

dexcomG7

Getting Started

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.

Welcome!

Today we will cover:

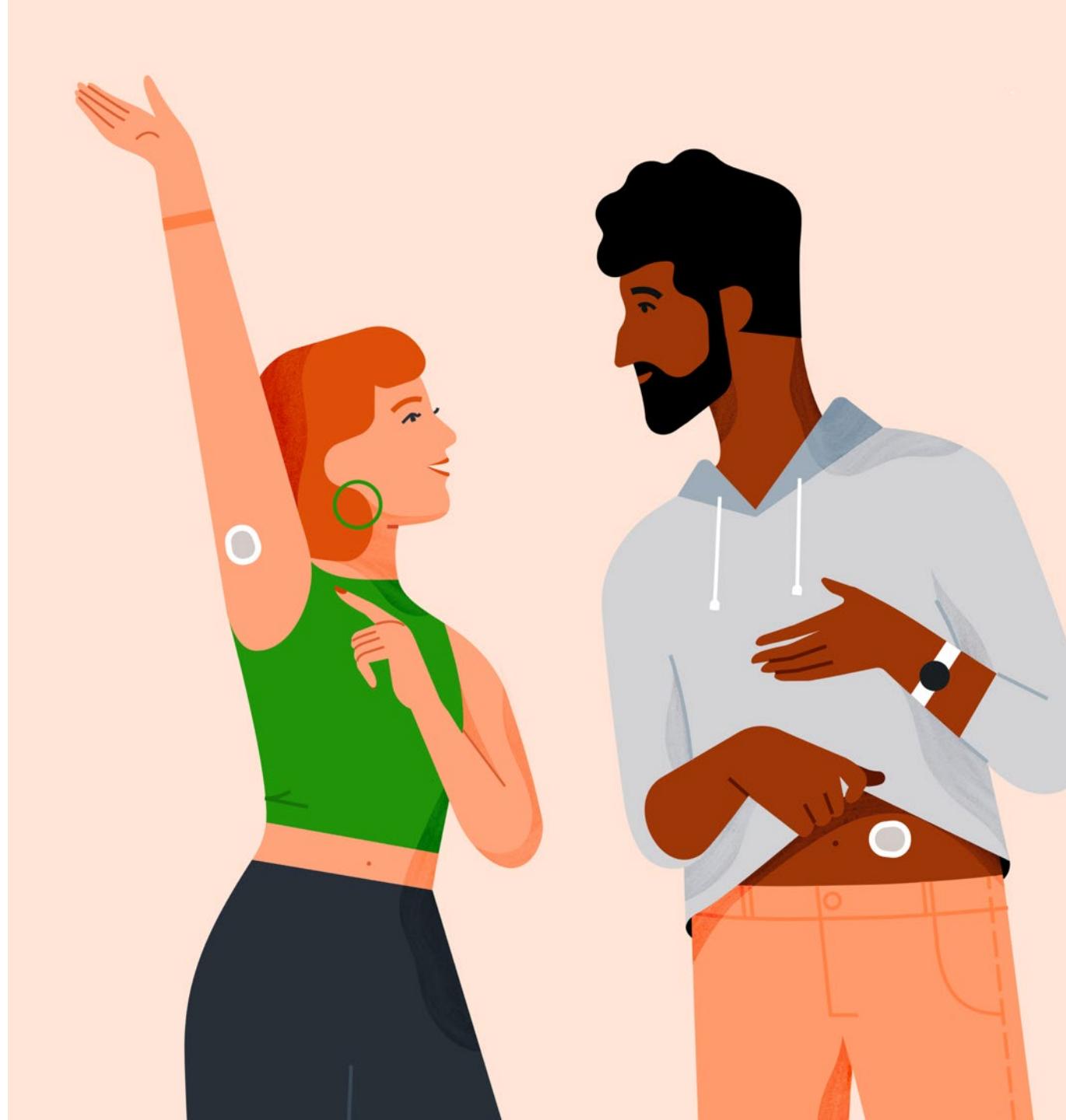
- Setting up the Dexcom G7 app
- Inserting the sensor
- Dexcom G7 alerts and app features
- Removing the sensor
- And more



Value of Dexcom G7

- 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*
- Share live readings with loved ones†

*If your glucose alerts and readings from the G7 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.
† Separate Follow app and internet connection required.



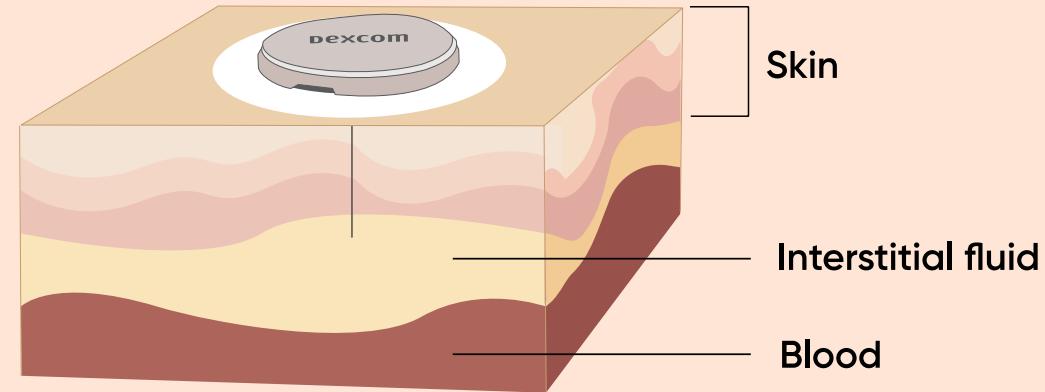
Setting Expectations

- The Dexcom G7 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 level changes a little before glucose levels in the interstitial fluid change.

