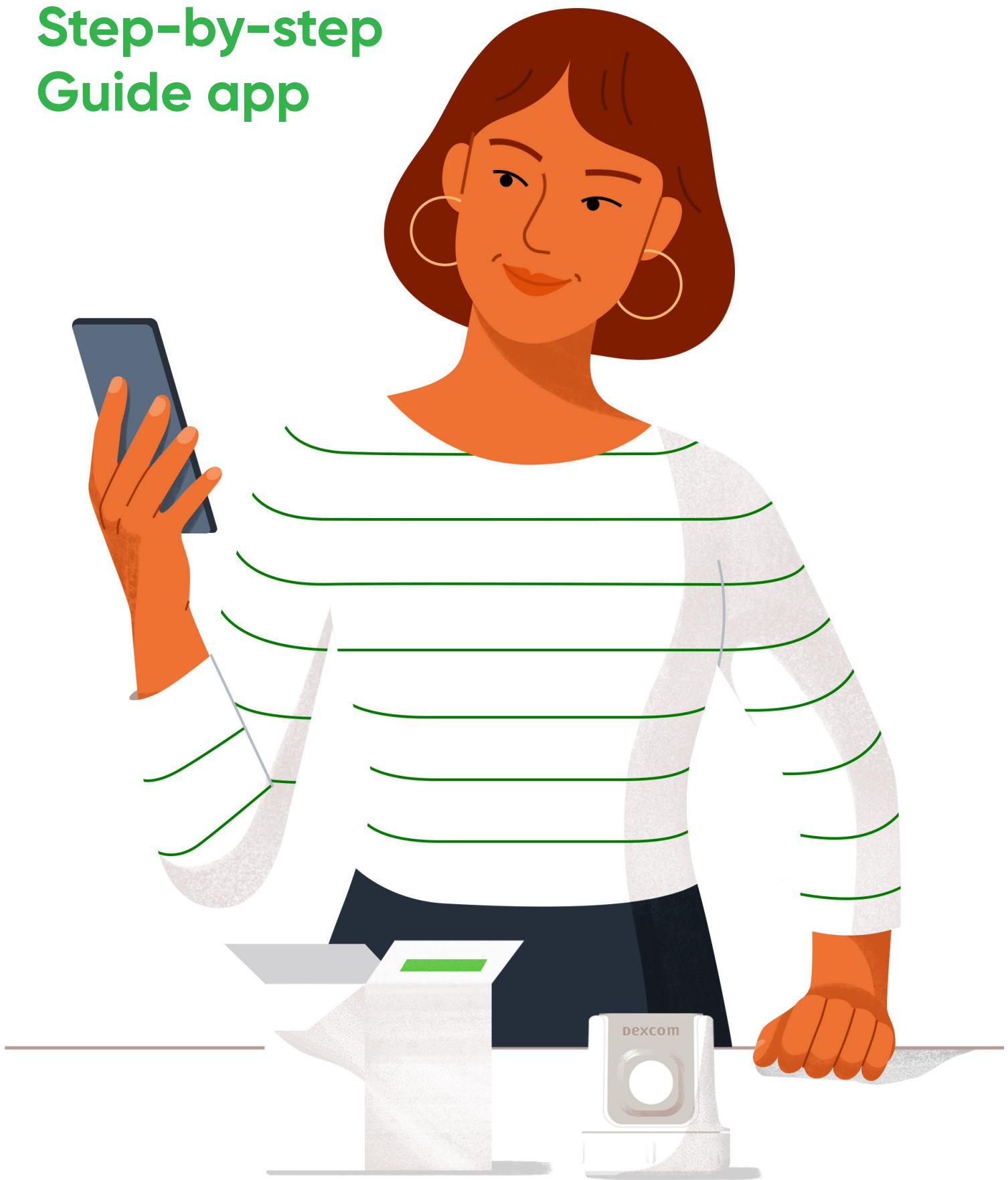


dexcom G7

Step-by-step Guide app



This is an abbreviated instruction. For detailed, step-by-step instructions on how to use the Dexcom G7 Continuous Glucose Monitoring (CGM) System, please refer to the instructions for use. Screens are representational only. Your product may look different.

Dexcom G7 system components

Dexcom receiver^{ll} (optional)

- A new glucose value every 5 min
- Optional alerts
- Rechargeable via included usb cable

Smartphone* with Dexcom G7-app

- A new glucose value every 5 min
- Optional alerts



Smart watch*
(optional)

Sensor measures glucose during 10 days +
12 hours in the interstitial fluid

^{ll}Smartphone and smartwatch not included.

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

Getting started with the app



Step 1: Check the compatibility of smart devices



Because Dexcom G7 concerns a medical app, smart devices and software versions are tested. Scan the QR code or go to: dexcom.com/compatibility for a list of all compatible smart device and software versions.

