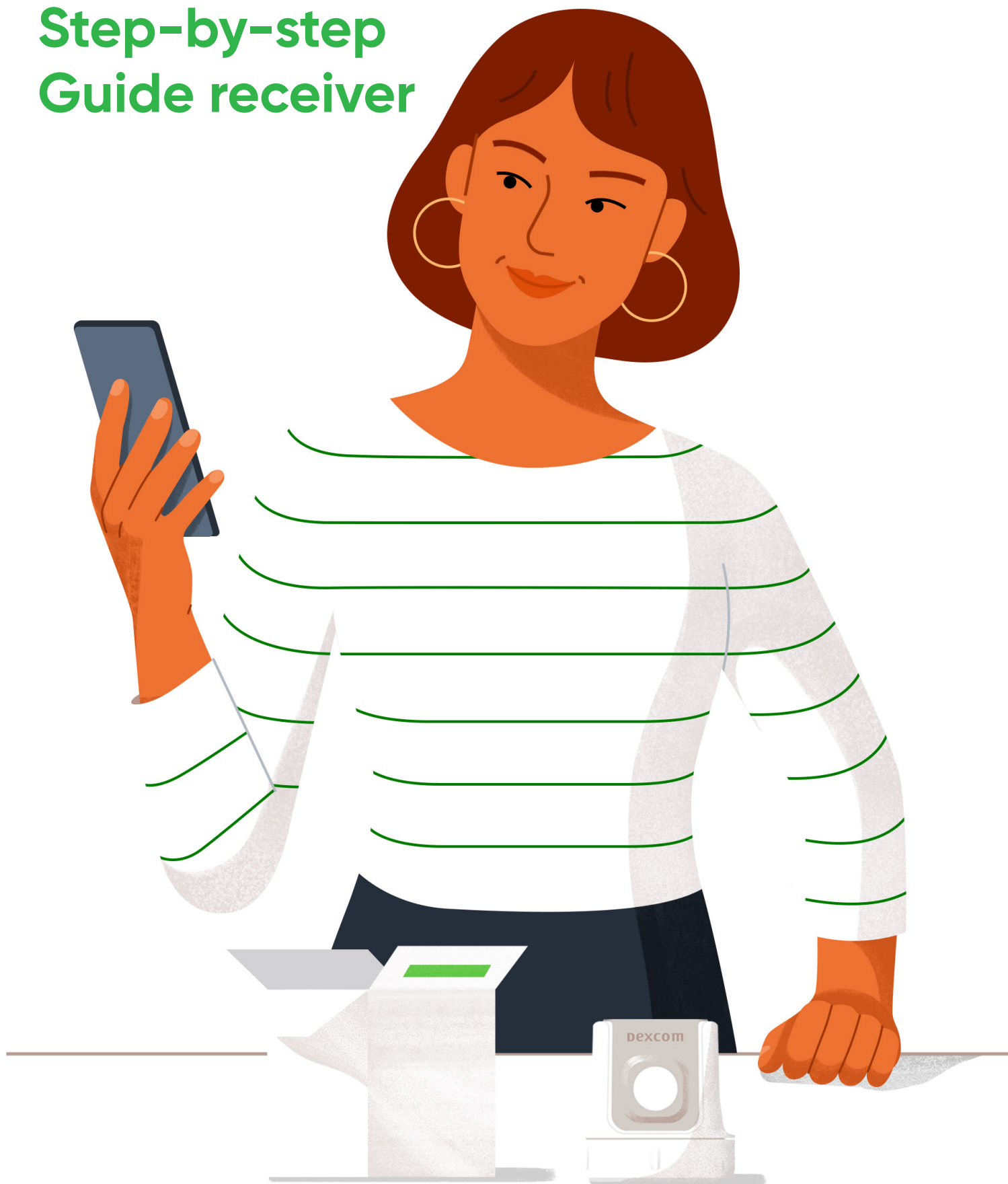


dexcom one⁺

Step-by-step Guide receiver



This is an abbreviated instruction. For detailed, step-by-step instructions on how to use the Dexcom ONE+ Continuous Glucose Monitoring (CGM) System, please refer to the instructions for use. Screens are representational only. Your product may look different.