- Readings can be different and still be considered accurate.

Note: The difference between your meter and Dexcom G7 readings may be greater when you insert a new sensor. Generally, the readings get closer over the first 24 hours.





- Dexcom G7-app

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

- Dexcom G7 receiver (optional)

- Shows glucose information
- Rechargeable using supplied USB cable

- Apple Watch (not included)

- Shows glucose information (with or without smartphone)



- Applicator with built-in G7 wearable

- G7 wearable consists of sensor, transmitter and patch
- Applicator inserts the sensor, releases the wearable, and places the patch on skin
- Sensor measures glucose information
- Wear for 10 days
- Wearable sends glucose information to the Dexcom G7 app

Smart devices sold separately.

Intro to Dexcom Apps



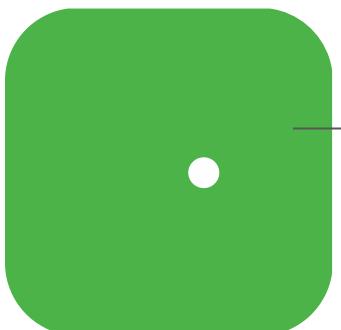
Dexcom G7 app

- **Who uses it?** The person wearing the Dexcom G7.
- **What does it do?** Shows user's glucose information.



Dexcom Clarity app†

- **Who uses it?** Dexcom G7 user wearing the sensor.
- **What does it do?** Review key metrics, create reports, or authorize data sharing with your clinic.



Dexcom Follow app*

- **Who uses it?** Someone who wants to view Dexcom G7 user's data. Examples: Parents, spouse, or caregivers.
- **What does it do?** Allows a person to view and follow the glucose levels and trends of a loved one.

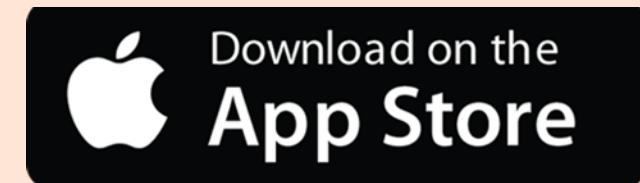
† User must first sync their Dexcom G7 data with the Dexcom Clarity app and consent to share their data with their healthcare provider. An internet connection is required for patients to send their glucose data to Dexcom Clarity via a compatible smart device: dexcom.com/compatibility.

*Internet connectivity required for data sharing. Following requires the use of the Follow app. Followers should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions.

Install Dexcom G7 App

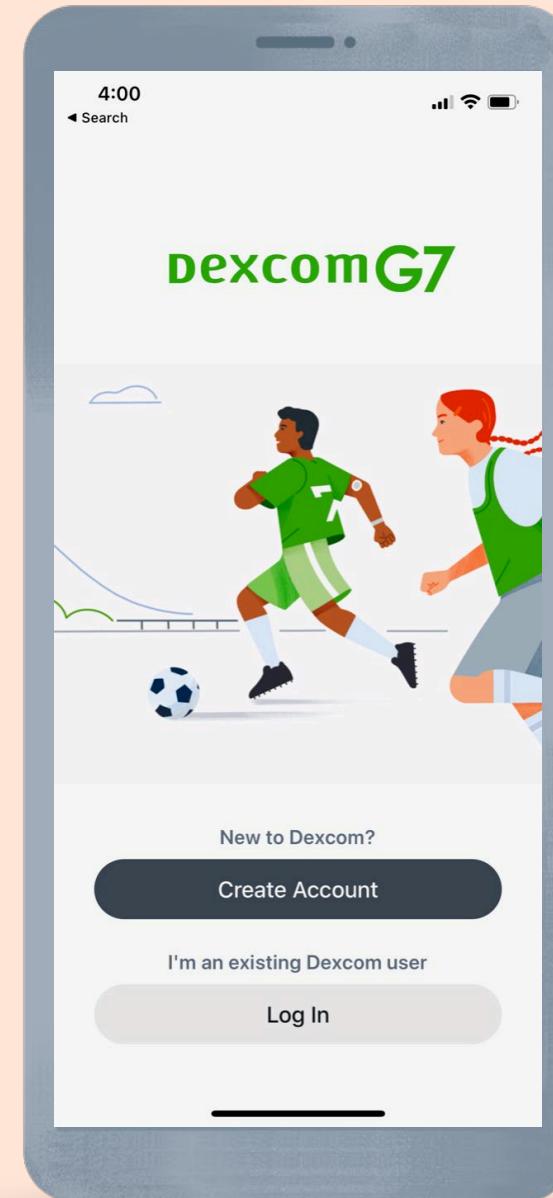
Download the Dexcom G7 app from your app store.

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



Login

Login using existing Dexcom account or
create a new account.

