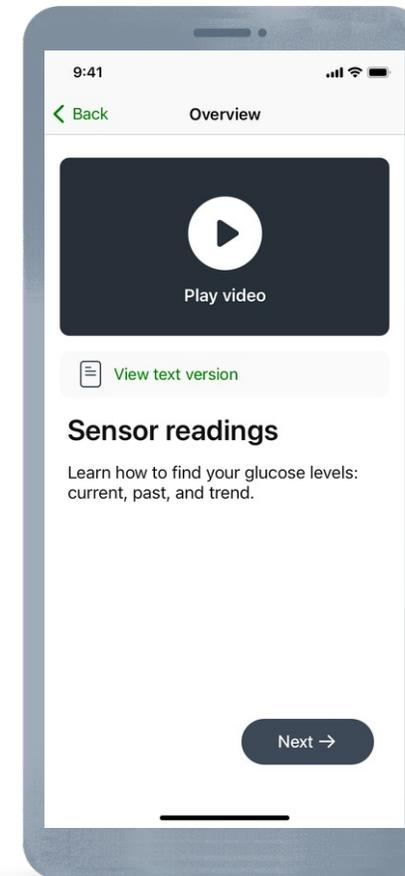
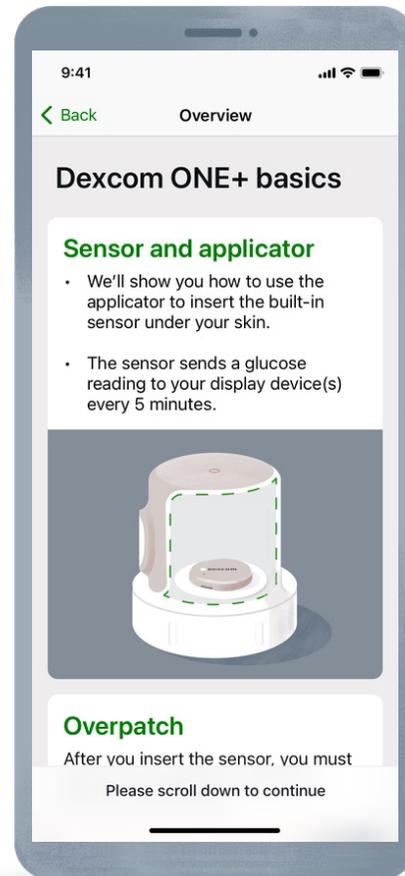
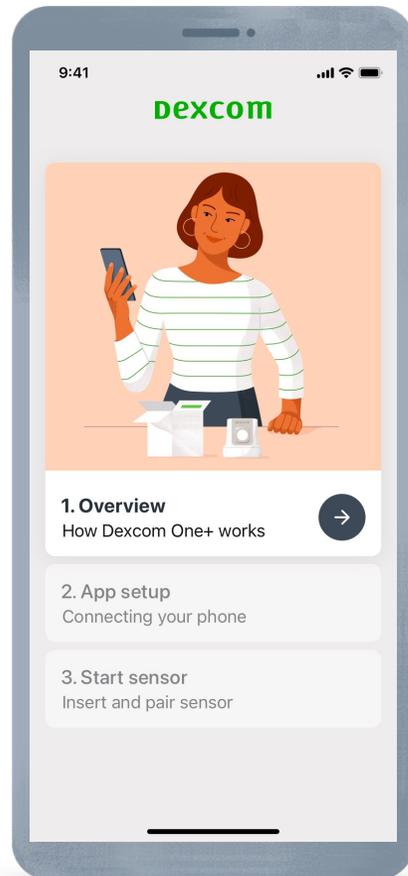
Login

Login using existing Dexcom account or create a new account.

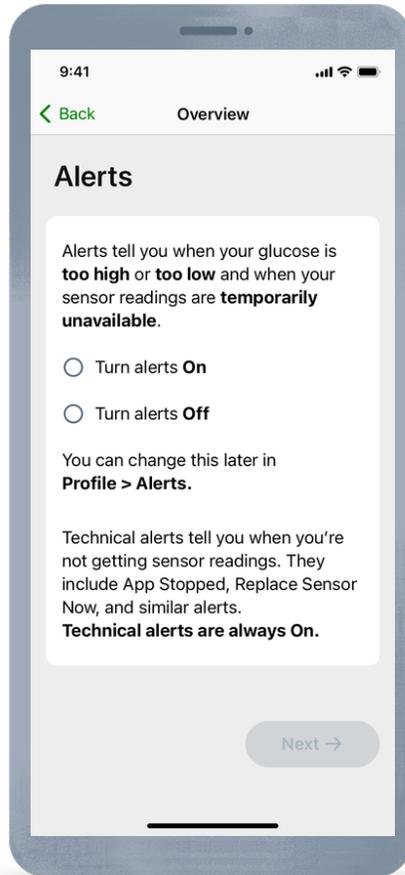


App Onboarding: Overview

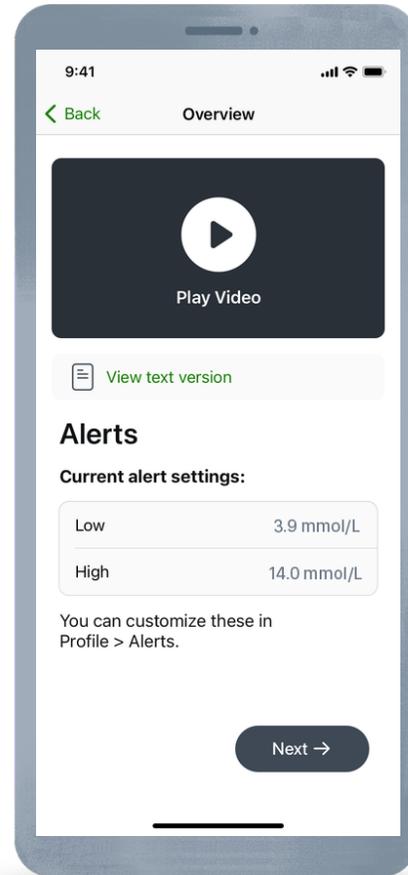
The app walks you through the entire setup process step-by-step. Just follow along and you will have a successful setup. The Overview portion of the app goes over Dexcom ONE+ information and allows you to turn alerts on or off.



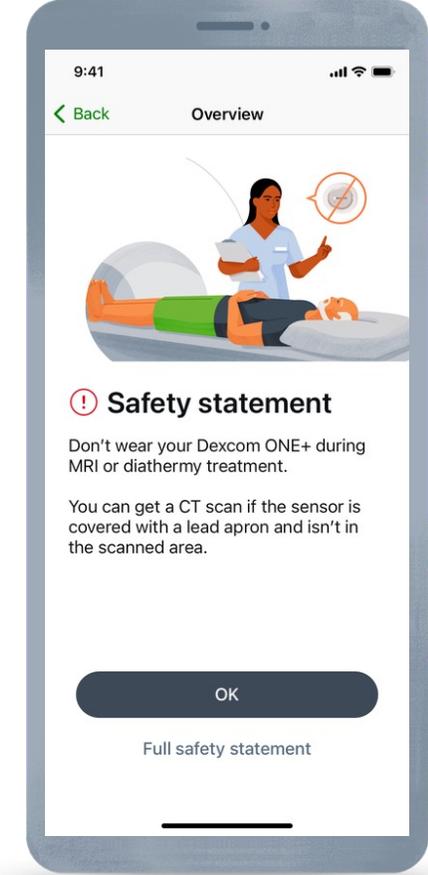
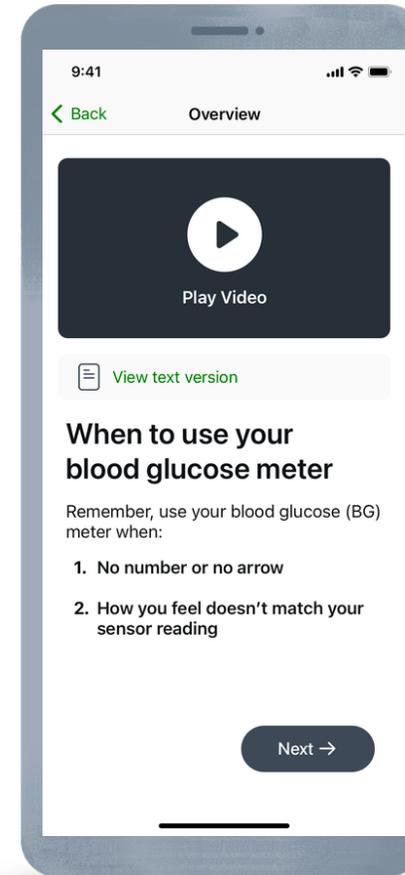
App Onboarding: Overview (cont.)



Turn alerts On or Off



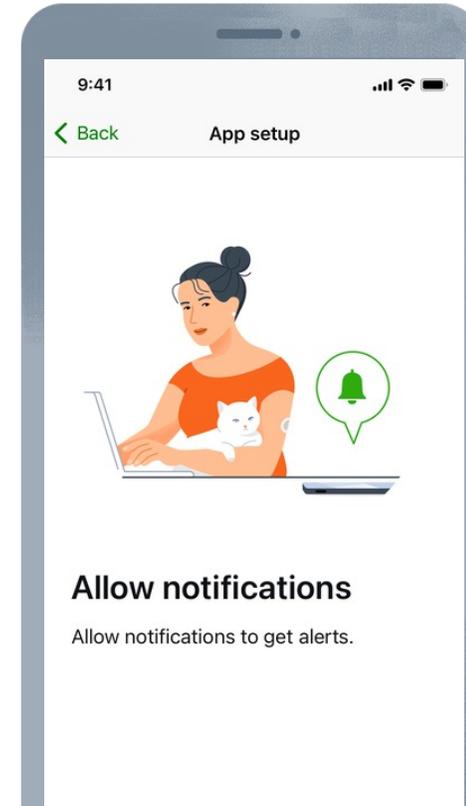
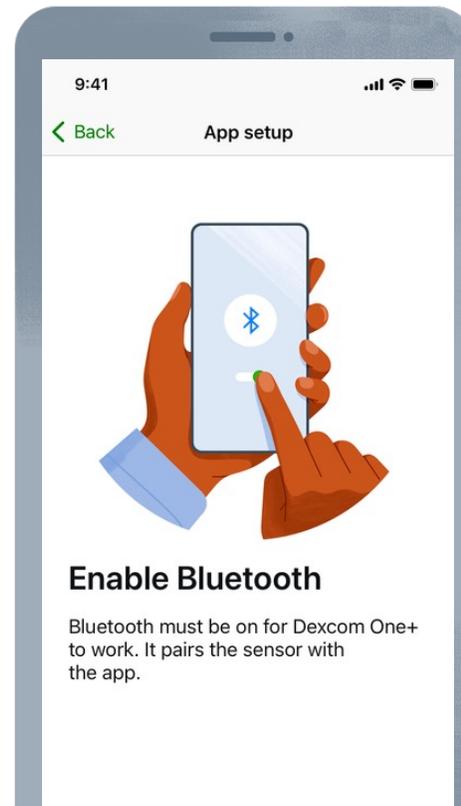
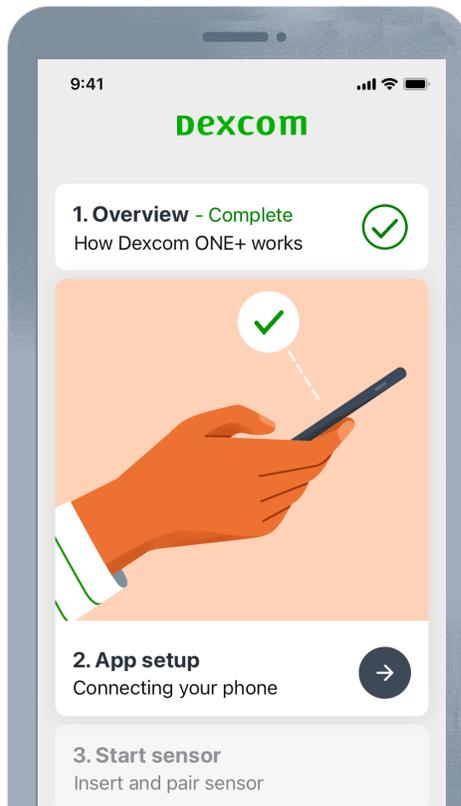
If alerts are turned On, you will be shown a video on alerts