Step 2: Download the Dexcom apps

Download the Dexcom apps from the App Store or Google Play Store

Check if your smart device and software version are compatible at: dexcom.com/compatibility



Dexcom G7 app

Note: There are different Dexcom apps available. Look for the G7 logo

Who uses this app? The person wearing the Dexcom G7

What does this app do? Displays the Dexcom-user's glucose information



Dexcom Clarity app*

Who uses this app? The person wearing the Dexcom G7

What does this app do? Displays comprehensive reports and statistics and can be used to supplement the Clarity summary in the Dexcom G7 app



Dexcom Follow app**

Who is using this app? Individuals who have permission to view Dexcom-user's glucose levels. For example: parents, partners, or guardians.

What does this app do? Dexcom user (sharer) shares glucose information remotely via Share and can be followed by up to 10 people (followers).



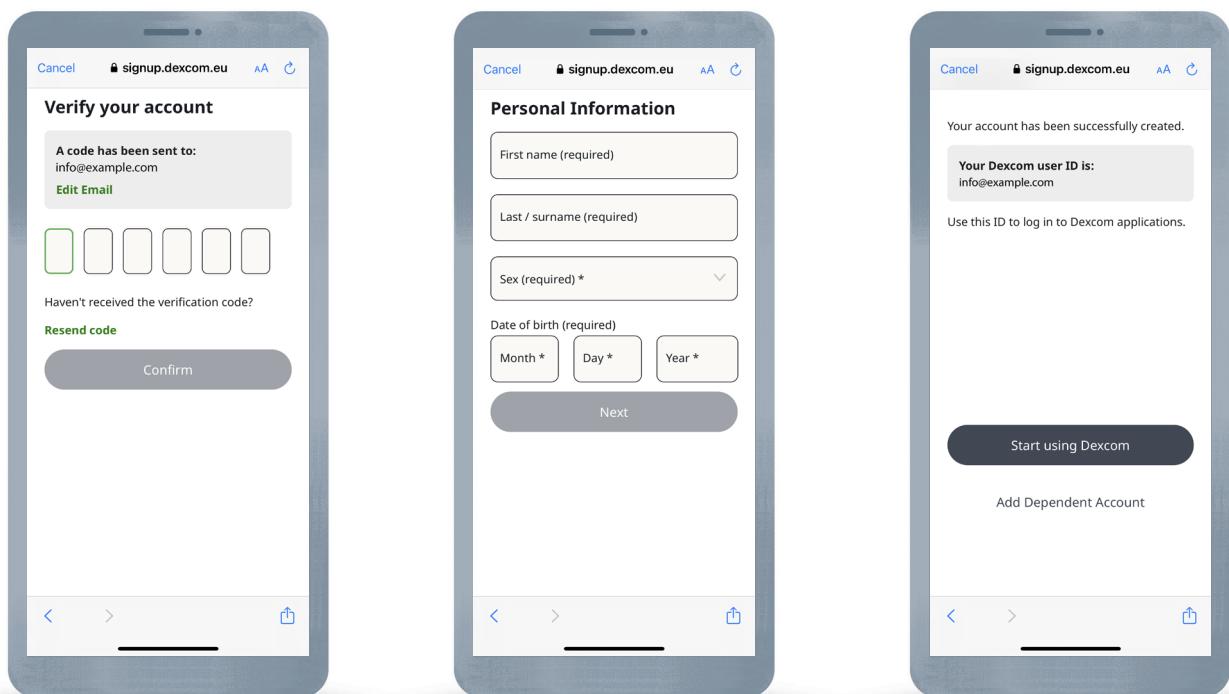
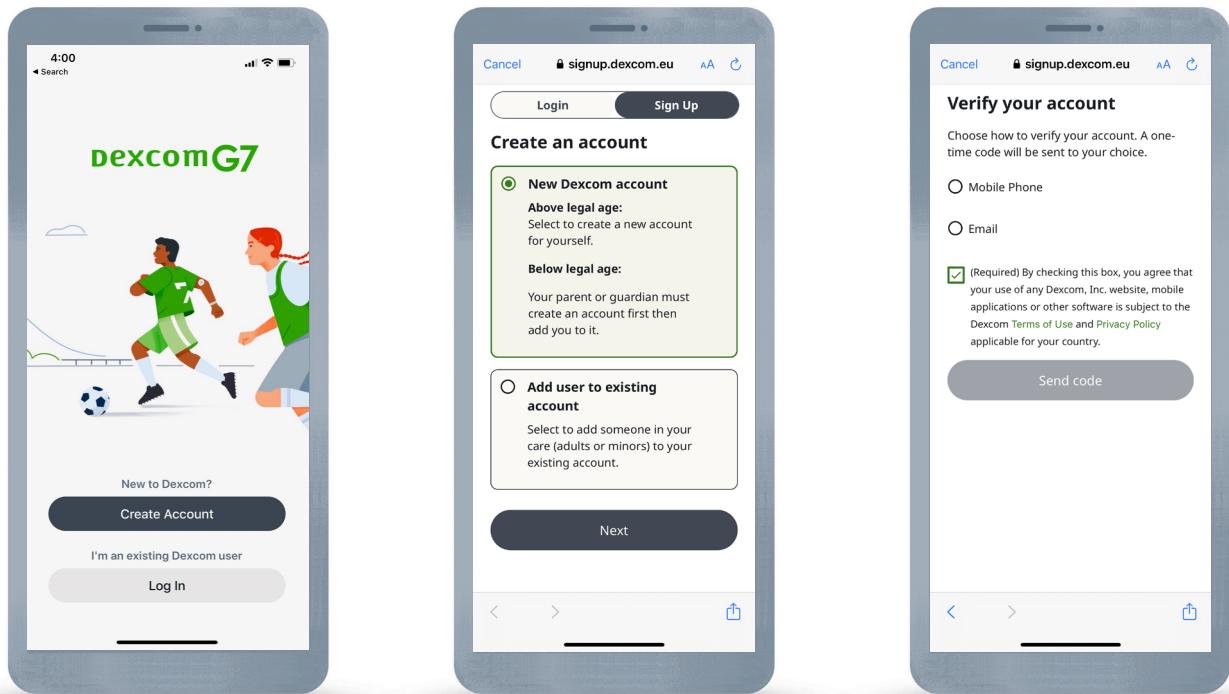
* An internet connection is required for patients to send their glucose data to Dexcom Clarity via a compatible smart device: dexcom.com/compatibility.