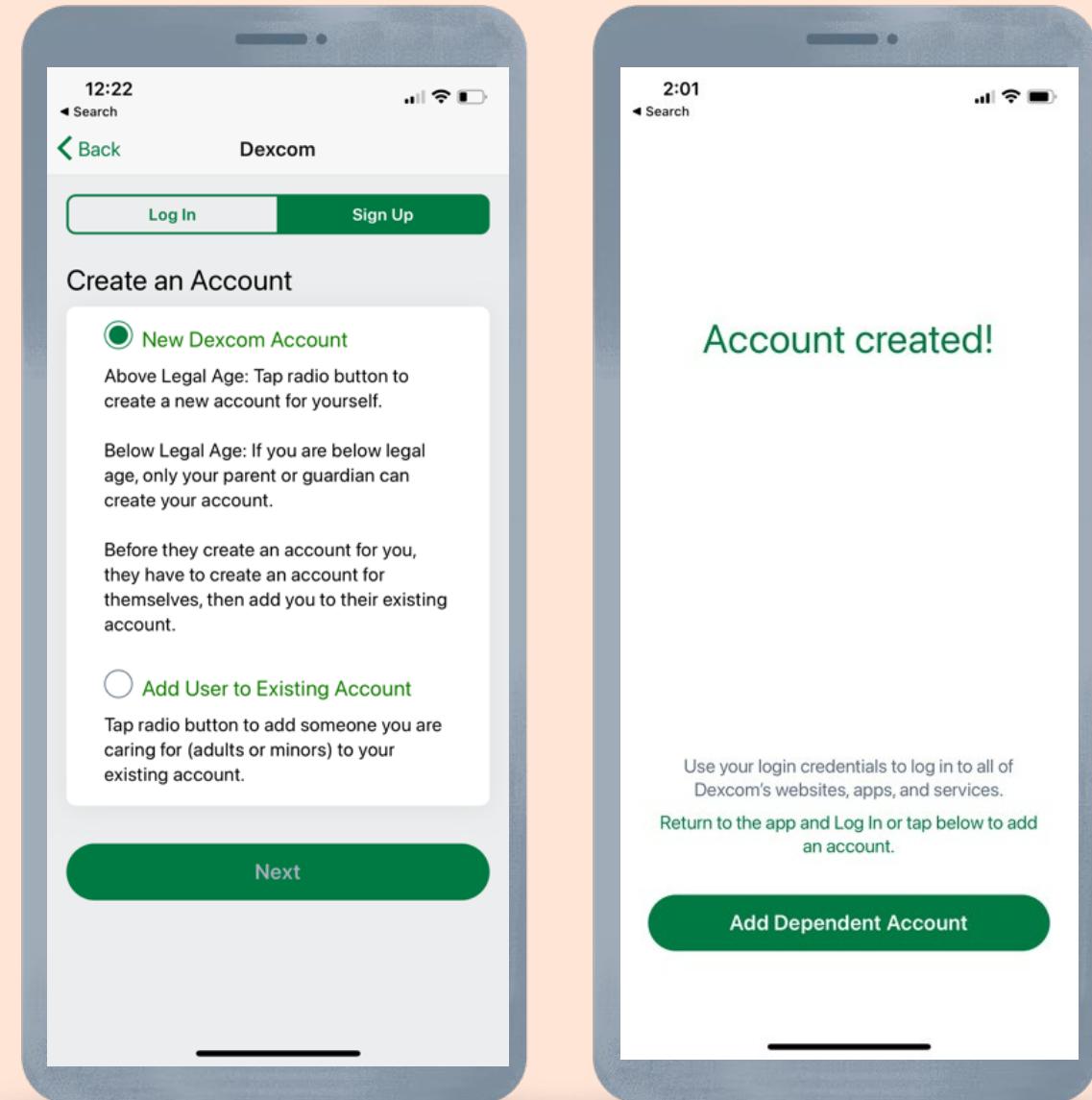


Smart devices sold separately. For a list of compatible devices, visit dexcom.com/compatibility

New Dexcom Account and Dependent Account

To create a Dexcom account, select **Sign Up** and then select **New Dexcom Account**. Follow the onscreen instructions to create your account.

If setting up for a dependent, you will first have to create a main account. This can be done in the app or online at dexcom.com/nl-NL. Once your main account is created you will have the option to add a dependent account. You can then use the dependent's account information to log in to the Dexcom G7 app on the dependents phone.



Receiver Navigation

The receiver screen tells you which button to use.

To scroll faster hold down the **Scroll** button.

To move to next field, use the **Select** button.

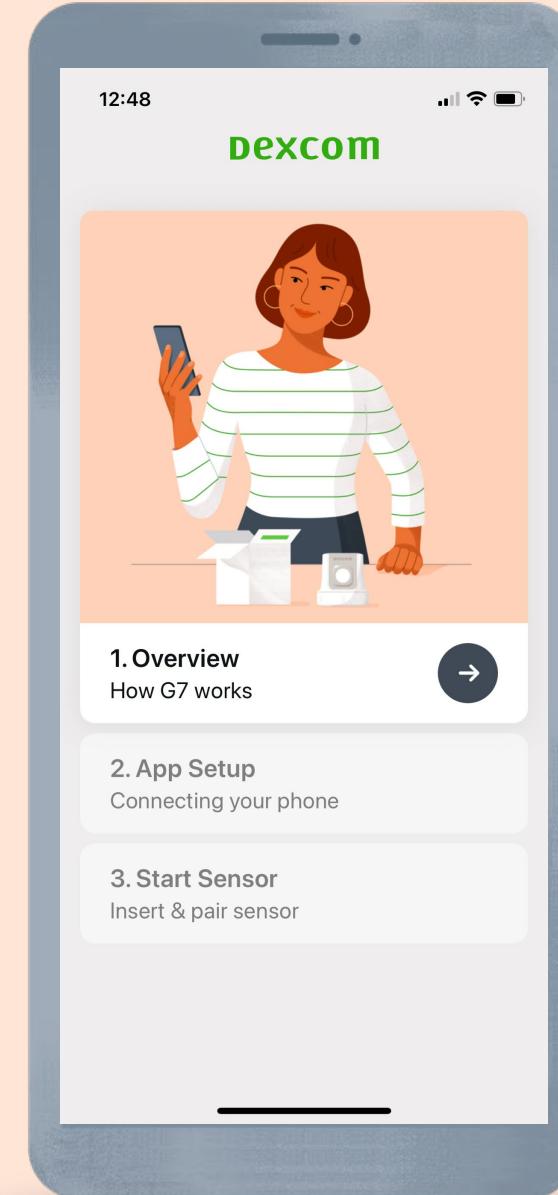
To turn the receiver on press and hold the **Select** button for 3-5 seconds.