App Onboarding: App Setup

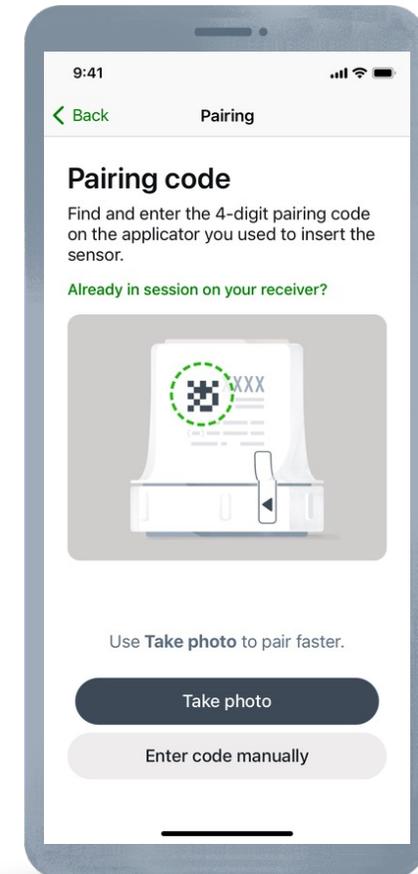
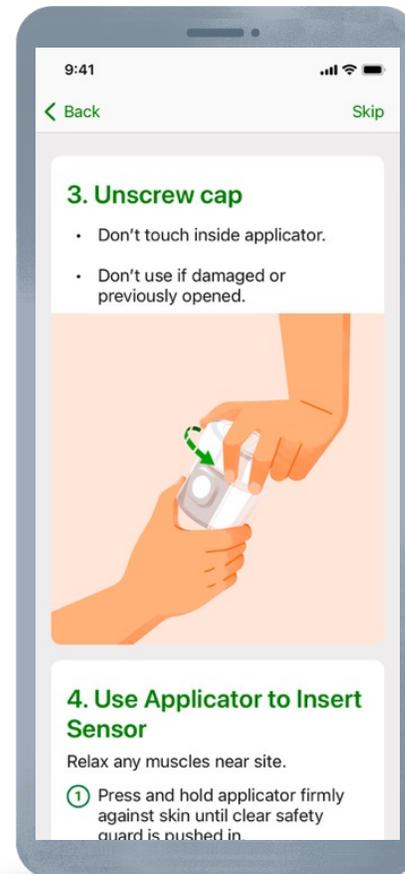
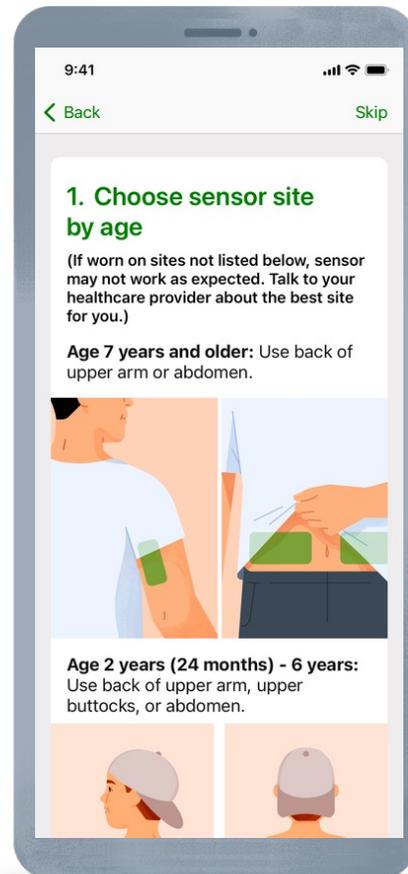
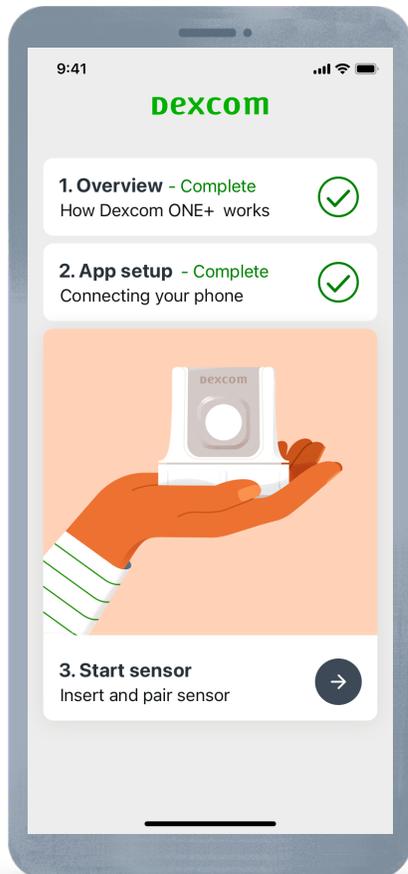
App Setup, walks through:

- Enabling Bluetooth (must be on for the system to work)
- Setting other required phone settings (Android and iOS are different)



App Onboarding: Start Sensor

Start Sensor, walks through sensor site selection, inserting the sensor, and pairing. Discussed more on the next slides.

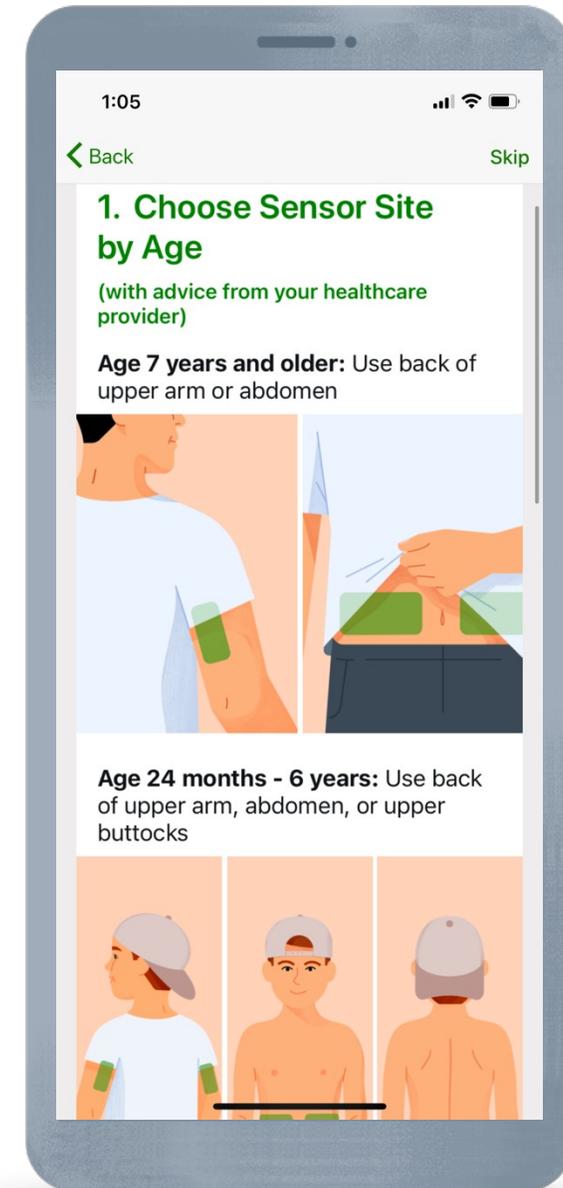


Insert Sensor

When prompted, insert your sensor. The app provides you with instructions.

- Avoid areas:
- With loose skin or without enough fat to avoid muscles and bones
- That get bumped, pushed, or you lie on while sleeping
- Within 8 centimeters of infusion or injection site
- Near waistband or with irritations, scarring, tattoos, or lots of hair

Note: Note: Once inserted, the sensor is waterproof up to 2.4 meters. You can get the sensor wet while bathing, showering, or swimming.



Insert Sensor



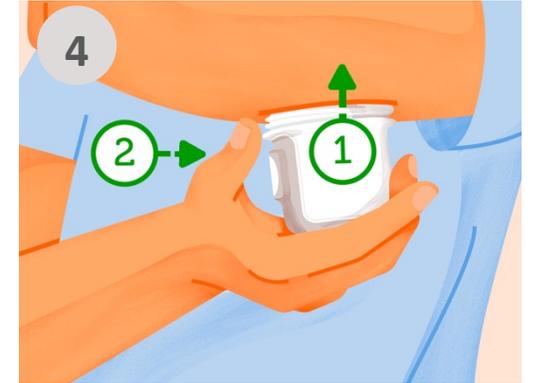
Wash hands with soap and water. Dry.



Rub site with an alcohol wipe. Wait until dry.



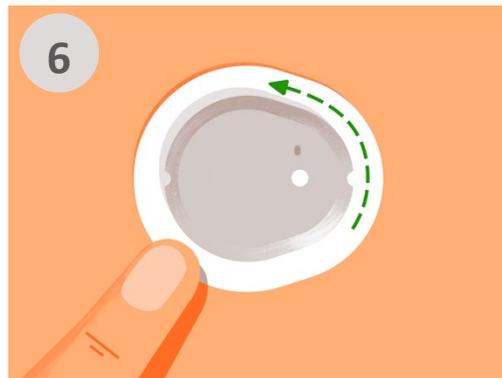
Unscrew cap. Don't touch inside applicator.



Press and hold applicator firmly against skin and then push button.



Remove applicator.



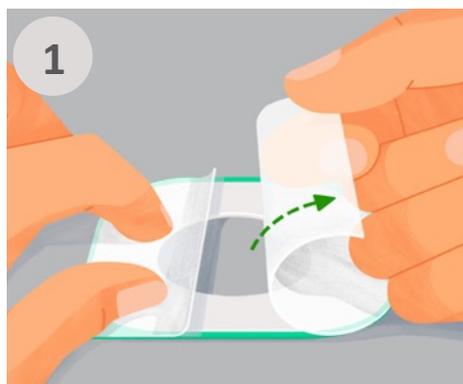
Rub firmly around patch 3 times.



Gently press on top of sensor for 10 seconds.