** Internet connection required for data sharing. Data sharing requires the use of the Follow app. Followers must always confirm values in the Dexcom G7 app or on the receiver before treatment decisions are made

Step 3: Create a Dexcom account and log in

Note: If you already have a Dexcom account, use this to log in

New account (>18 years old)



Creating a new account can be done in the app or online at: signup.dexcom.eu/setup. Select **Register** and then **New Dexcom Account**.

Follow the on-screen instructions to create an account.

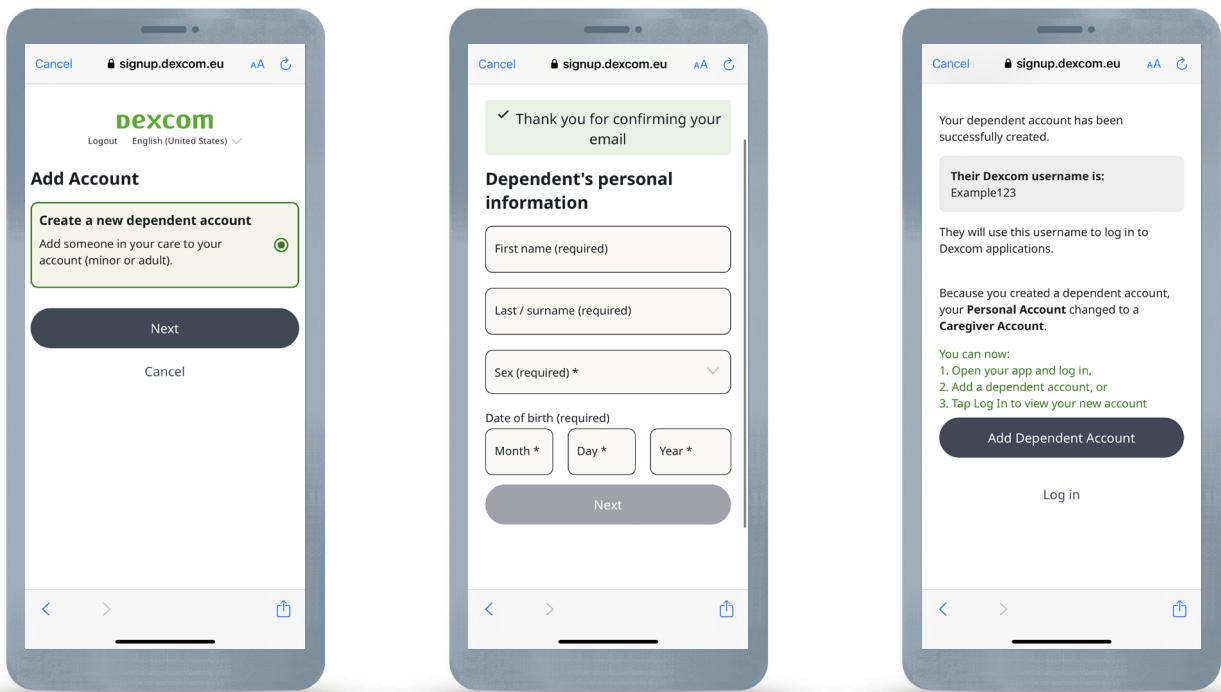
Children <18 years old cannot create their own account. In this case, the parent or guardian first creates his/ her own account with his/ her own data and later adds the child's account to their account.

Remember: The choice of phone number or email address determines your username.

Tip: Not receiving mail? Check the spam inbox.

The new account has been created. Get started with Dexcom by logging in or choose **add dependent account** for your child or someone you care for.