Dexcom ONE+ system components

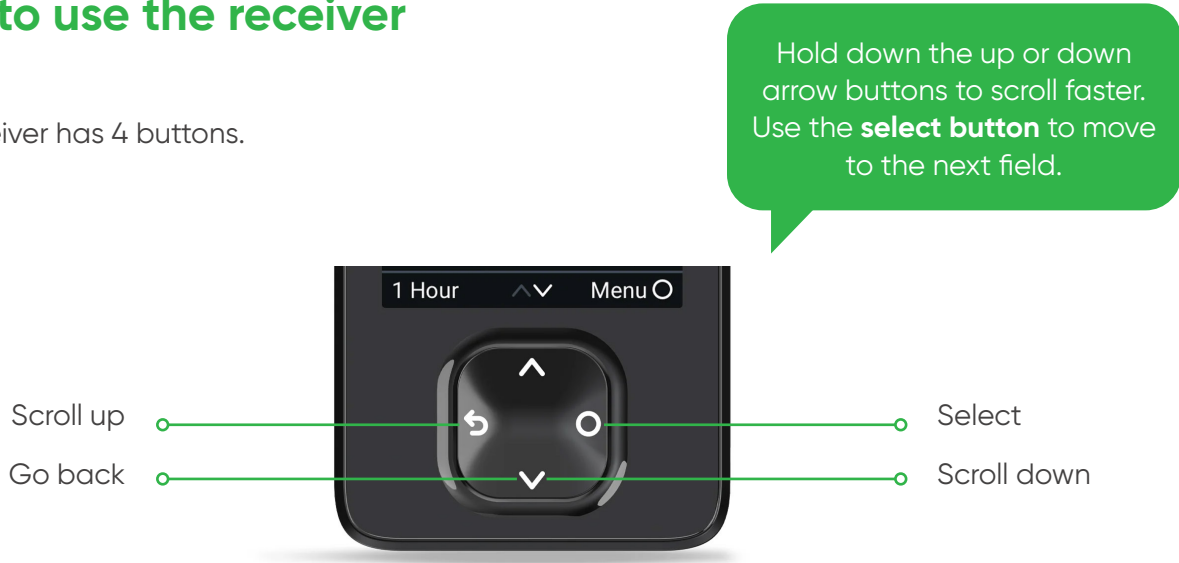
- Dexcom receiver^{||}
- A new glucose value every 5 min
 - Optional alerts
 - Rechargeable via included usb cable
- Smartphone* with Dexcom ONE+ -app (optional)
- A new glucose value every 5 min
 - Optional alerts