Overpatch

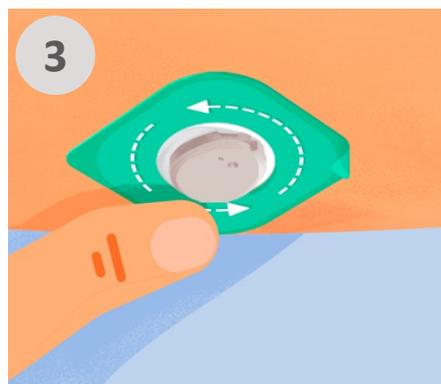
The overpatch helps keep the sensor on. Find the overpatch bundled with the instructions in the sensor box.



Carefully pull off both clear liners, one at a time. Don't touch white adhesive area.



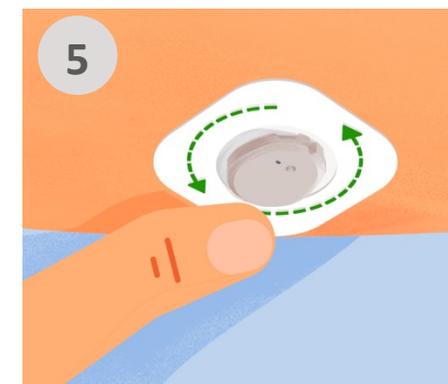
Use colored tab to place overpatch around sensor.



Rub around overpatch.



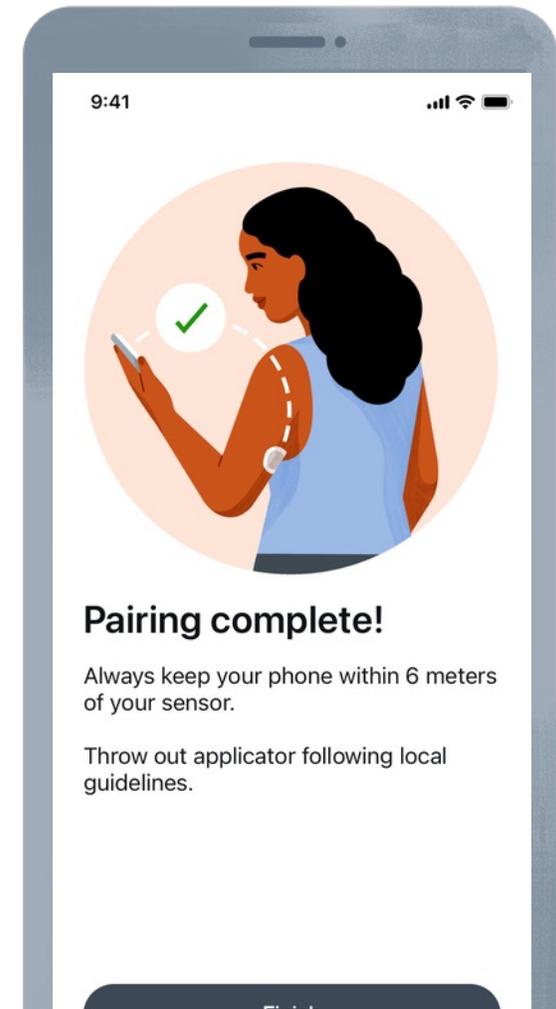
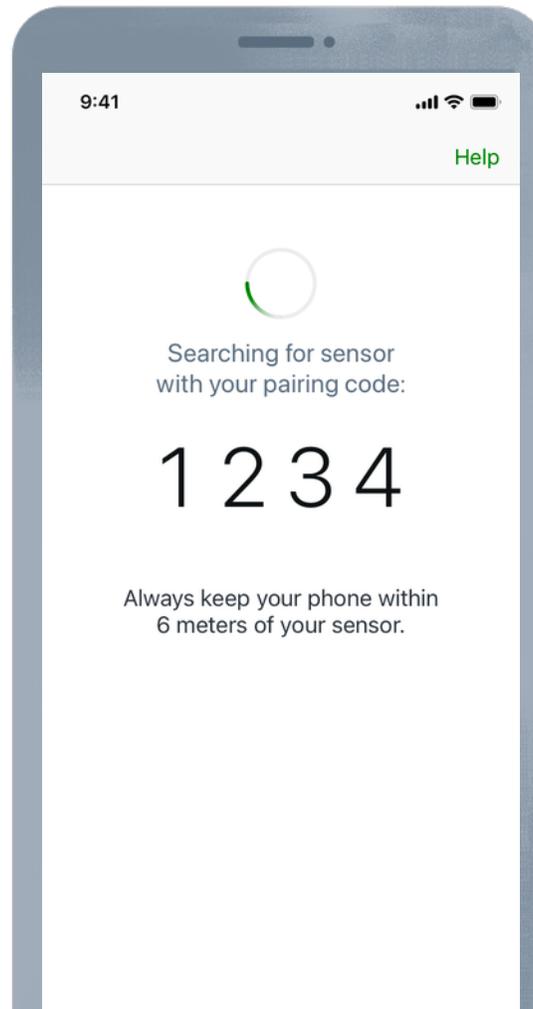
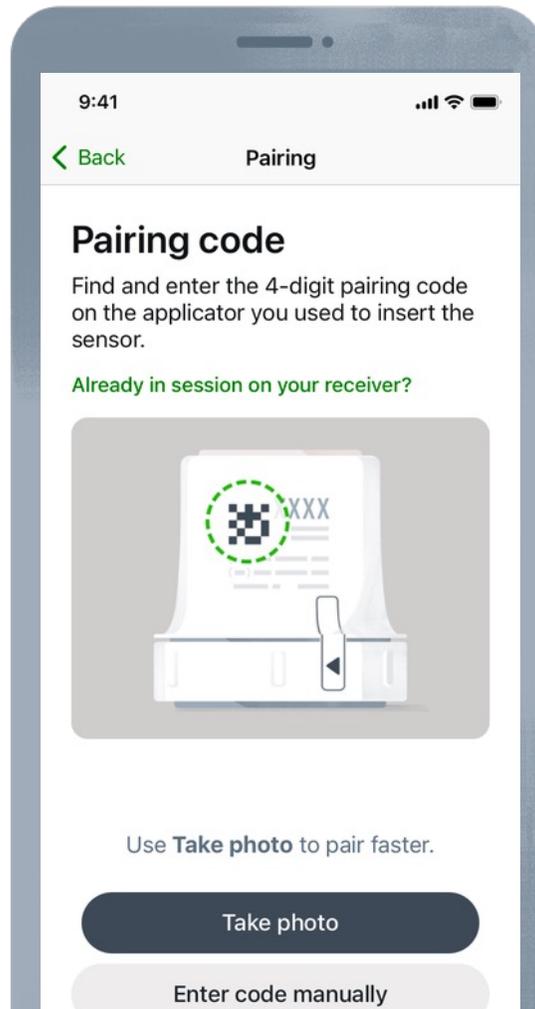
Use tab to peel off colored liner.



Rub around overpatch.

Pairing

After inserting the sensor, enter the pairing code and wait for your sensor to pair.

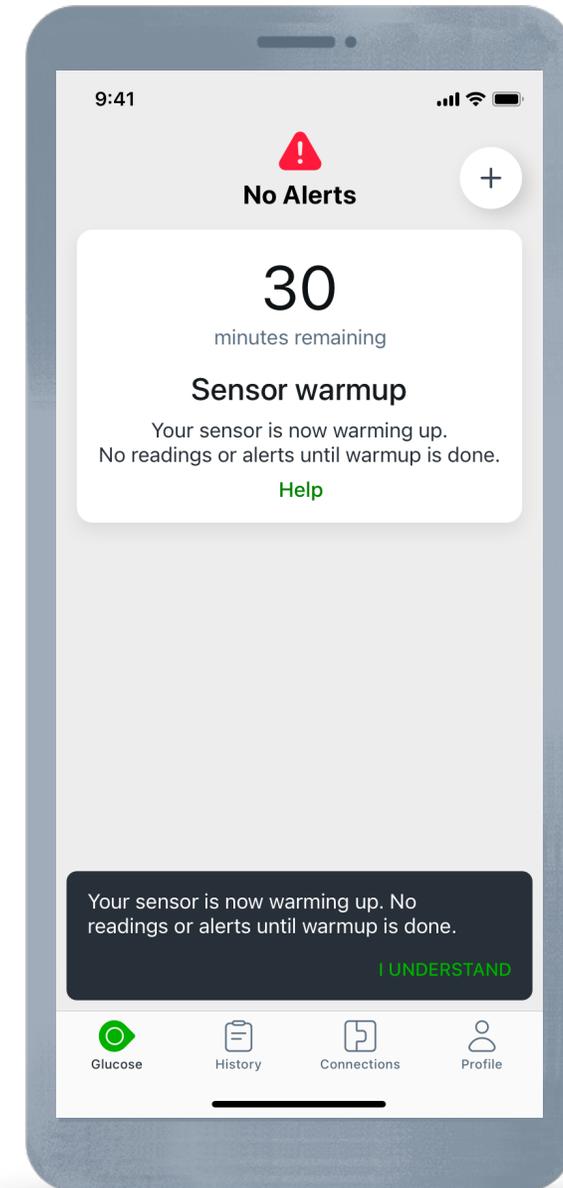


Warmup

Once communication is confirmed, the warmup starts.

The sensor warmup timer tells you when readings and alerts will start. The warmup starts at sensor insertion, so you may see fewer than 30 minutes.

Keep smart device within 6 meters during this time.

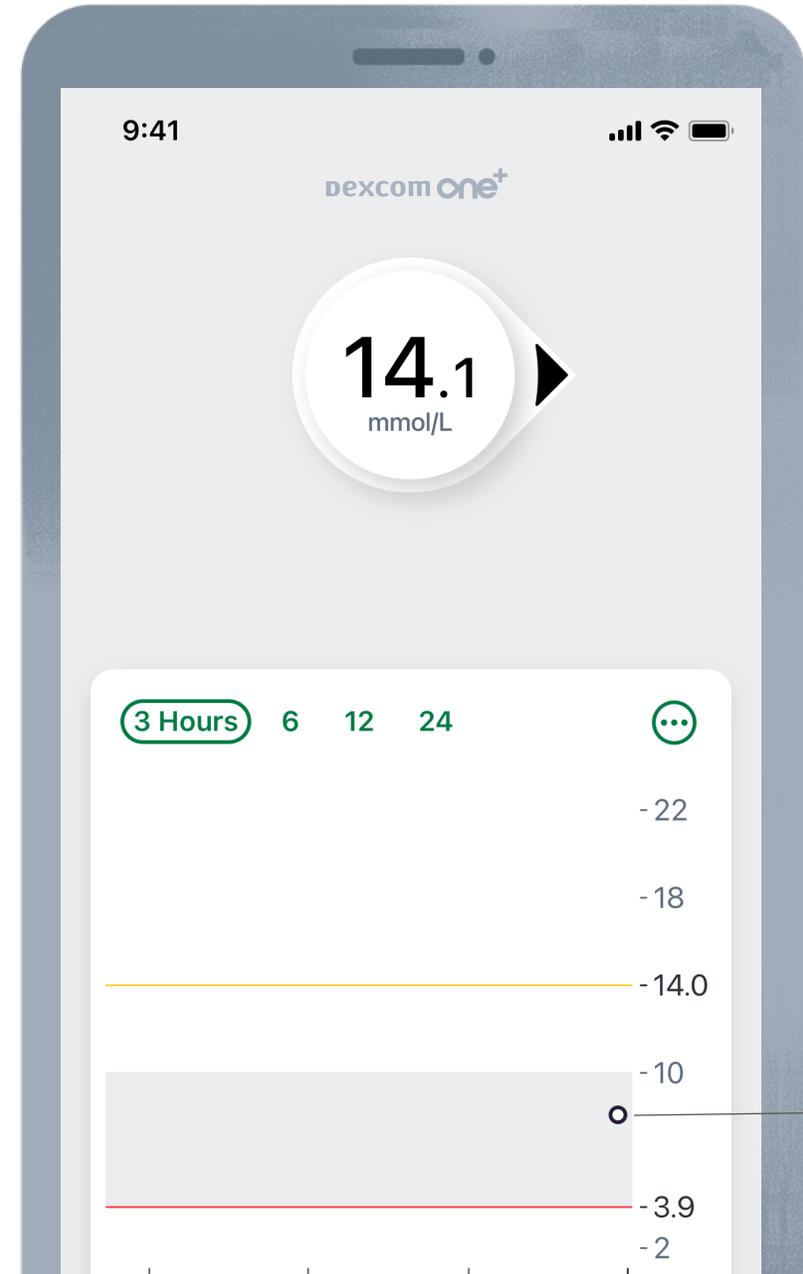


Beginning of Trend Graph

After the warmup, the beginning of the trend graph will appear.