Overview

The app or receiver walk 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 provides a mini tutorial on:

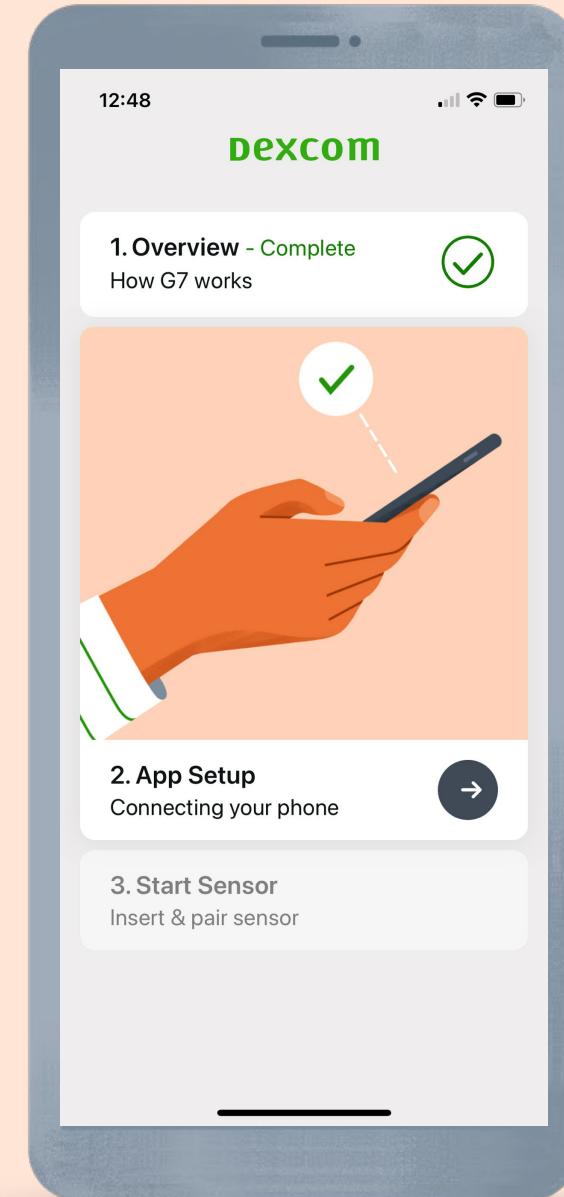
- G7 Basics
- Sensor readings (video and text versions available)
- Alerts (video and text versions available)
- When to use your blood glucose meter (video and text versions available)
- Safety



App Setup

The App Setup, walks through:

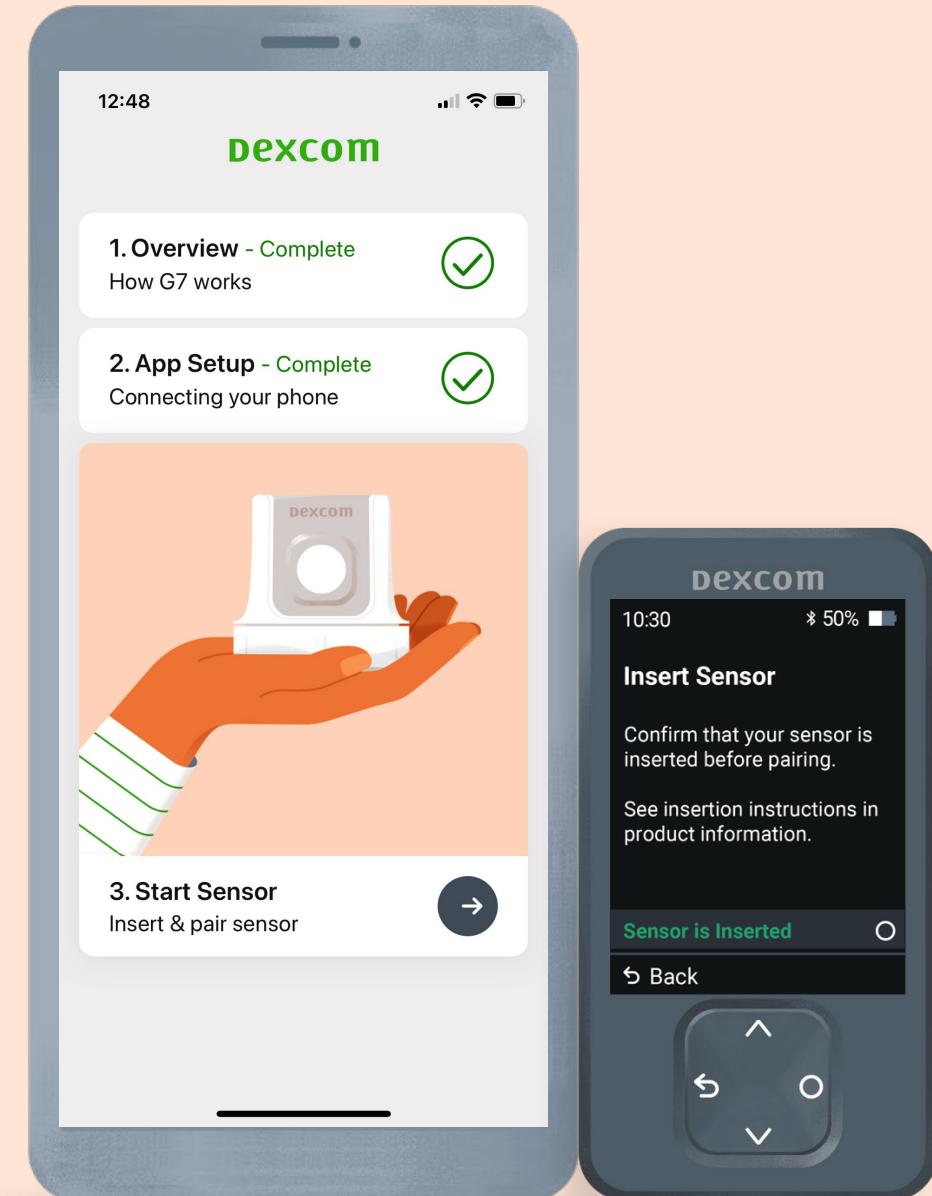
- Enabling Bluetooth (must be on for the system to work)
- Setting other required phone settings (Android and iOS are different)