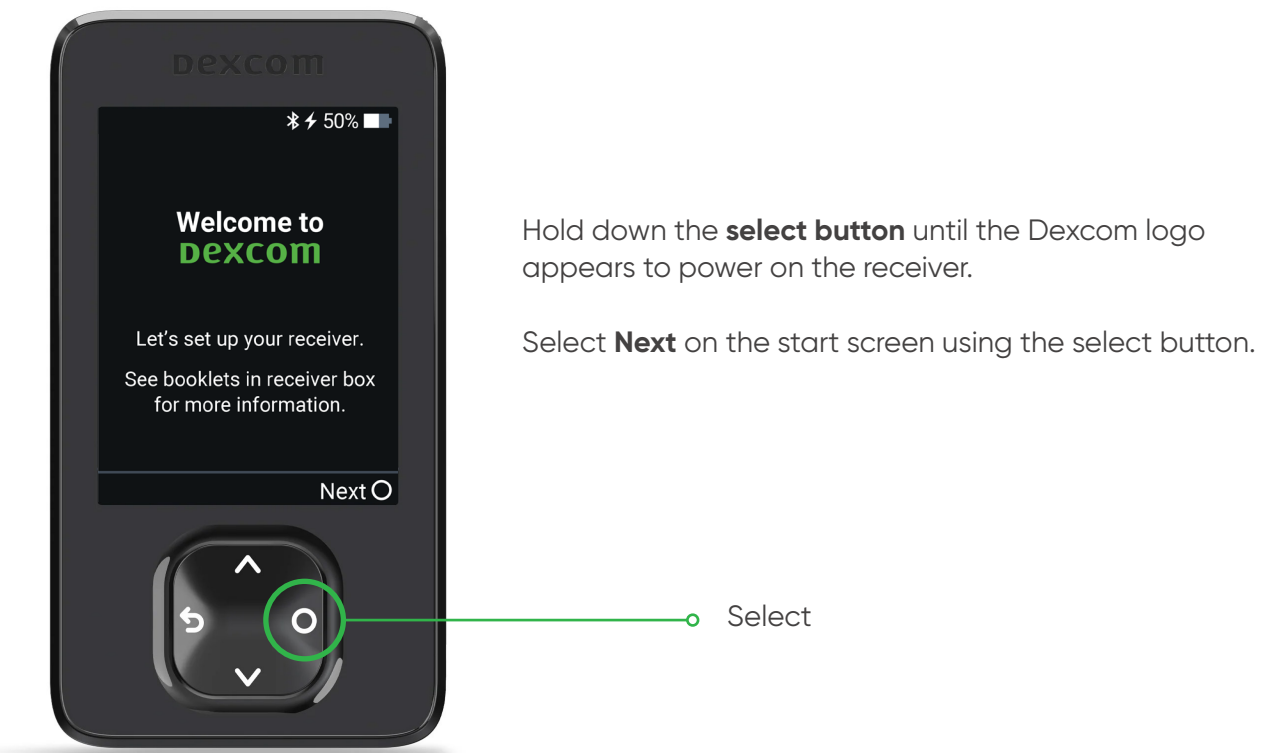
Getting started with the receiver

How to use the receiver

The receiver has 4 buttons.



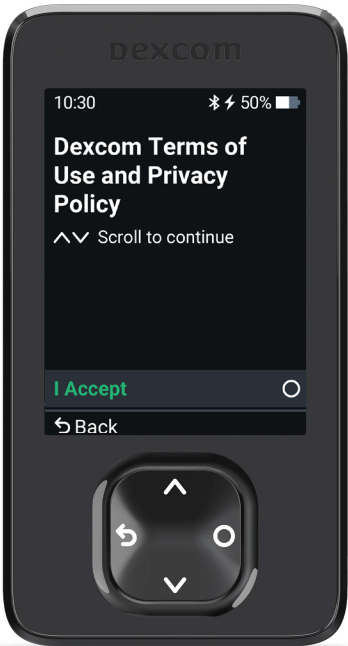
Step 1: Power on the receiver



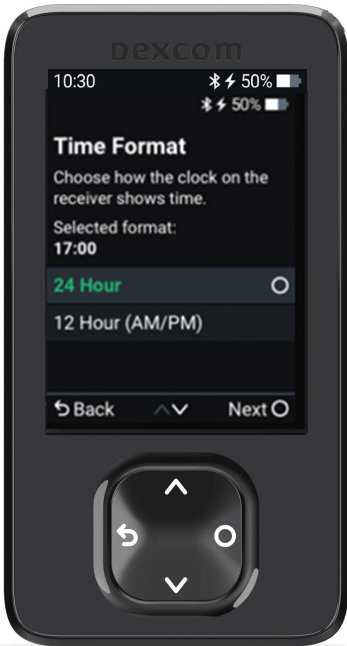
^{||}Smartphone and receiver are sold separately. Check compatibility of smart devices via: www.dexcom.com/compatibility

Step 2: Set up the receiver

The instructions in the receiver guide you step by step through the settings. After that, a series of information screens will follow. Scroll down to read the information and use the **select button** to proceed.



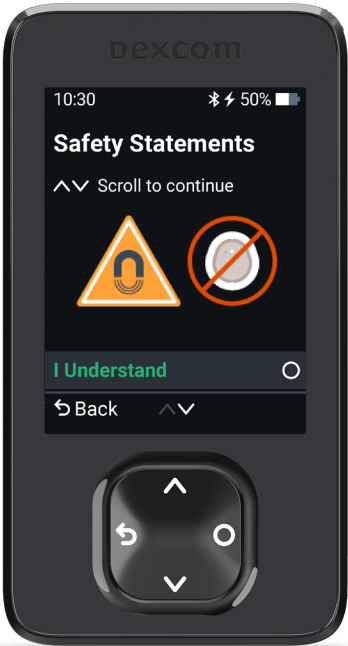
Read the privacy policy and the terms of use.