The smart device must be within 6 meters to receive glucose information.

If you do walk away from your device, when you reconnect, the app will back fill up to 24 hours of data.



First Reading

Current Sensor Reading

Add Event

Trend Arrow

Hours Shown

Edit Alerts

High Alert Level

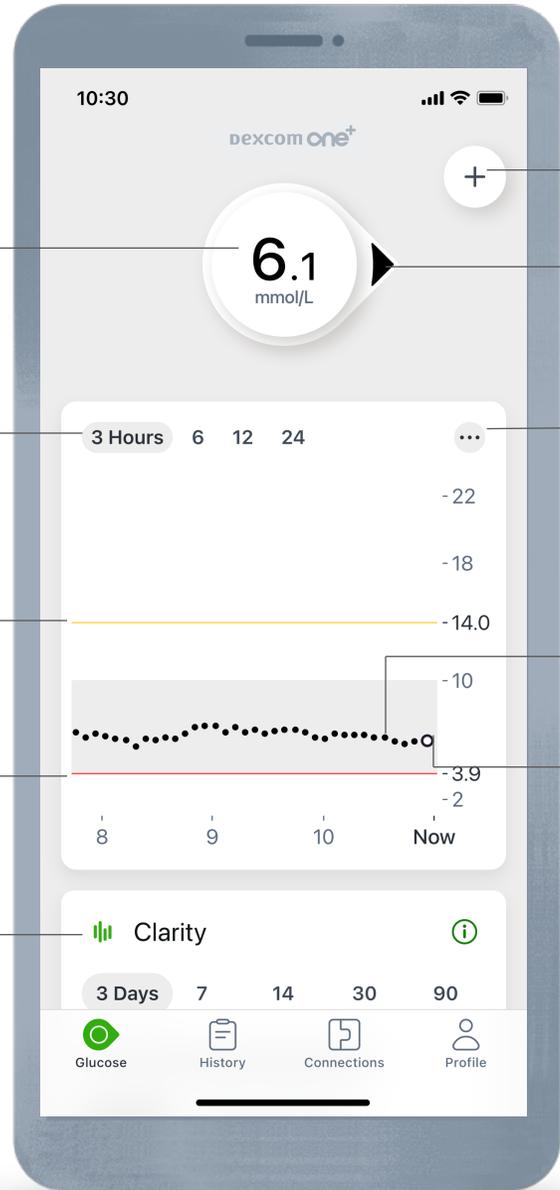
Trend Graph

(scrub along to view past glucose values)

Low Alert Level

Current Sensor Reading

Clarity Card

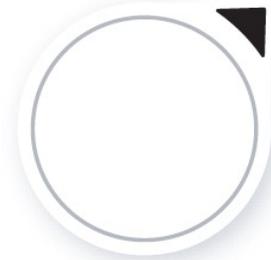


Trend Arrows

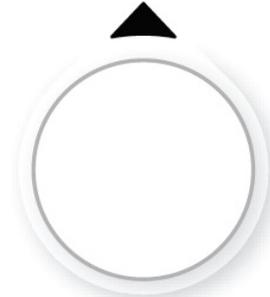
Trend arrows show the speed and direction glucose is heading.



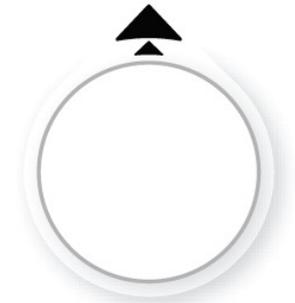
Steady
Changing less
than 0.8 mmol/L
in 15 minutes



**Slowly rising or
falling**
Changing
0.8-1.7 mmol/L
in 15 minutes



Rising or falling
Changing
1.7-2.5 mmol/L
in 15 minutes



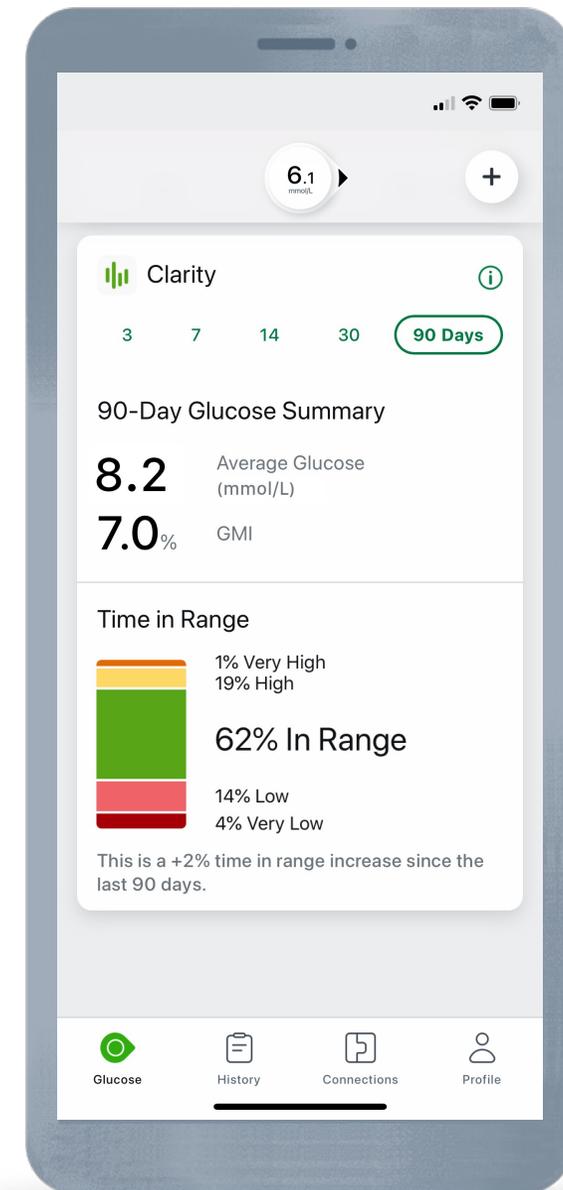
**Rapidly rising or
falling**
Changing more
than 2.5 mmol/L
in 15 minutes

Clarity Card

Tap the Reports tab to see Clarity glucose summary reports.

The 3, 7, 14, 30, and 90-day reports show glucose changes over time using the information recorded in the app.

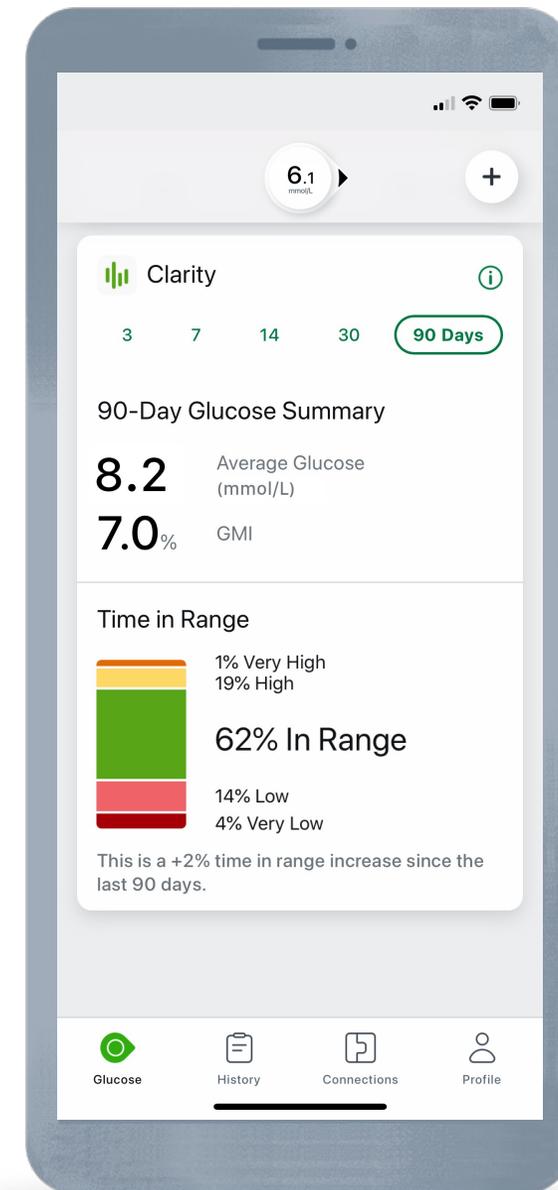
The Clarity Card will not be populated until there is at least 3 days of data. The GMI portion requires 7 days of readings to appear.



Time in Range (TIR)

Time in Range is a metric that calculates the percentage of glucose readings that fall within a target range of 3.9-10.0.

Time in Range has many advantages over A1C including the ability to reveal the extent of low and high glucose values.



Low Alert

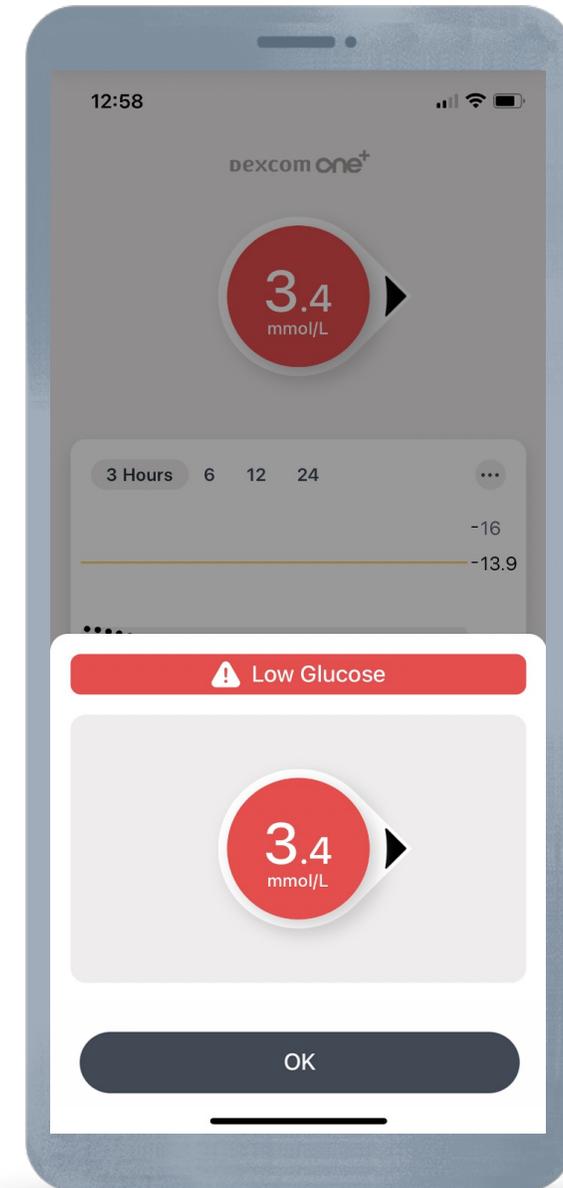
Alerts when sensor reading is at or below the set level.