Dependent account (<18 years old)

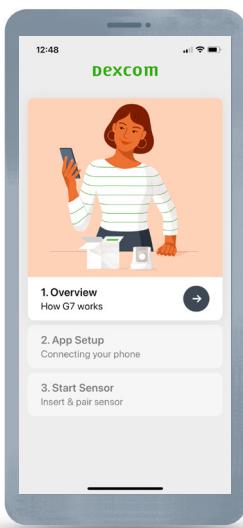


First log in with the account you want to add someone to. Now enter the details of your child or the person you care for. After this, log into all Dexcom apps with the dependent (child)-account.

Tip: Choose an easy username, for example first and last name (without space) and use the same password as for the main account. This way, you only need to remember one Dexcom password.

Step 4: Set up the Dexcom G7 app

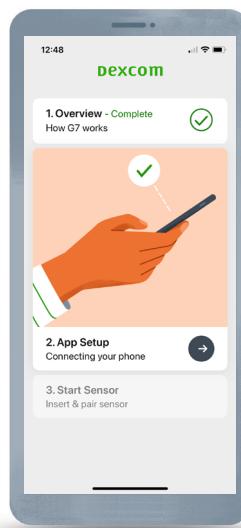
The in-app instructions guide you step by step through the settings



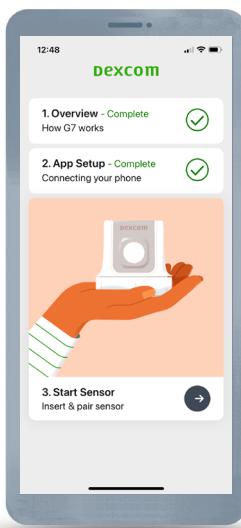
Overview:
Read the brief manual



Enter the 4-digit pairing code
(on the applicator).

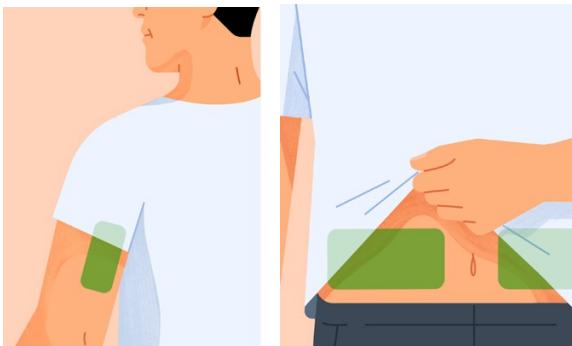


App setup:
Enable Bluetooth and other requirement phone settings

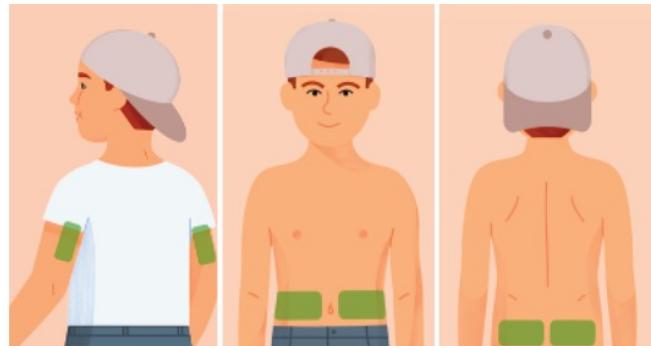


Start sensor:
Follow the in-app instructions to insert your sensor

Step 5: 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

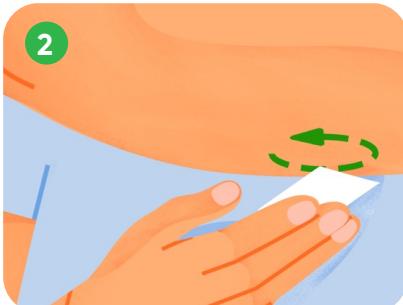
Step 6: Insert the sensor

Prefer watching a video?

Scan the QR-code to watch a short instructional video on how to insert your 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.

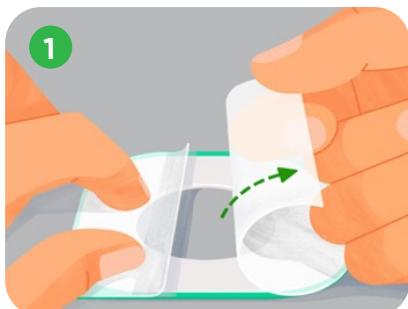


Gently press on top of sensor for 10 seconds.



Step 7: Apply the overpatch

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



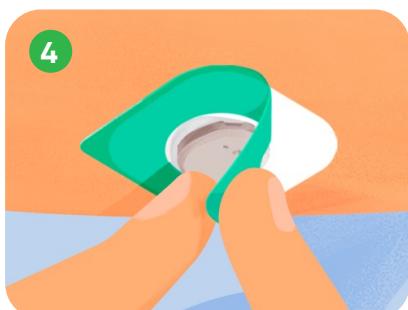
Carefully pull off both clear liners, one at a time. Don't touch white adhesive area.