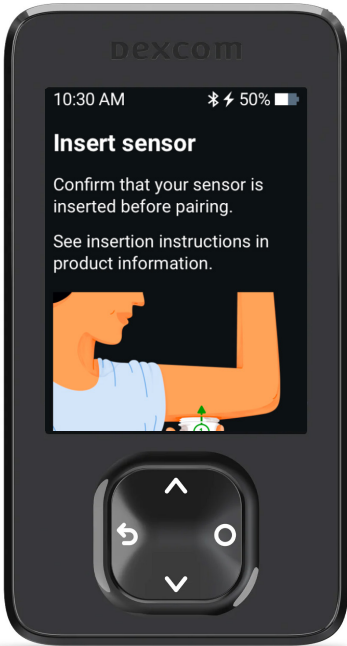
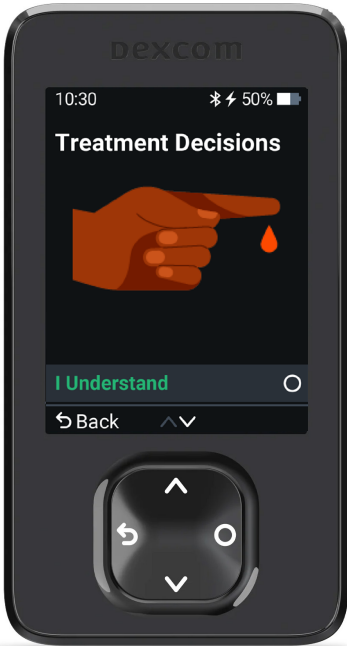
Choose the correct date and time format.



Enter the date and time.

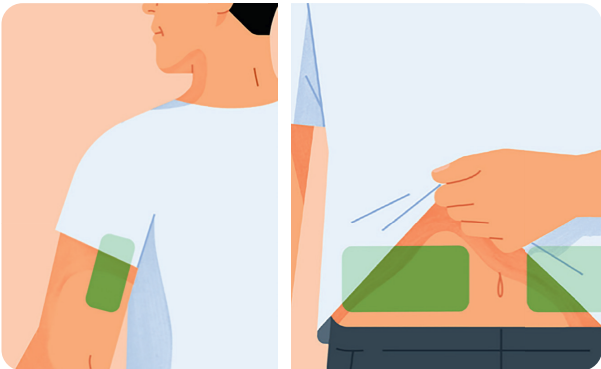


View the information screens about safety, treatment decisions, trend arrows, reading your home screen, and alerts.

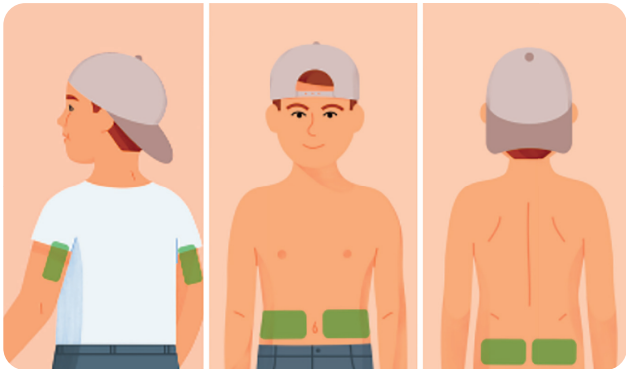


Insert your sensor. Read or watch the instructions on the following pages.