Default: 3.9 mmol/L (if turned on during setup)

Range: 3.3-8.3 mmol/L

Can be turned off or customised
(level, tone, snooze) in

Profile > Alerts > Low Alert.



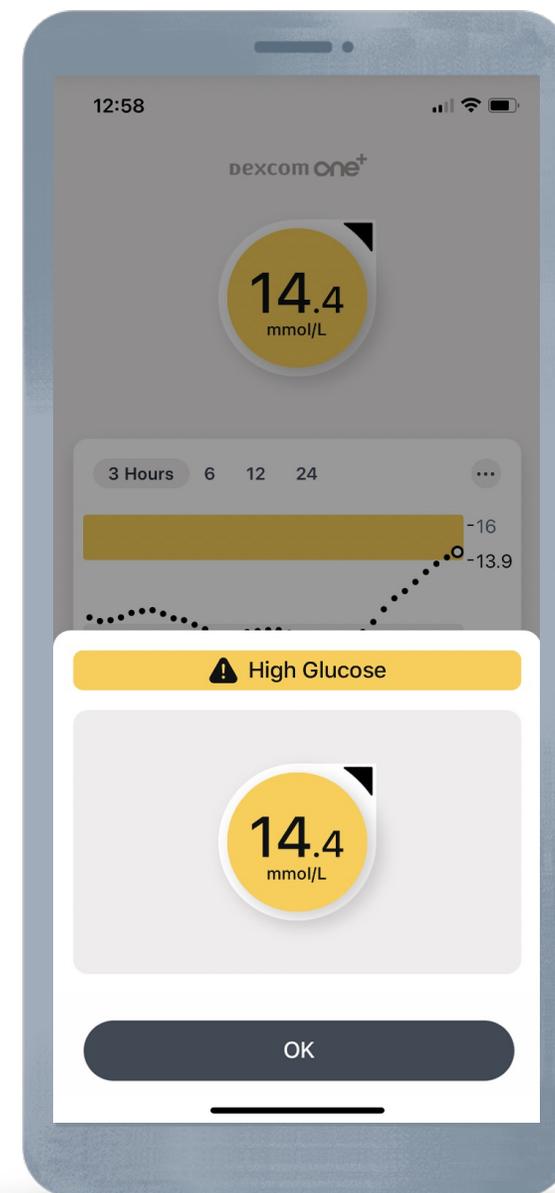
High Alert

Alerts when sensor reading is at or above the set level.

Default: 14.0 mmol/L (if turned on during setup)

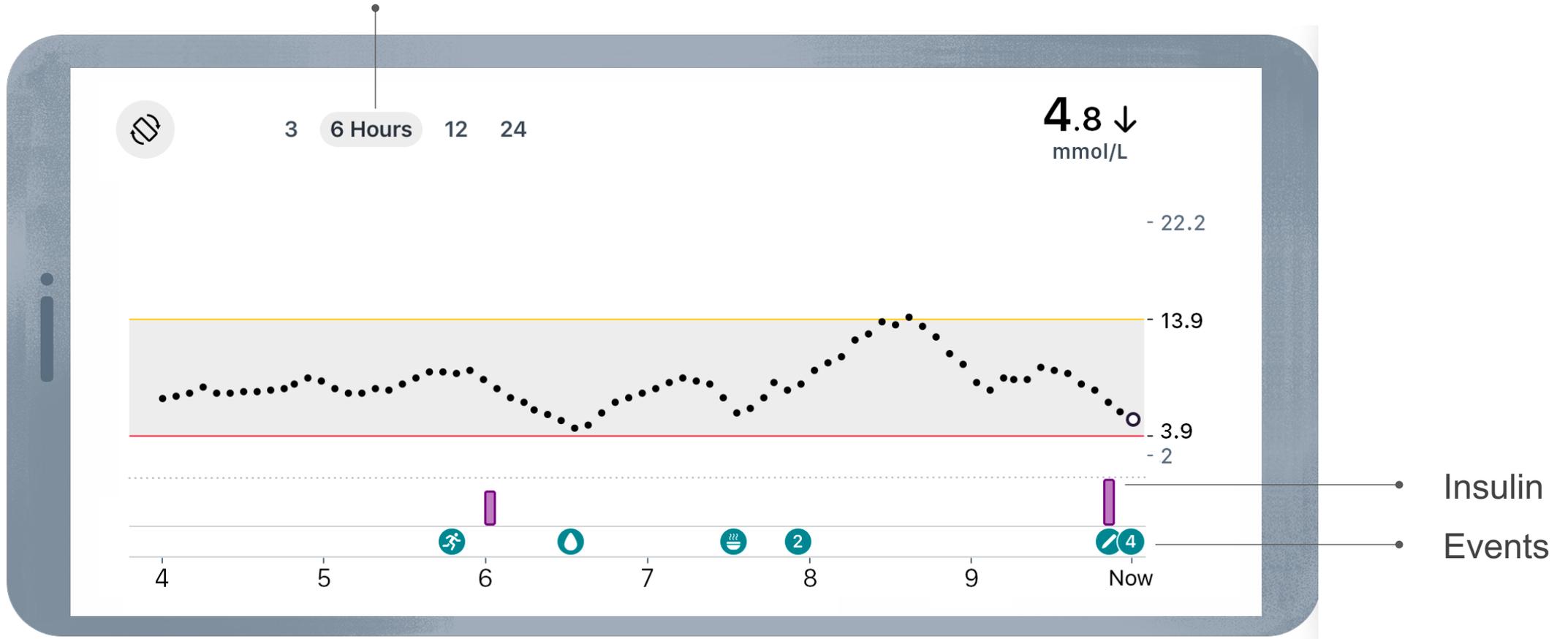
Range: 5.5-22.2 mmol/L

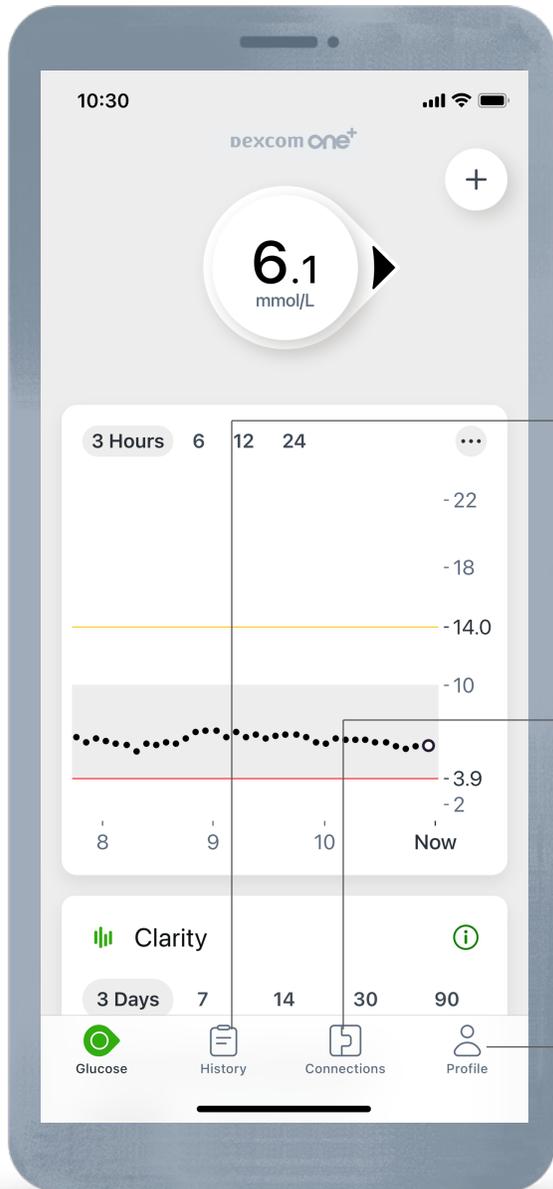
Can be turned off or customised (level, tone, delay 1st alert, snooze) in **Profile > Alerts > High Alert.**



Landscape

Click to view 3, 6, 12 or 24 hour trend graph





History tab

- Enter events to track your insulin doses, BG meter values, meals activity or add information.

Connections tab

- Find sensor session information
- Share glucose information with another person
- Send glucose information to Apple Health (iOS only)

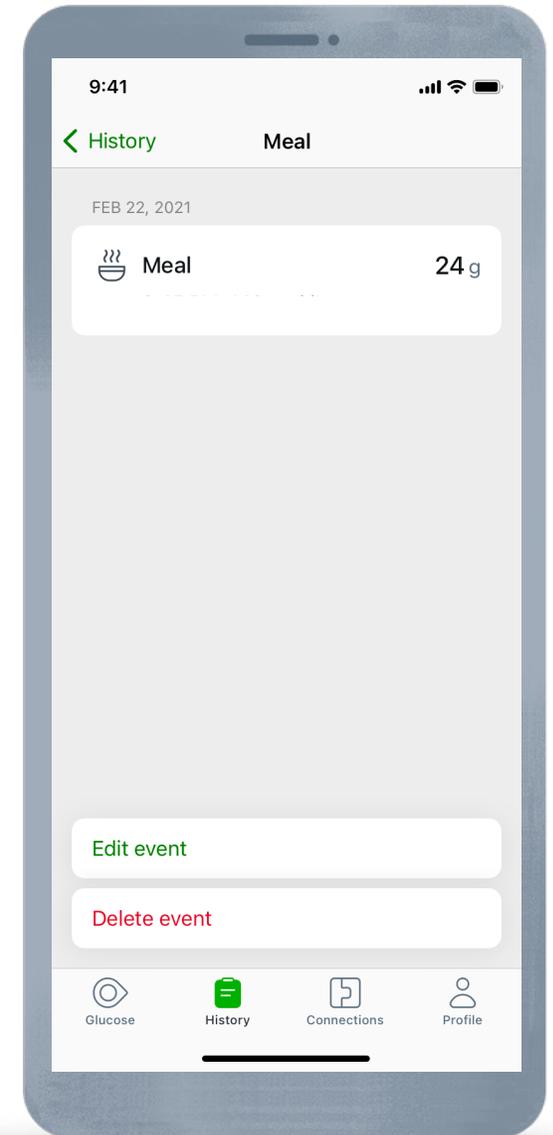
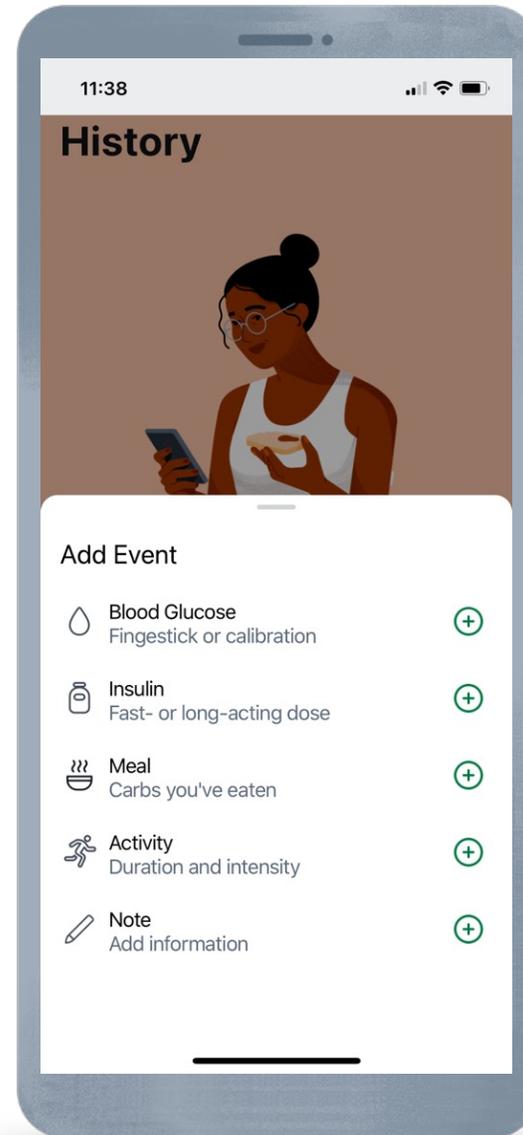
Profile tab