Start Sensor

Start Sensor, walks through:

- Sensor site selection
- Inserting the sensor
- Pairing

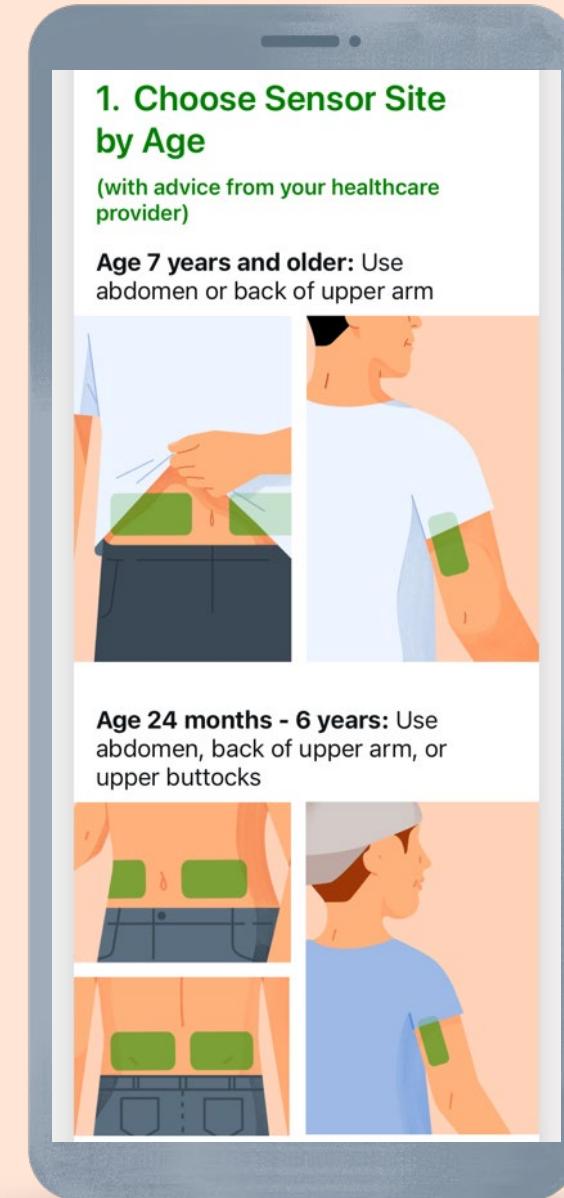


Insert Sensor

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



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.



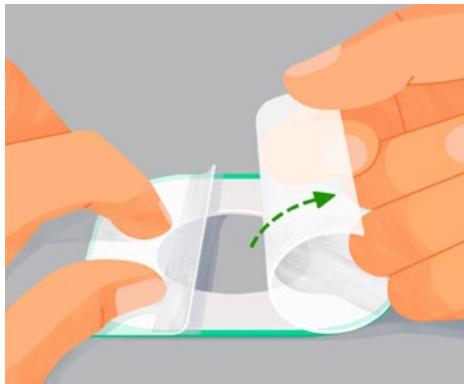
Rub firmly around patch 3 times.



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.