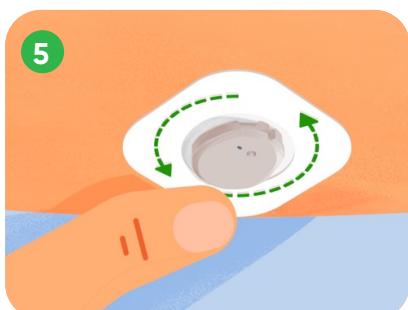
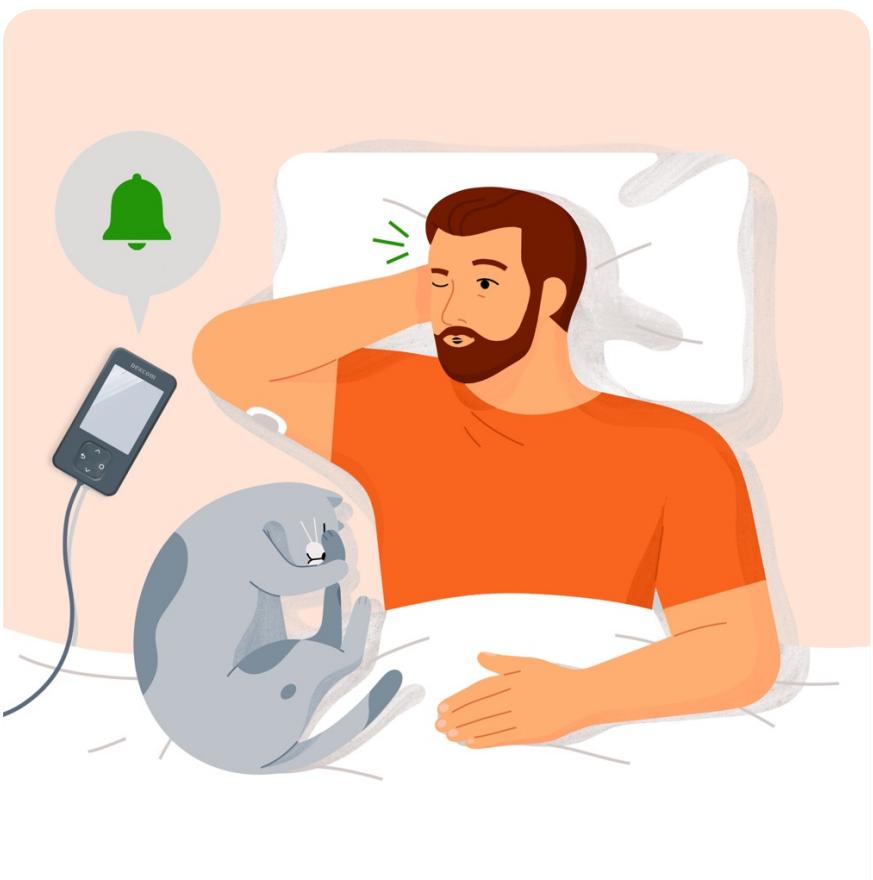
Use the colored tab to apply the overpatch around the sensor.



Rub around the overpatch.



Use the tab to remove the colored protection.



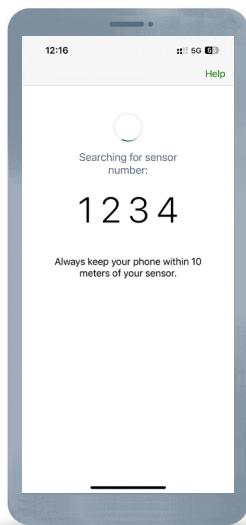
Rub around the overpatch again.

The Dexcom G7 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 hours¹.

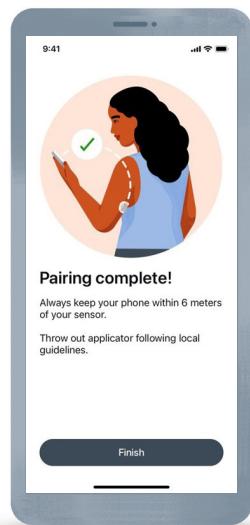
¹ The receiver (as shown above) is not waterproof nor water-resistant.

¹Dexcom G7 CGM User Guide, 2023.

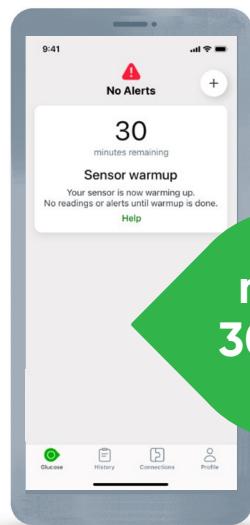
Step 8: Pair the sensor and start warm-up period



Keep the phone within 10 meters when pairing the sensor.



Wait until the sensor is paired and select **Finish**.



After the warm-up period, the first Dexcom value appears.

Alerts for high and low glucose levels

A suite of customizable alerts can help warn you of high or low glucose levels.