- Find app settings, phone settings, and support

History

In **History** the user can enter:

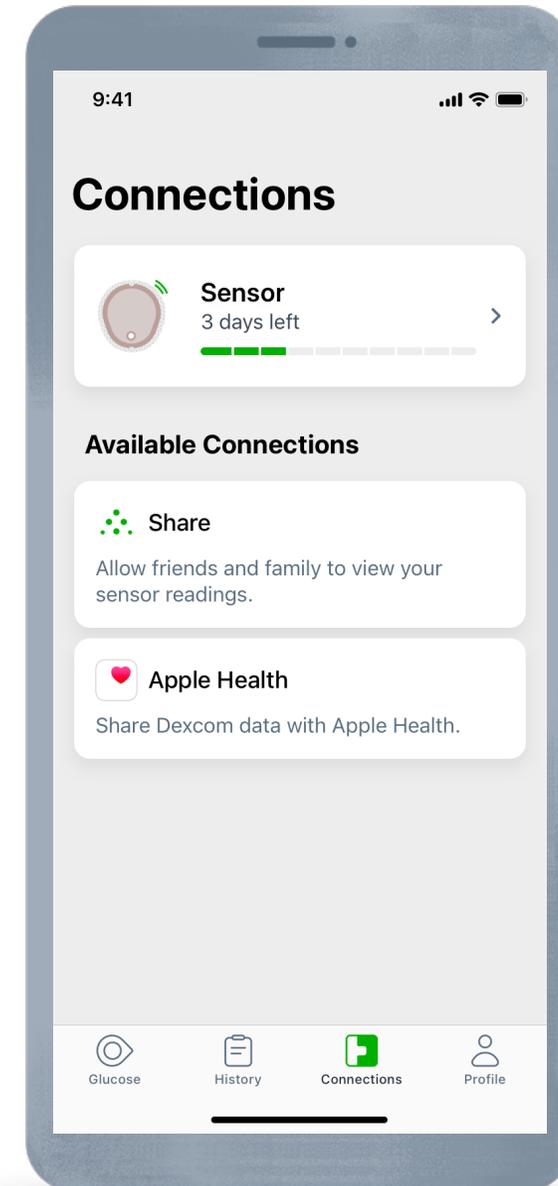
- A fingerstick or calibration
- Insulin (fast- or long-acting dose)
- Meals
- Activity
- Notes
- Edit previously entered events



Connections

In **Connections** the user can:

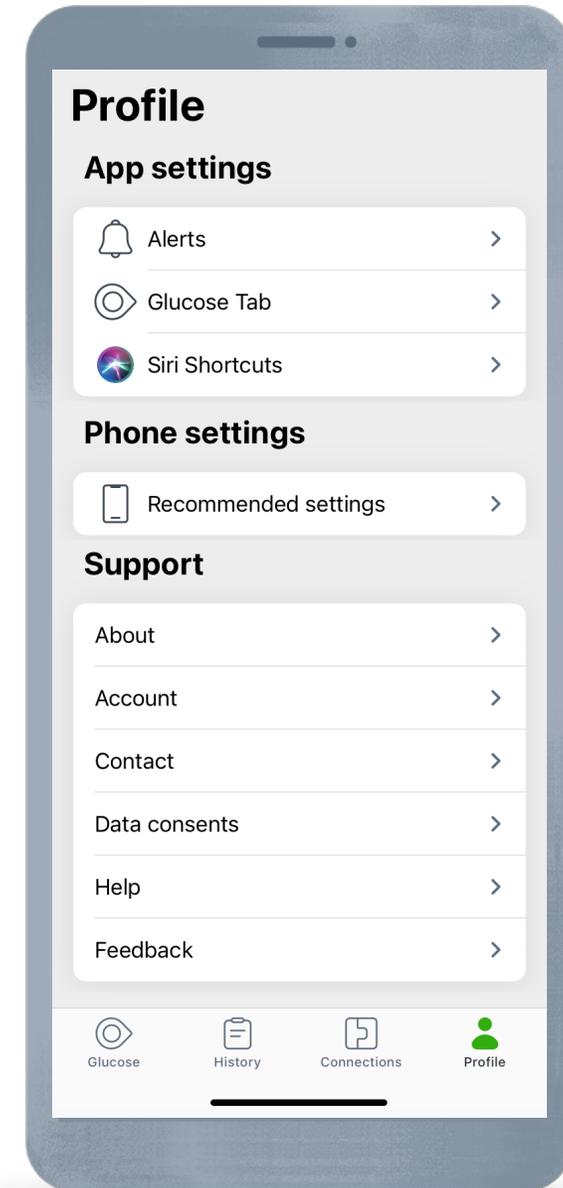
- Find sensor information
 - Replace sensor
 - Stop sensor session
 - See pairing code
- Setup Dexcom Share to share glucose information with friends and family
- Send glucose data to Apple Health (if available – iOS only)



Profile

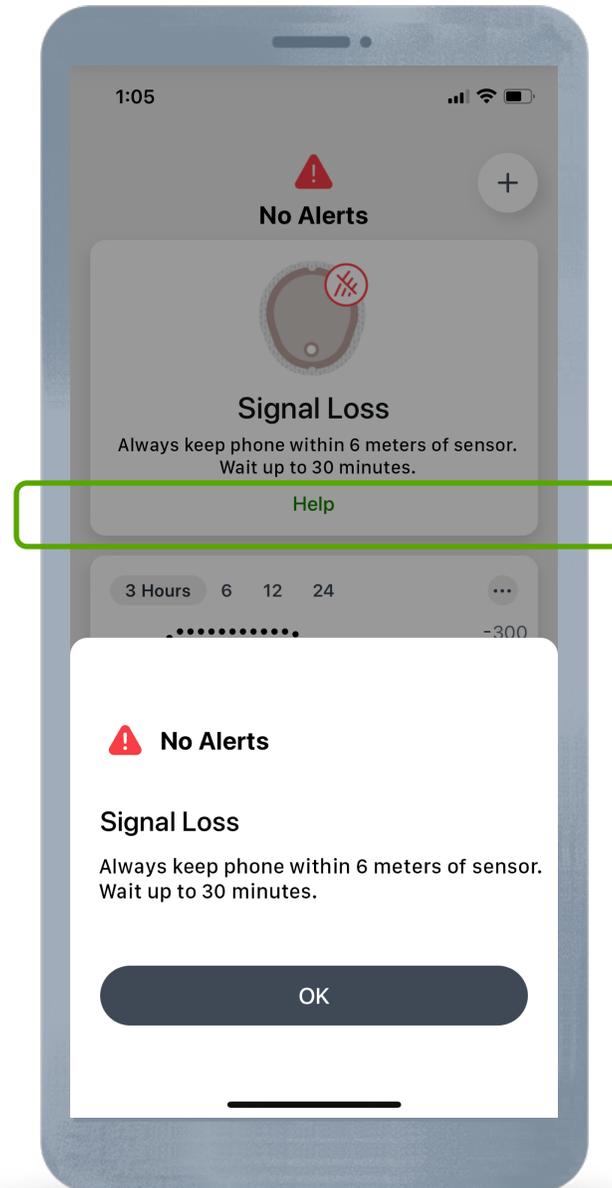
In **Profile** the user will find:

- App settings
- Phone settings
- Support



Troubleshooting

For troubleshooting tips, tap **Help** on the issue or error.

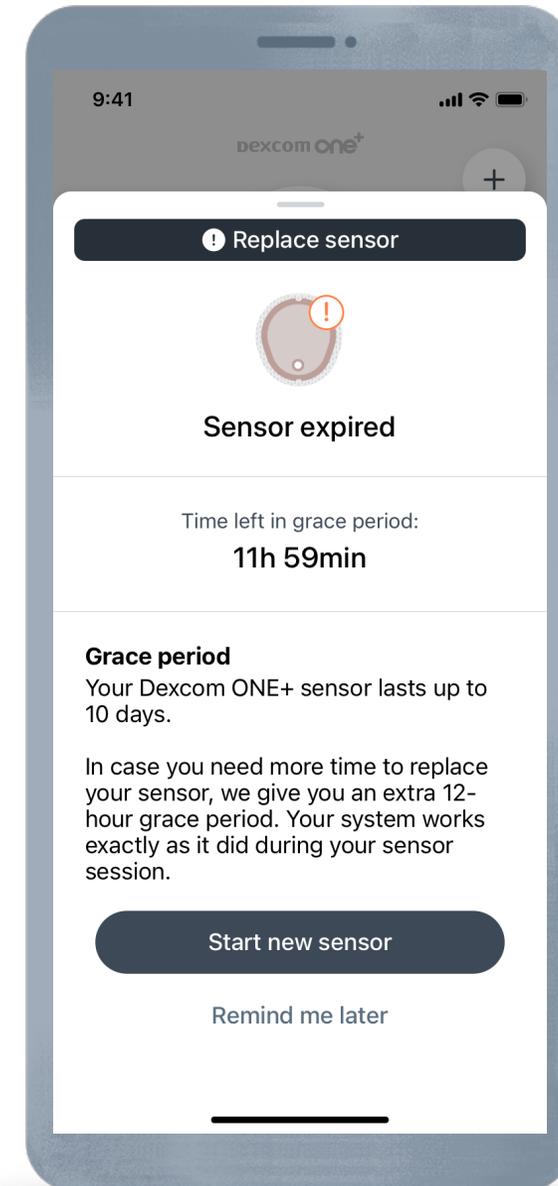


Ending Sensor Session

Each sensor session has a 12-hour grace period at the end. The grace period gives the user more time to replace the sensor when it is convenient for them. The time left in the grace period shows on the screen.