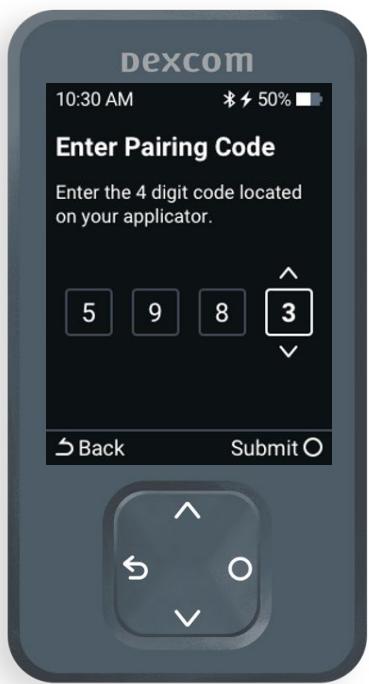
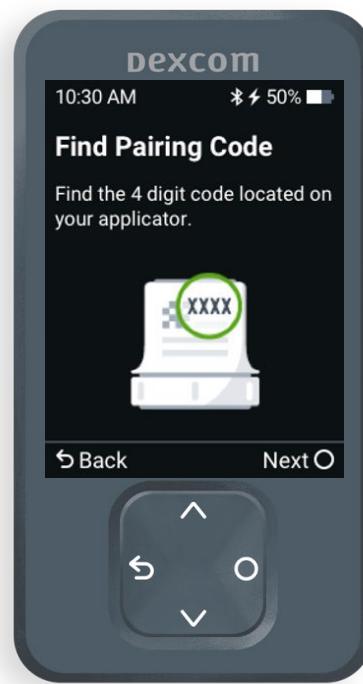
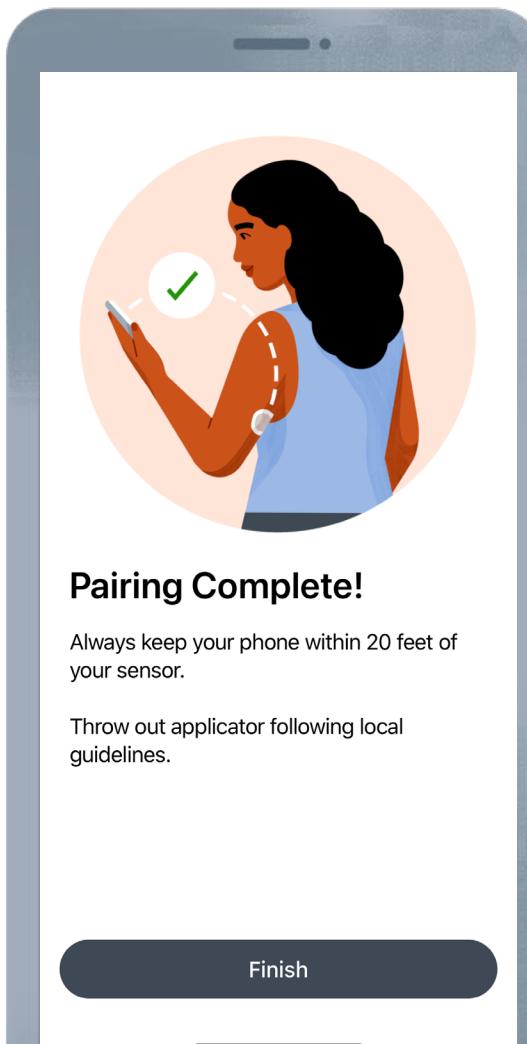
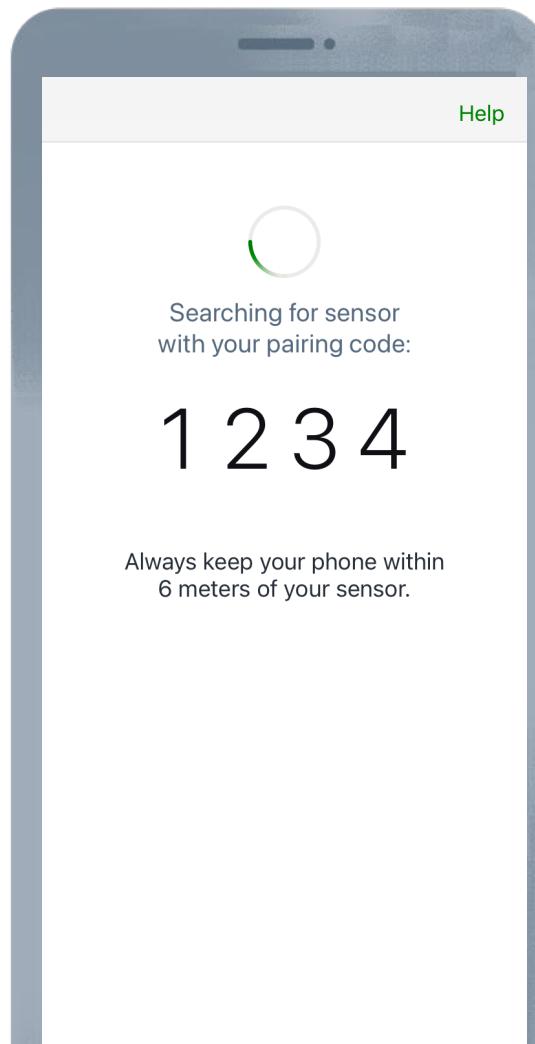
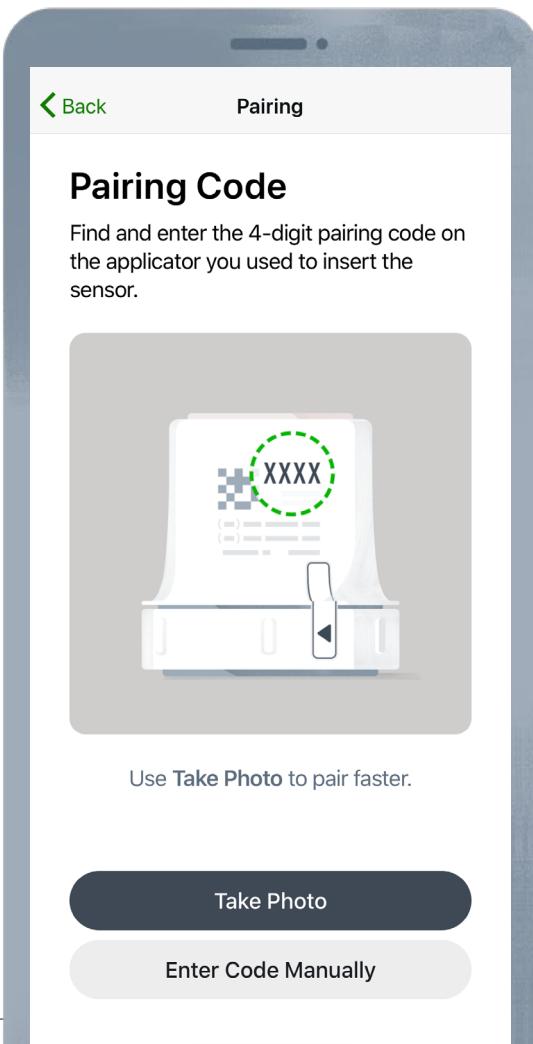
Use tab to peel off colored liner.