The default settings are as follows:

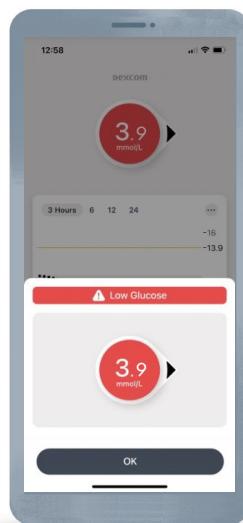
- **Urgent Low glucose: 3.1 mmol/L (always on)**
- **Urgent Low glucose Soon: 3.1mmol/L within the next 20 minutes**
- **Low glucose: 3.9 mmol/L**
- **High glucose 14.0 mmol/L**

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

You can customize your alerts via:

Profile > Alerts

Note: Besides the glucose value, you can also customize the sound setting for each alert. Additionally, you can choose to vibrate or silence them completely.

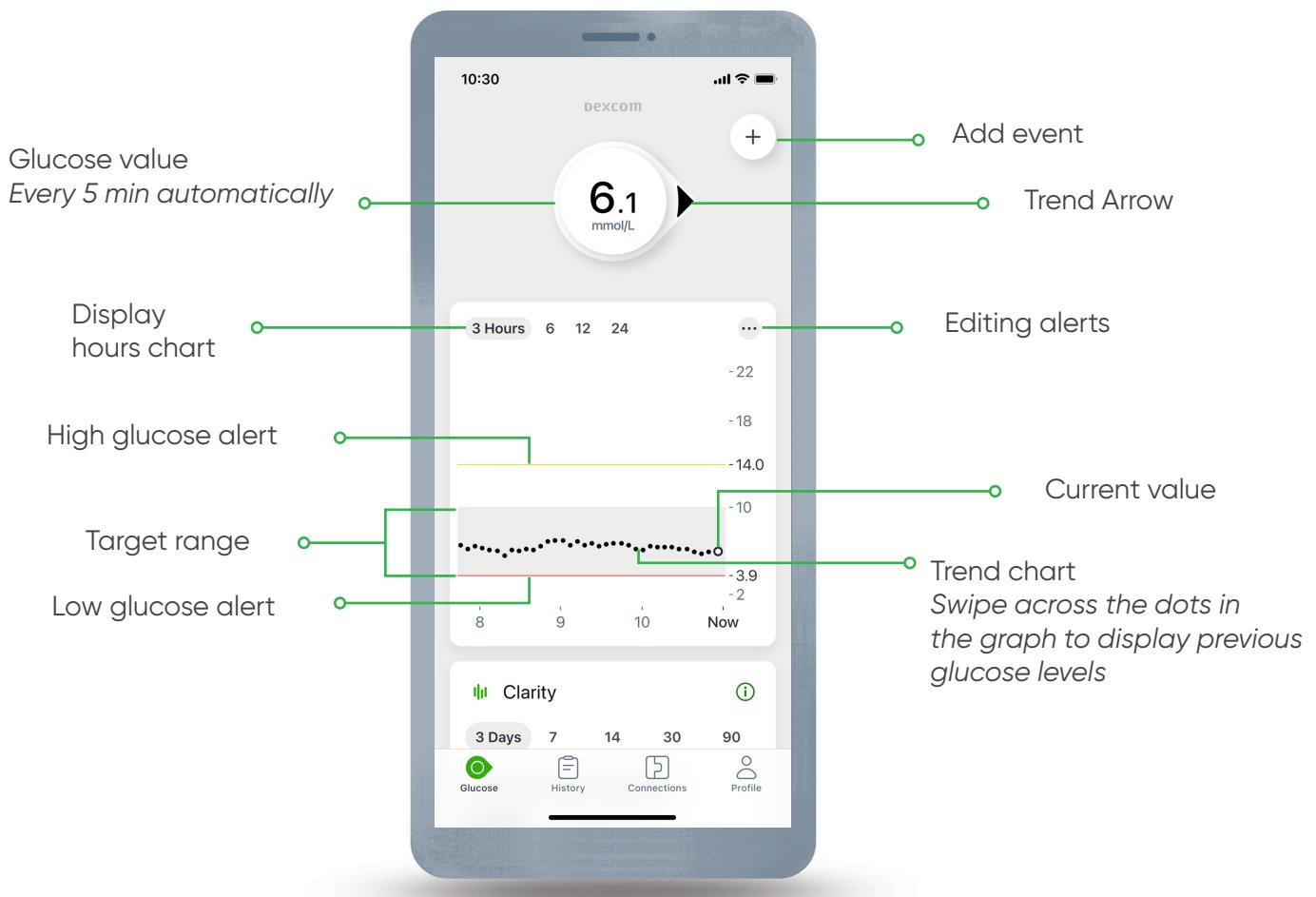


How the app works



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

Blood glucose meter

The Dexcom G7 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 G7 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 G7 features a 12-hour grace period, so that you can change your sensor when convenient.