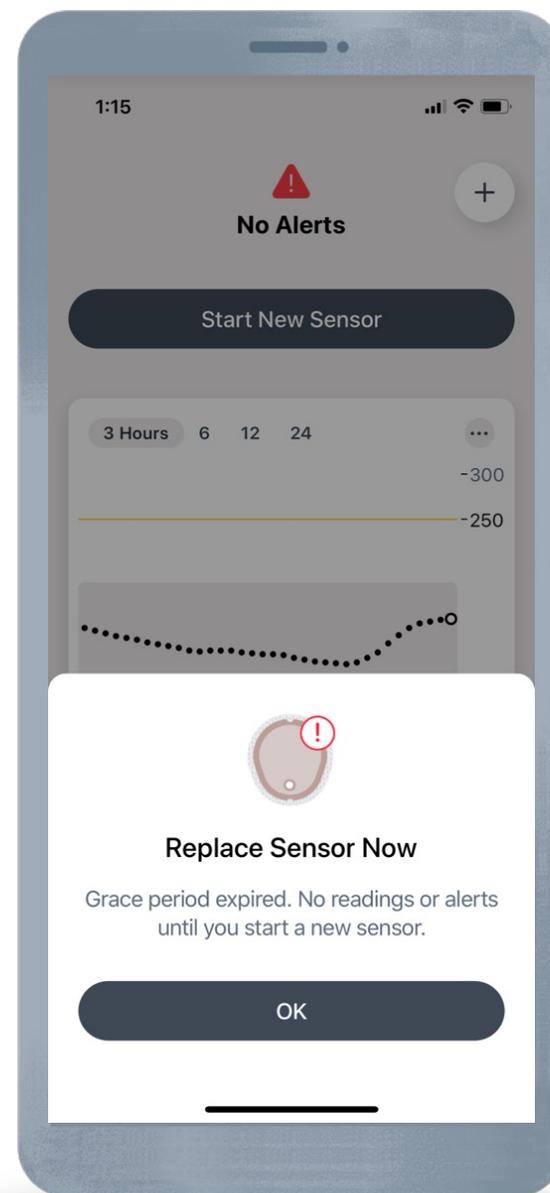
During the grace period, the sensor continues to work as it did during the sensor session. The user will get notifications letting them know when the sensor session or grace period will end soon. The user can choose to wear the sensor until the grace period ends or end the session early.

All the notifications are silent until the grace period is 30 minutes from expiring. This way the user can sleep through the night using it.



Automatically End Sensor

The sensor will automatically end when the grace period ends.

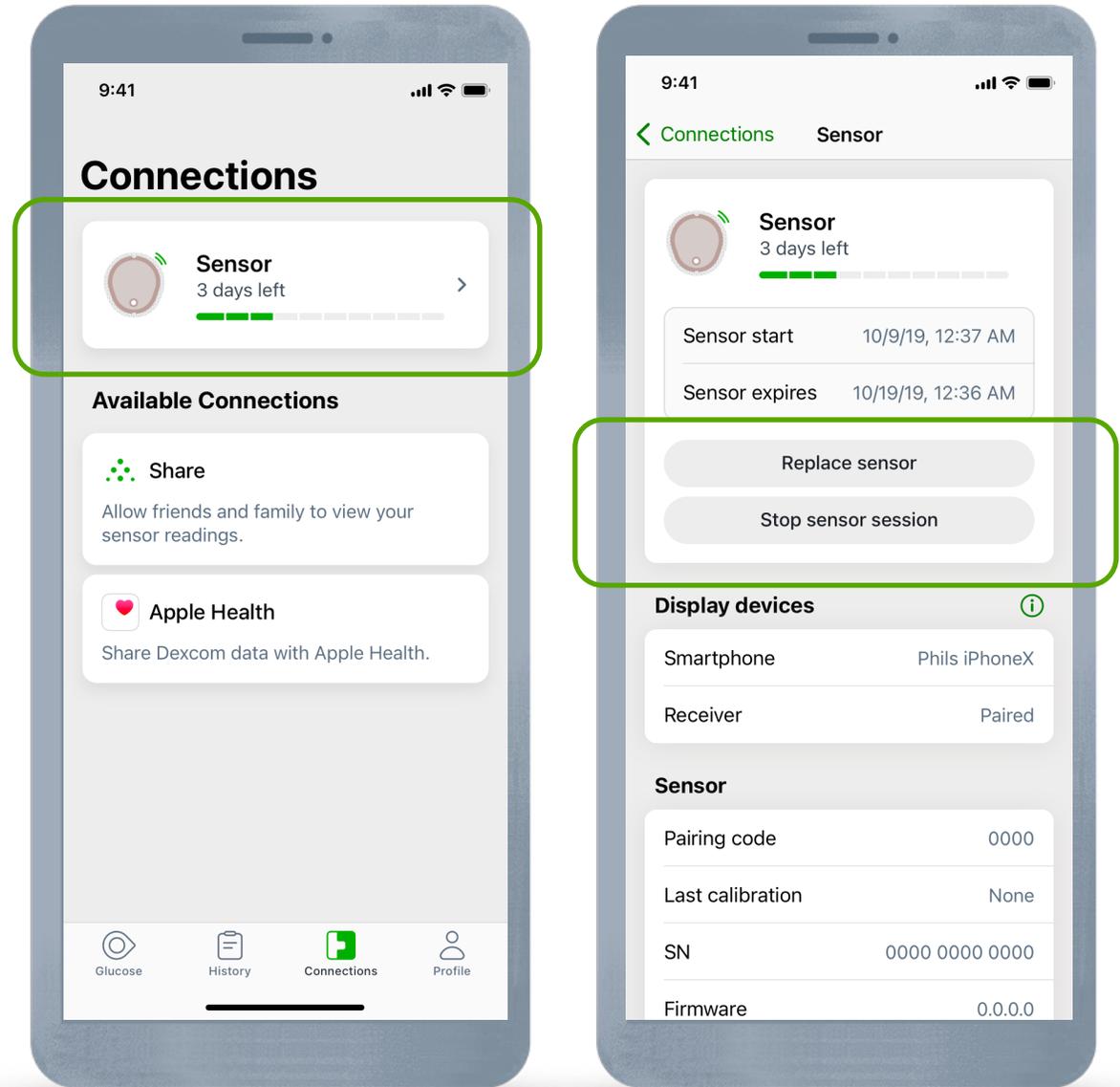


Manually End Sensor

You can choose to manually end the sensor session early. To manually end the sensor before the grace period ends or at anytime during the sensor session, go to **Connections > Sensor**.

Tap either:

- **Replace sensor:** To start a new sensor immediately
- or
- **Stop sensor session:** To stop this sensor without starting a new one

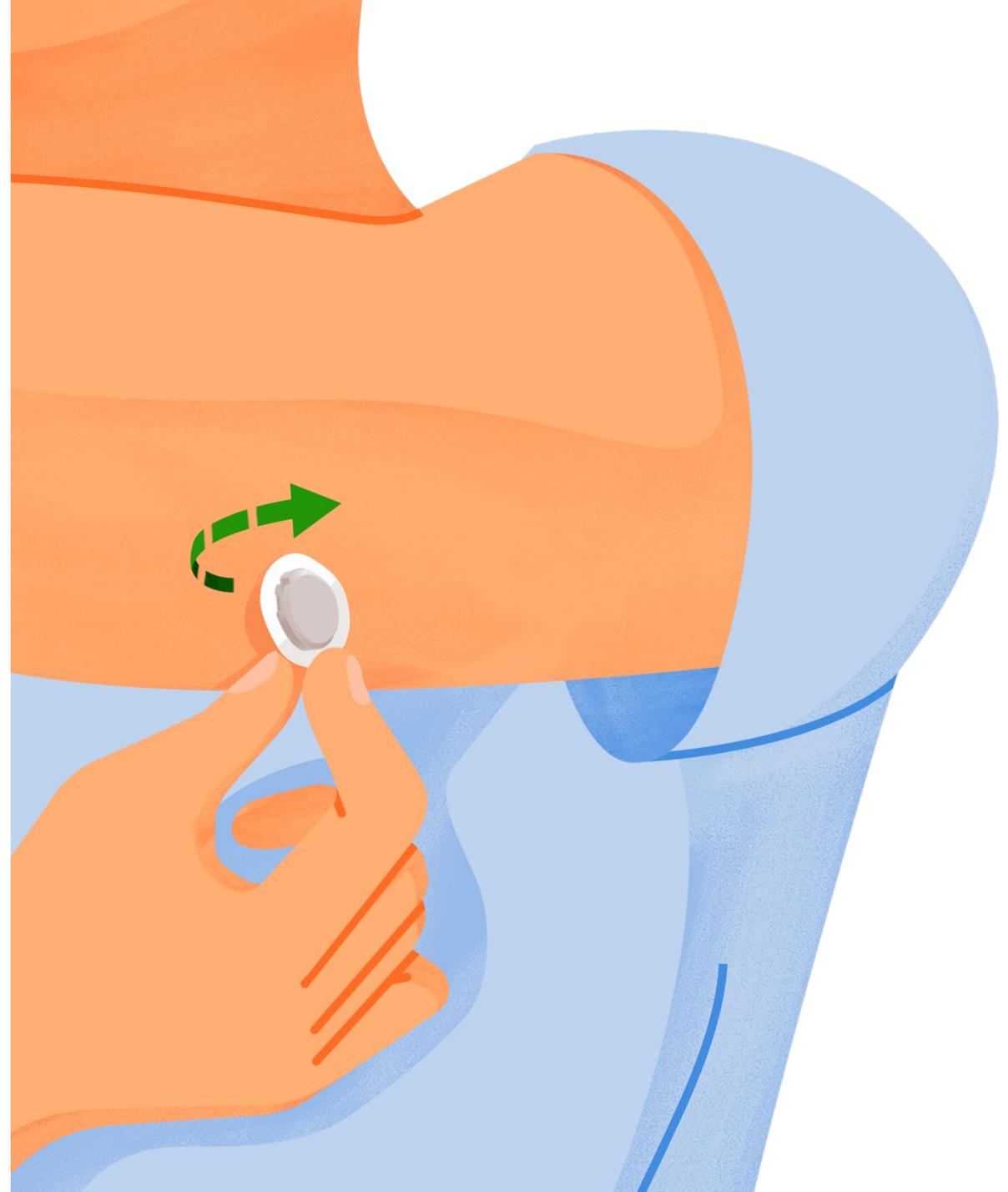


Removing Sensor

After the sensor session ends, peel off the patch like a bandage.

To make it easier and avoid irritating skin:

- Loosen edge and soak patch in body oil, like baby oil or an adhesive remover for skin
- Use adhesive removal wipes to rub the skin that gets exposed as you peel back the patch



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 ONE+ app, your glucose data is automatically sent to your Clarity account.



Diabetes Treatment Decisions

No number or arrow? Always use your meter.

Symptoms don't match readings? Use your meter.



MRI/CT/ Diathermy

Don't wear any Dexcom ONE+ components during magnetic resonance imaging (MRI) or high-frequency electrical heat (diathermy) treatment.