Step 3: Choose an application site



Age 7 and older: On the abdomen or the back of the upper arm



Age 2 to 6 years: On the abdomen, the upper buttocks or the back of the upper arm

Avoid areas:

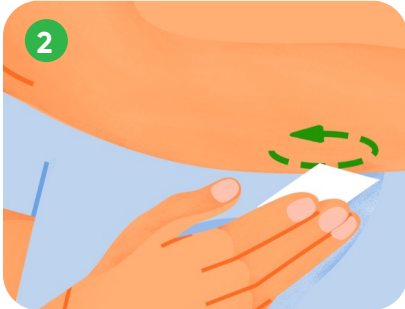
- With loose skin or without enough fat to avoid muscles and bones
- That get bumped, pushed, or you lie on while sleeping
- Within 8 centimeters from infusion or insulin injection sites
- Near to waistbands or with irritations, scarring, tattoos, or lots of hair



Step 4: Insert the sensor



Wash your hands with water and soap and dry these carefully before inserting the sensor.



Clean the application site with an alcohol wipe and allow it to dry thoroughly.



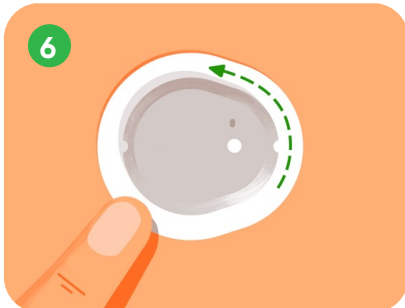
Unscrew the cap. Do not touch the inside.



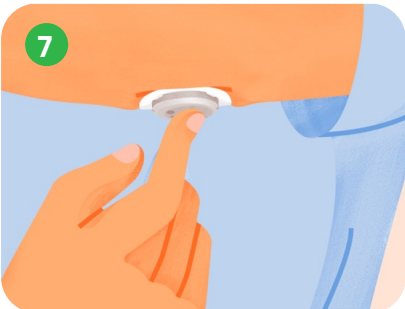
Press the applicator firmly against the skin and push the button.



Remove the applicator.



Rub firmly 3 times around the patch.



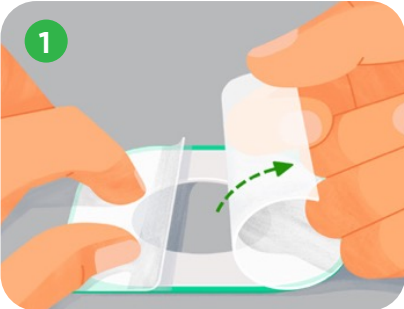
Gently press on top of sensor for 10 seconds.

Prefer watching a video?
can the QR-code to watch a
short instructional video on
how to insert your sensor.

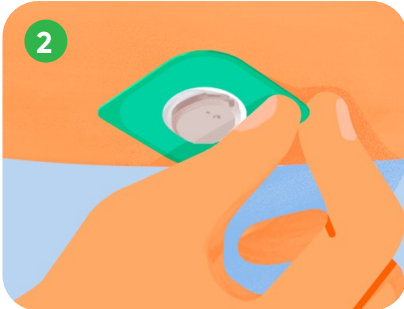


Step 5: Apply the overpatch

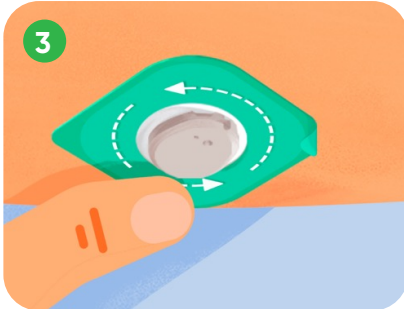
The overpatch helps to keep the sensor in place. Find the overpatch bundled with the paper instructions in the sensor box.



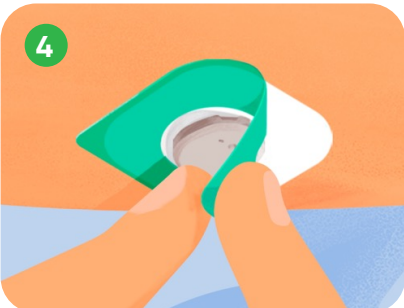
Carefully pull off both clear liners, one at a time. Don't touch white adhesive area.