Rub around overpatch.

The Dexcom G7 sensor is waterproof and may be submerged under 2.4 meters of water for up to 24 hours.

Pairing

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

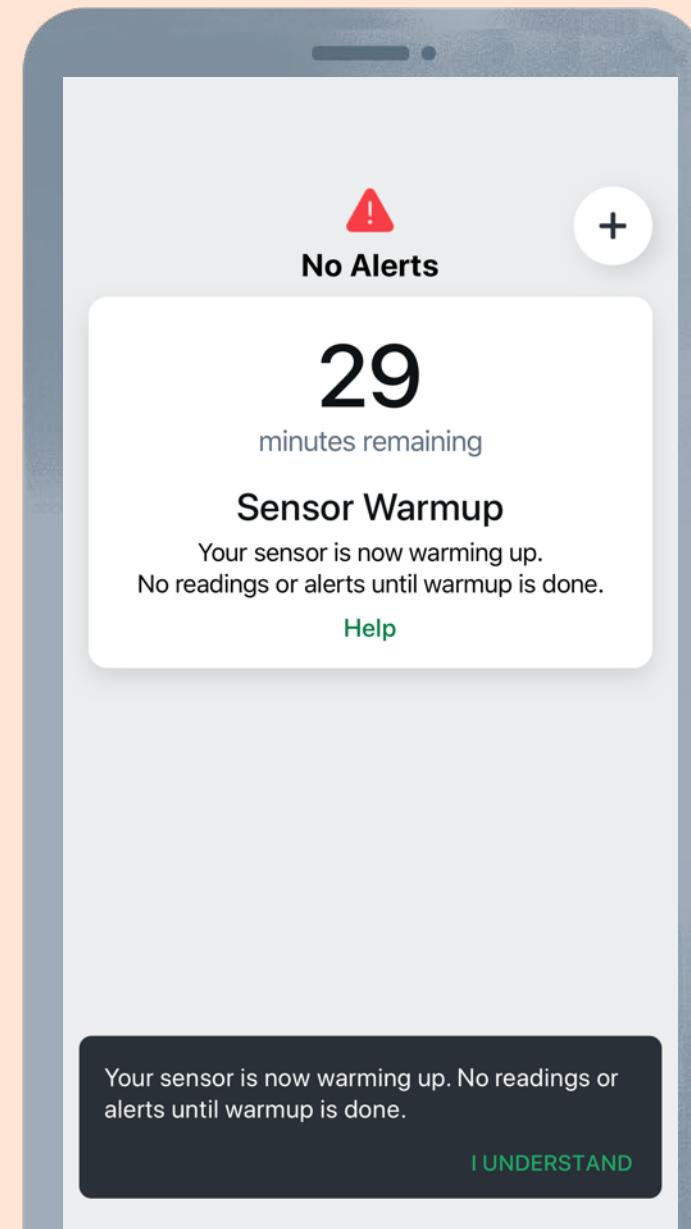


Warmup

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 10 meters during this time.