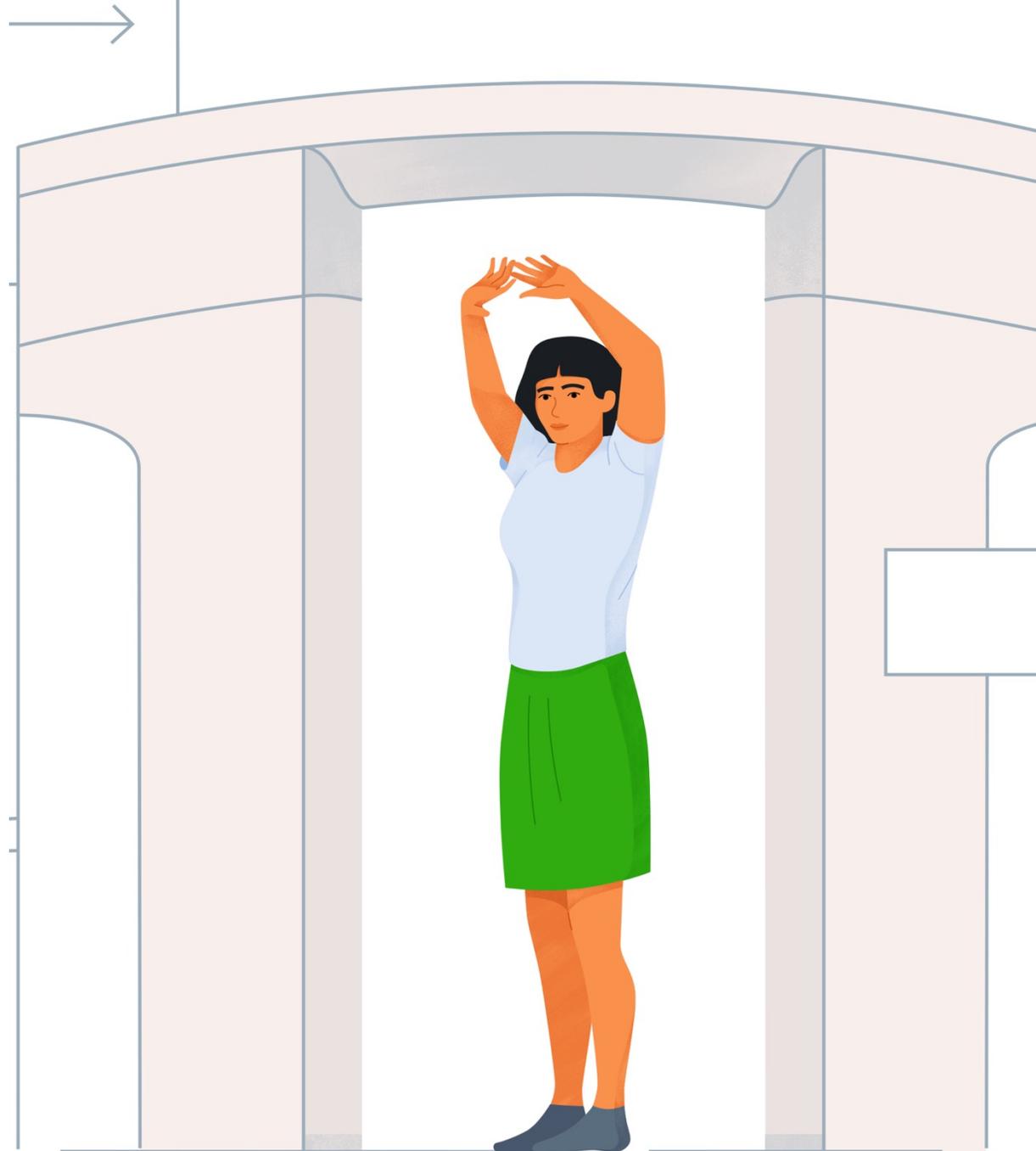
However, it's safe to have a CT scan if you keep the sensor out of the scanned area and cover the sensor with a lead apron during the scan.



Security and Travel

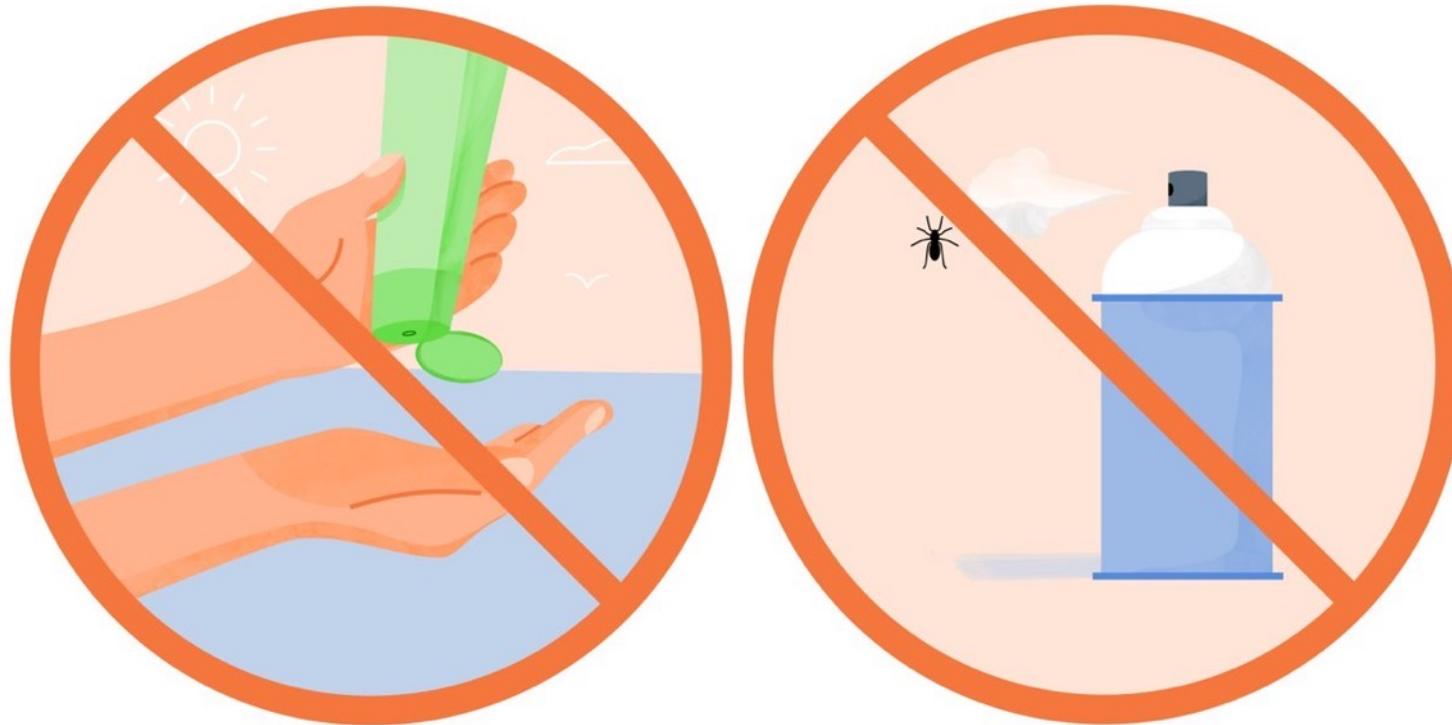
You can wear the sensor for the walk-through metal detector and Advanced Imaging Technology (AIT) body scanner.

You can also ask for hand-wanding or full-body pat-down and visual inspection instead of going through any walk through body scanners or putting any part of the Dexcom ONE+ in the baggage scanning machine.



Sunscreen and Insect Repellent

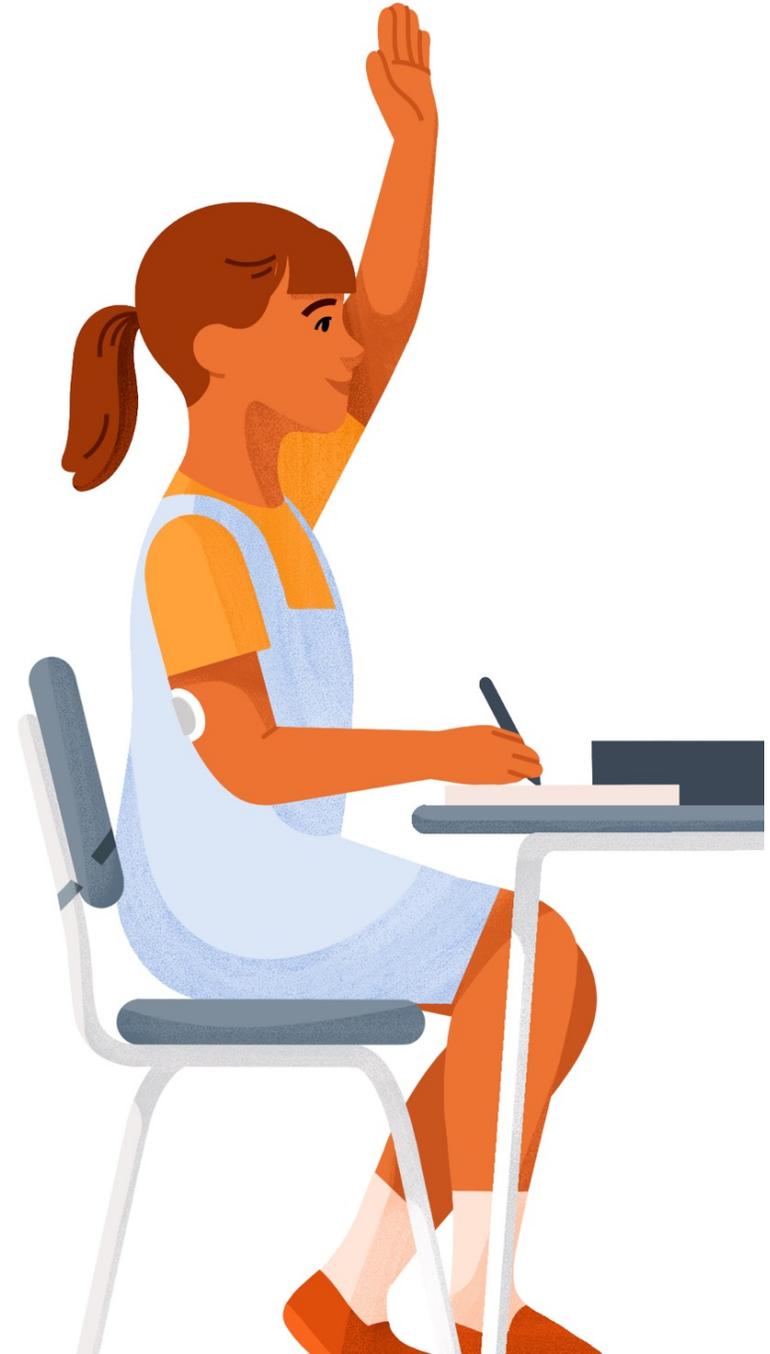
Before insertion and during your sensor session, don't apply insect repellent, sunscreen, perfume, or lotion on your insertion site or sensor. This may cause the sensor to not stick well or could damage your Dexcom ONE+.



Any Questions?

For additional support:

- Visit dexcom.com to take advantage of training tutorials and resources where you can learn at your own pace and enhance your learning experience
- Contact your local Dexcom representative



This guide is for concept illustration only. Always read the indications, warnings, precautions, and instructions provided with your Dexcom ONE+ 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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