

# Continuous Glucose Monitoring

To help understand and manage glucose levels

To better understand your glucose levels day and night, your care team may suggest using a continuous glucose monitor (CGM) device. A CGM provides a more detailed picture of your glucose levels, trends and patterns than is possible using daily blood glucose fingersticks. Review this handout to learn how a CGM can help you with your diabetes management.

## What is a CGM?

A CGM is a device used to measure your glucose level every few minutes, 24 hours a day. Depending on the type of CGM, you could have over several hundred glucose readings in a day.

CGM lets you see your current glucose level and if your glucose is going up, down or staying steady. You also can see daily glucose patterns over time.

CGM devices are about the size of a quarter. Each has a tiny sensor (see picture to right) that goes under your skin, typically on your stomach or back of your arm. The CGM sensor reads your glucose levels and sends them to a reader device or a smartphone.

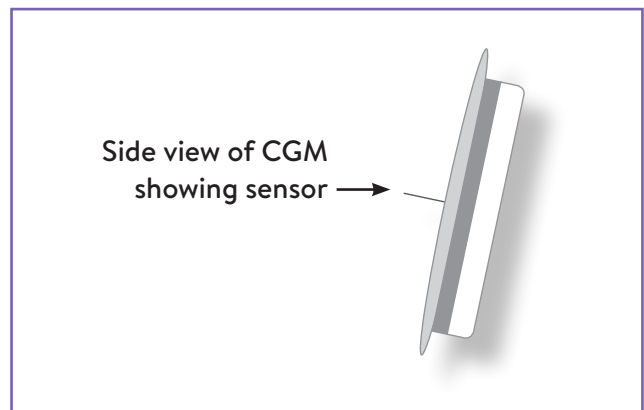
## How is a CGM helpful?

Having more glucose readings lets you readily see the effects of food, activity and medication better than with a few blood glucose readings from traditional fingersticks (see on other side “See the difference”). Based on your pattern of high and low glucose levels, you and your care team can adjust your daily care plan.

Some CGM devices provide an added safety feature. The CGM will alert you before you experience potentially dangerous low and high glucose levels.

Overall, a CGM gives you a detailed picture of:

- ♦ How well your current care plan is working for you.
- ♦ Areas to focus on for improvement.
- ♦ How often your glucose level is in target range.



A CGM also may:

- ♦ Help meet your A1C goal.
- ♦ Replace fingersticks.
- ♦ Prevent low glucose.

## How do I get started?

- ♦ Ask your care team if they think CGM would help with your diabetes management and which CGM device is best for you.
- ♦ Agree to wear the device for the time your care team recommends so you and they can understand your glucose patterns.
- ♦ Check with your pharmacist about coverage for CGM.
- ♦ Ask your clinician for a prescription.

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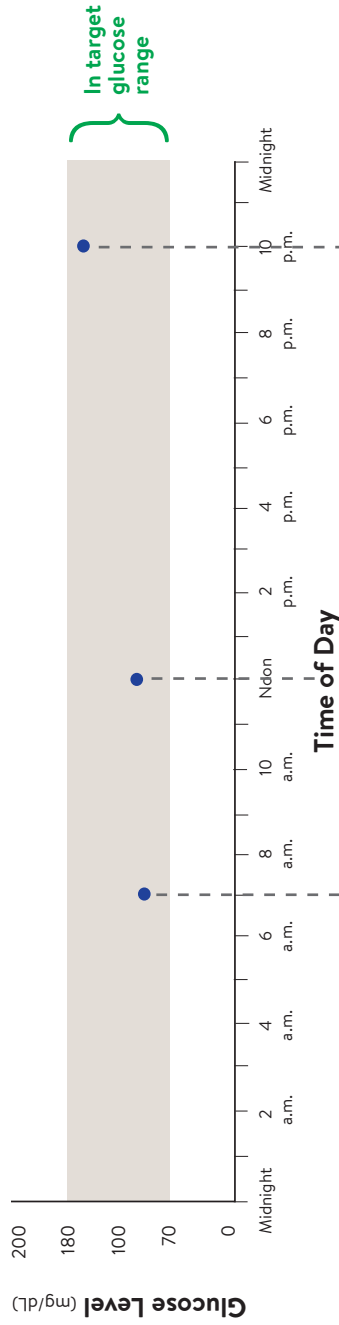
## See the difference

Look at the following pictures. See how much more information you can get about your glucose levels using CGM.

Example picture 1 with glucose levels measured by fingersticks shows all 3 glucose levels in target range. However, in example picture 2 with glucose levels measured by a CGM, you can see times of high and low glucose, including overnight, which you might miss with fingersticks.

### Example picture 1: Shows glucose levels measured by daily fingersticks.

Each dot is a glucose reading.



### Example picture 2: Shows glucose levels measured by a CGM.

Each dot is a glucose reading.