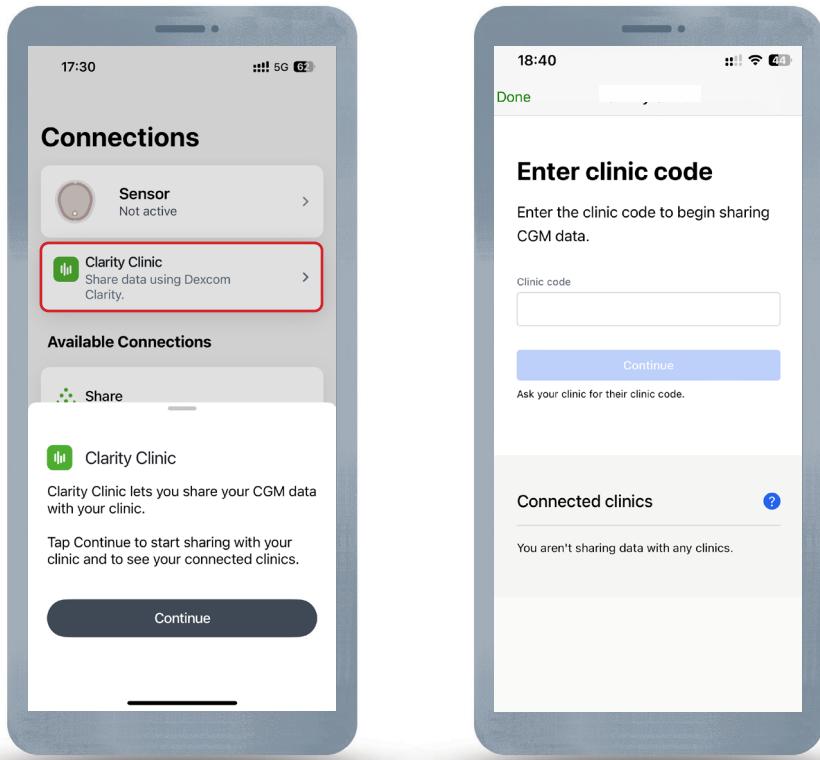
After the session, remove the sensor as you would remove a plaster or bandage. Use body oil if necessary to make this easier.

Prefer watching a video?

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



Sharing data automatically with health care provider[‡]



Open the Dexcom G7 app. Go to **Connections** and tap on **Clarity Clinic**.

Ask your health care provider for the clinic code and enter.

Dexcom Clarity

Download the Dexcom Clarity app or visit Dexcom Clarity at: clarity.dexcom.eu to view detailed reports and statistics of your glucose data.

Tip: In the **glucose** tab of your Dexcom G7 app, you can already find a Clarity summary with the most relevant statistics.



Log in with the same credentials as your other Dexcom app or create a new account.

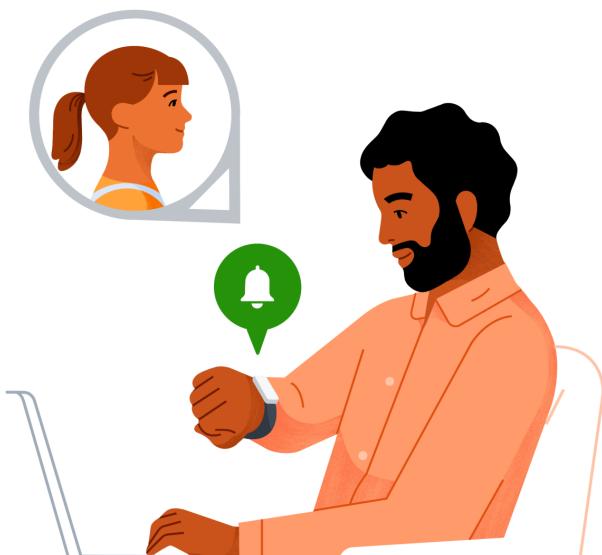
[‡] Patient must first sync their Dexcom CGM data with the Dexcom Clarity app and consent to share their data with their healthcare provider. An internet connection is required for patients to send their glucose data to Dexcom Clarity via a compatible smart device: dexcom.com/compatibility

Dexcom Share & Follow*

Dexcom Share is a feature within the Dexcom G7 app that allows someone (sharer) to send glucose information remotely to others (followers).