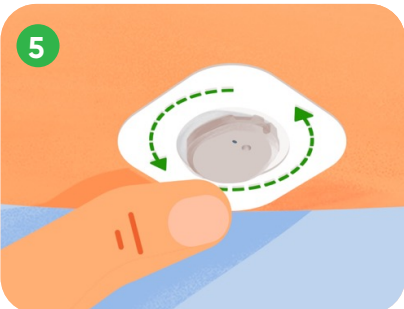
Use the colored tab to apply the overpatch around the sensor.



Rub around the overpatch.



Use the tab to remove the colored protection.



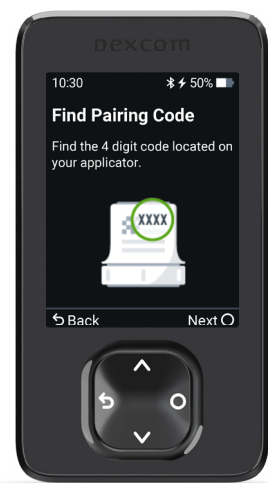
Rub around the overpatch again.



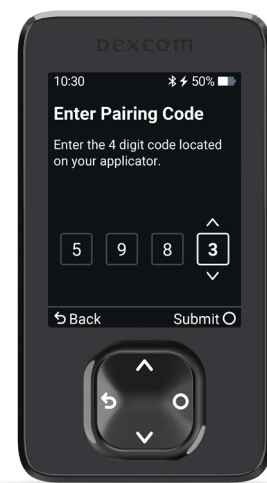
The Dexcom ONE+ is waterproof and may be submerged under 2.4 meters of water for up to 24 hours.¹ Keep the sensor patch as dry and sweat-free as possible for the first 12 hours.

¹The receiver (as shown above) is not waterproof nor water-resistant.
¹Dexcom ONE+ CGM User Guide, 2023.

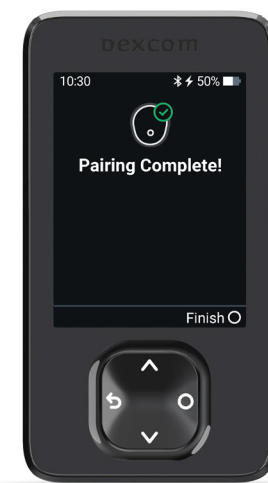
Step 6: Pair the sensor and start warm-up period



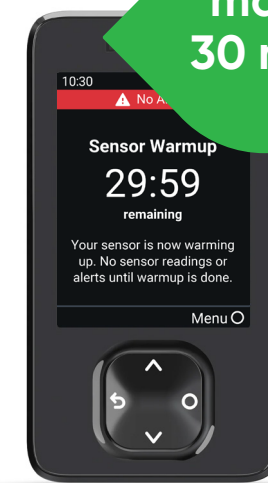
Find the 4-digit pairing code on the applicator.



Enter the code using the up and down buttons.



Wait until the sensor is paired and press the select button.



After the warm-up phase, the first Dexcom value will appear.

How the receiver works

Trend display

The trend display shows your sensor's glucose value, trend graph and trend arrow.



Trend arrows

The trend arrows show the direction and rate of change of the glucose.

	Steady Changing less than 0.8 mmol/L in 15 minutes		Rising or falling Changing 1.7 - 2.5 mmol/L in 15 minutes
	Slowly rising or falling Changing 0.8 - 1.7 mmol/L in 15 minutes		Rapidly rising or falling Changing more than 2.5 mmol/L in 15 minutes

Alerts for high and low glucose levels

Dexcom ONE+ features customisable day and night alerts that can warn of serious highs and lows.

The default settings are as follows:

- **Low glucose: 3.9 mmol/L**
(if enabled)
- **High glucose: 14.0 mmol/L**
(if enabled)

Consult with your healthcare provider to adjust your alerts according to your lifestyle and goals.

You can customize your alerts via:
Menu > Settings > Alerts



Blood glucose meter

The Dexcom ONE+ measurement (CGM) and blood glucose meter (BGM) sometimes do not match and that is normal. Both measure glucose in different body fluids: interstitial fluid and blood.

Because glucose moves from the blood to the interstitial fluid, glucose in the blood changes slightly earlier than in your interstitial fluid. Therefore, before making treatment decisions with Dexcom ONE+ always look at the number and associated trend arrow.