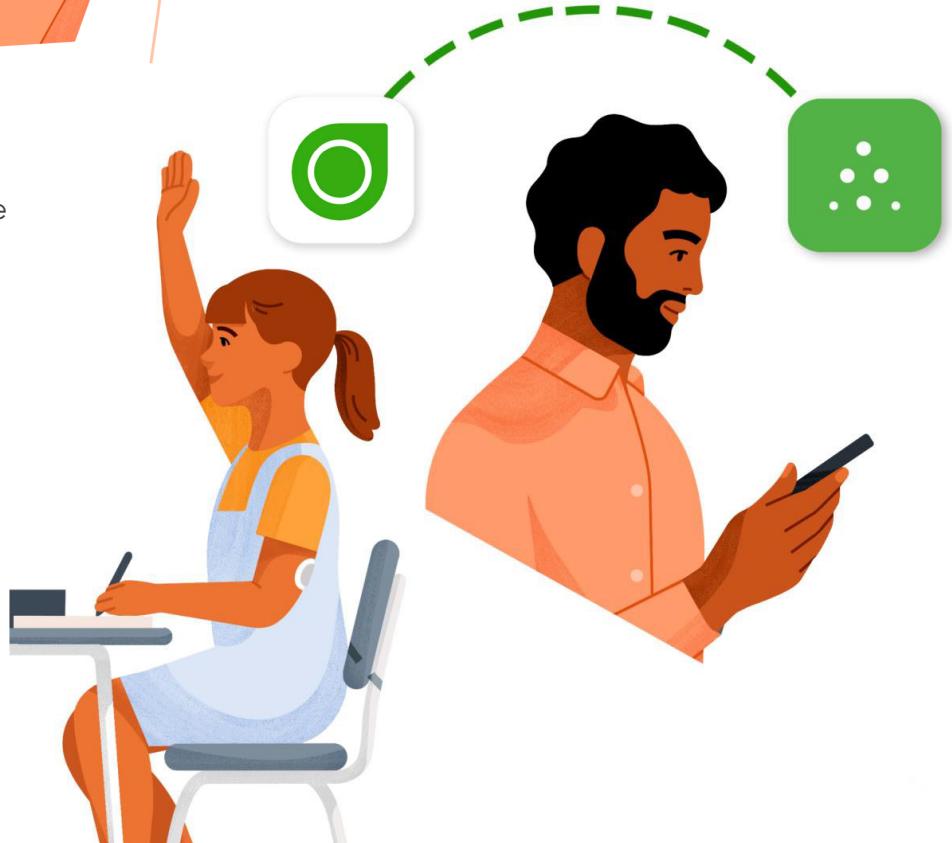
Add up to 10 followers.

Go to: **Connections > Share** to invite someone and follow the on-screen instructions.



Securely send data to followers using the **Share** feature via Connections in the Dexcom G7 app.

Followers download the **Dexcom Follow**-app and accept the invitation by mail



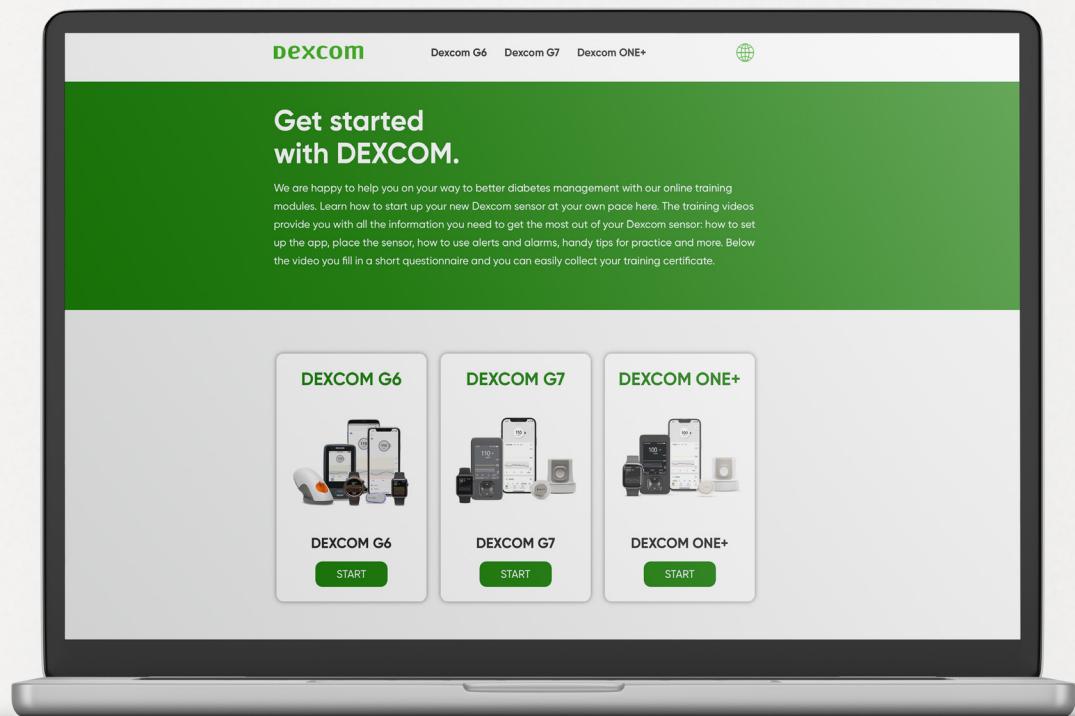
*Internet connection required for data sharing. Data sharing requires the use of the Follow app. Followers should always confirm values in the Dexcom G7 app or on the receiver before making treatment decisions.

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 G7 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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