Use a blood glucose meter when symptoms do not match your sensor reading or when the number or trend arrow is missing.

Want to learn more?
Scan the QR-code to watch a video and learn more about the difference between a BGM and CGM measurement.



Day 10: End sensor session



Each sensor has a 10-day wear period with a 12-hour grace period.

In the last 24 hours, 2 hours, and 30 minutes, you will receive a silent notification to remind you that the sensor session is about to end.

Dexcom ONE+ features a 12-hour grace period, so that you can change your sensor when convenient.

After the session, remove the sensor as you would remove a plaster or bandage. Use body oil if necessary to make this easier.

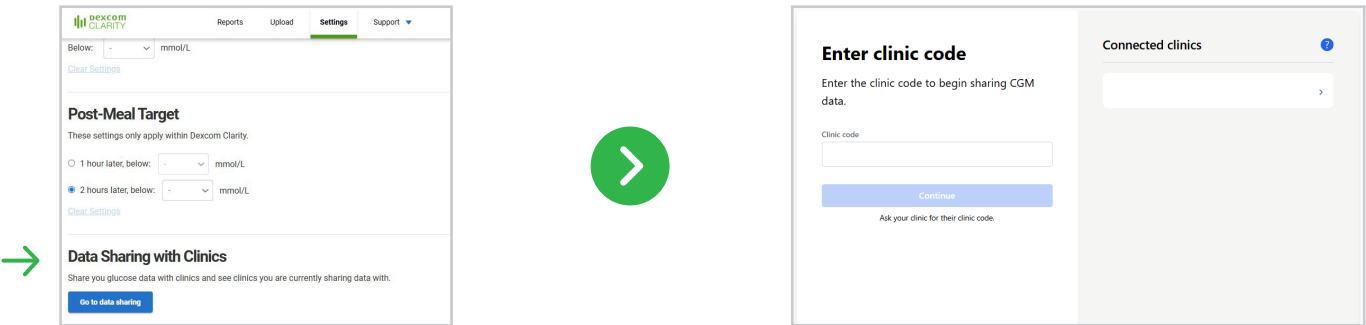
Prefer watching a video?
Scan the QR-code to watch a short instructional video on how to replace the sensor.

Not available in English. Only for approval version.

Dexcom Clarity

Data sharing with the healthcare provider[‡]

Your healthcare provider must provide you with the clinic code to start sharing data. Follow the instructions and give the clinic permission to access your data.



Go to **Settings** and scroll down to **Data Sharing with Clinics**, then click on **Go to data sharing**

Ask the clinic code from the healthcare provider and enter it.

Visit Dexcom Clarity at: **clarity.dexcom.eu** to upload the glucose data from your receiver to your Clarity account, so you can track your progress and share data with your healthcare provider.

Is your healthcare provider going to do this for you?
Take the receiver to the appointment. The healthcare provider can also read the receiver at the healthcare facility.

Select **Dexcom Clarity for home users** and log in with an existing Dexcom-account or create a new account.

1

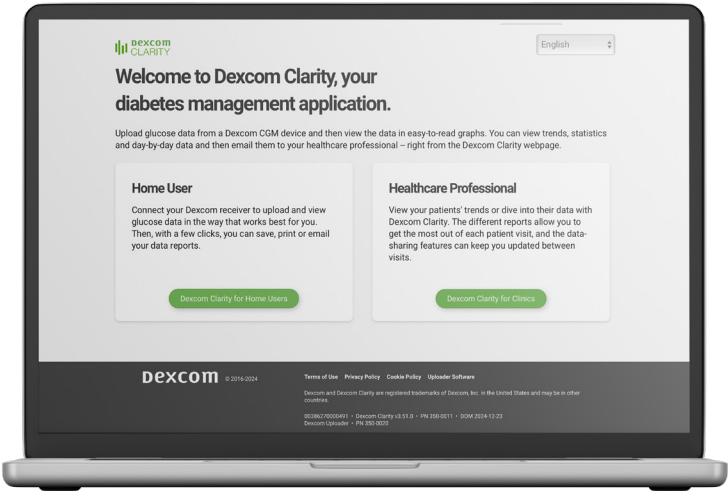
Go to **upload**.

2

Click on **download** and follow the on-screen instructions to install the software.

3

Connect your receiver to your computer to upload glucose data from your receiver.



For future uploads, you only need to connect your receiver to your computer.

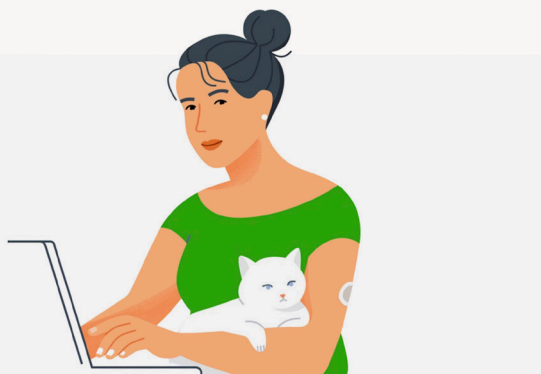
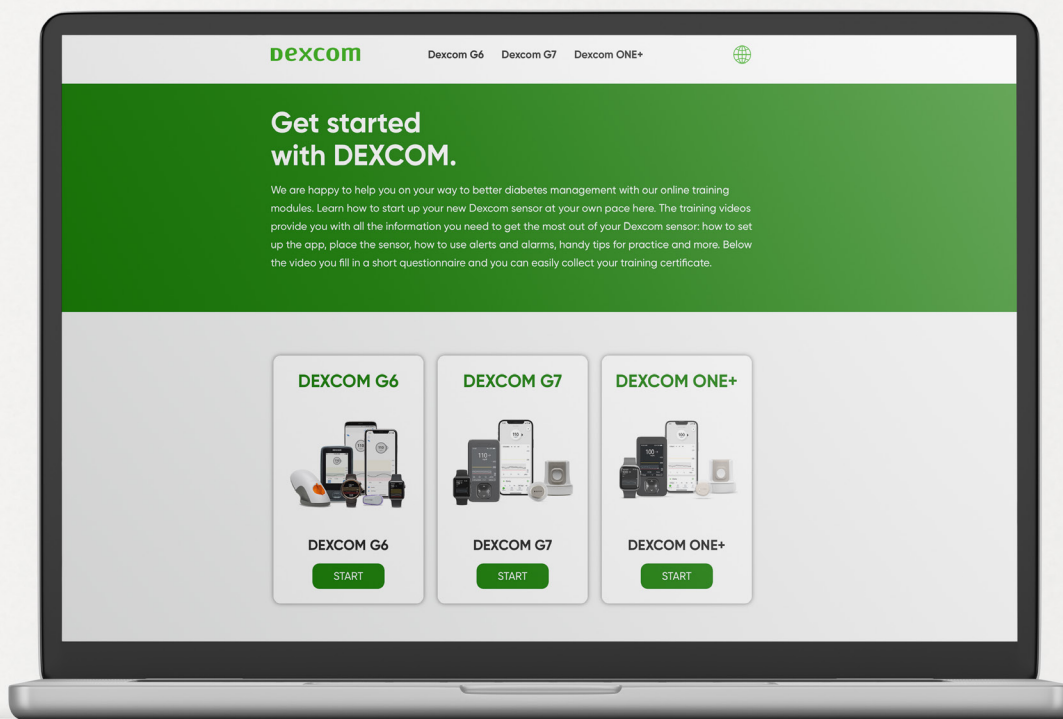
[‡]Patient must give consent to share their data with their healthcare provider. An internet connection is required for patients to send their glucose data to Dexcom Clarity via: clarity.dexcom.eu.

More support?

Visit **www.dexcomtraining.com** to take advantage of training resources and tools where you can learn at your own pace or sign up for one of our weekly live online sessions.

Technical questions/support:

- T: 0800 020 1986
- W: **www.dexcom.com/TS-NL**



This manual is for illustrative purposes only. Always read the indications, warnings, precautions and instructions that come with your Dexcom ONE+ CGM system. Failure to do so may result in inaccurate sensor readings, missed alerts and missing a severely low or high glucose reading.

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