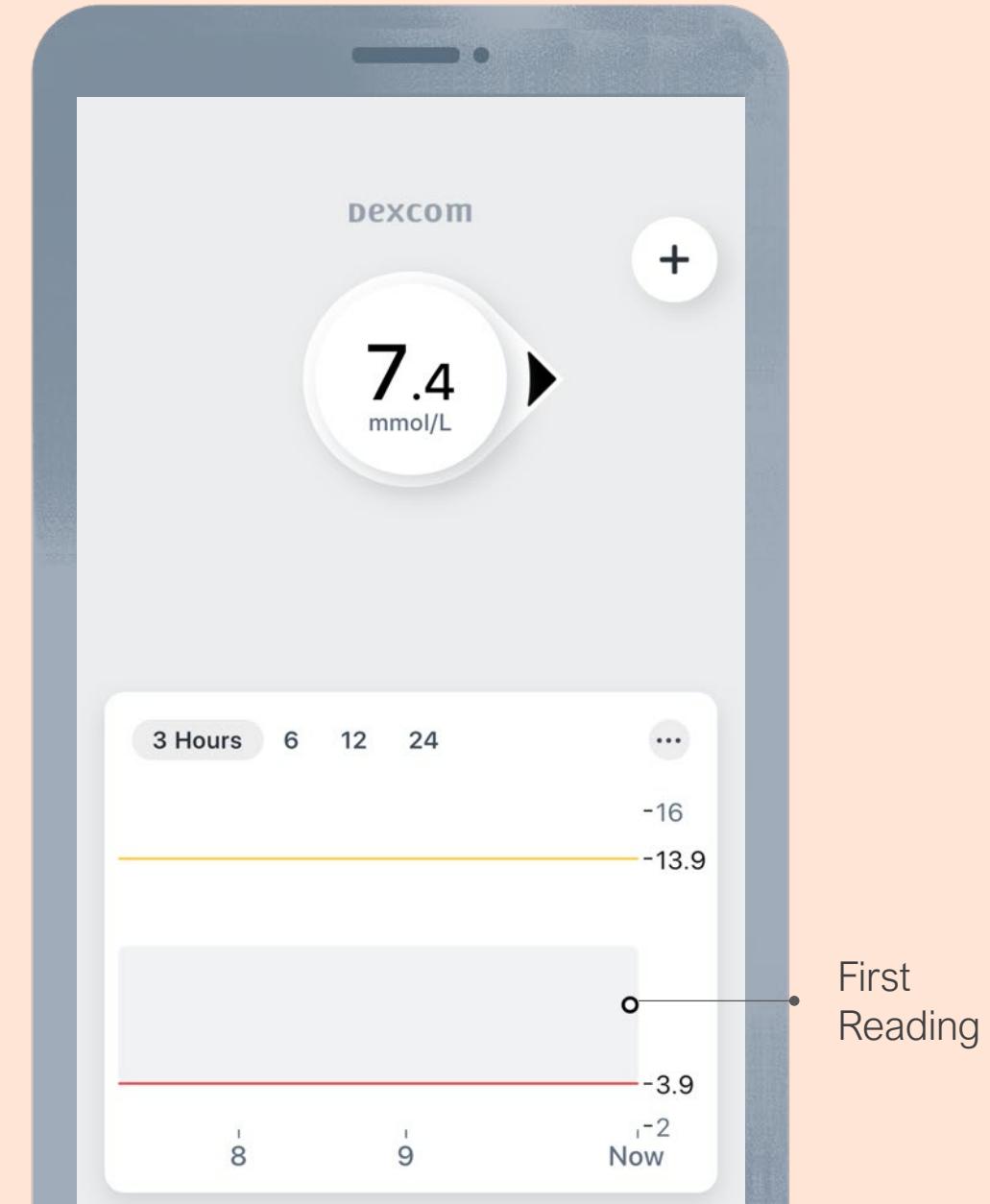


Beginning of Trend Graph

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

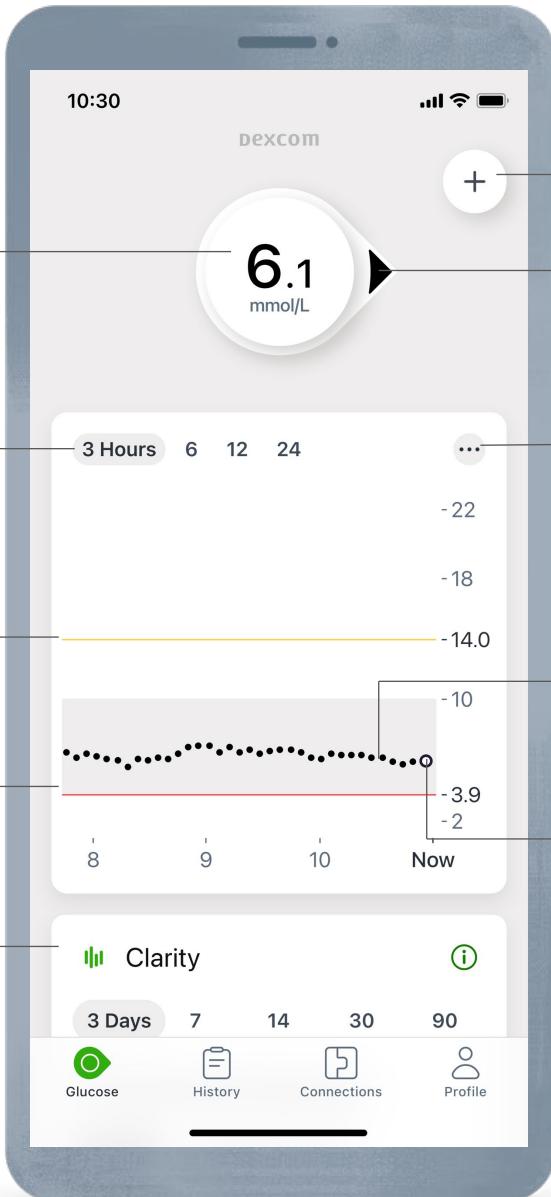
The smart device must be within 10 meters to receive glucose information.

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



Viewing the App Trend Screen

Current Sensor Reading



Hours Shown



High Alert Level



Low Alert Level



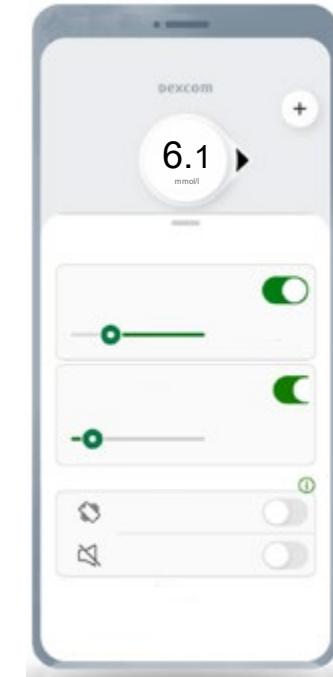
Clarity Card



Add Event

Trend Arrow

Edit Alerts



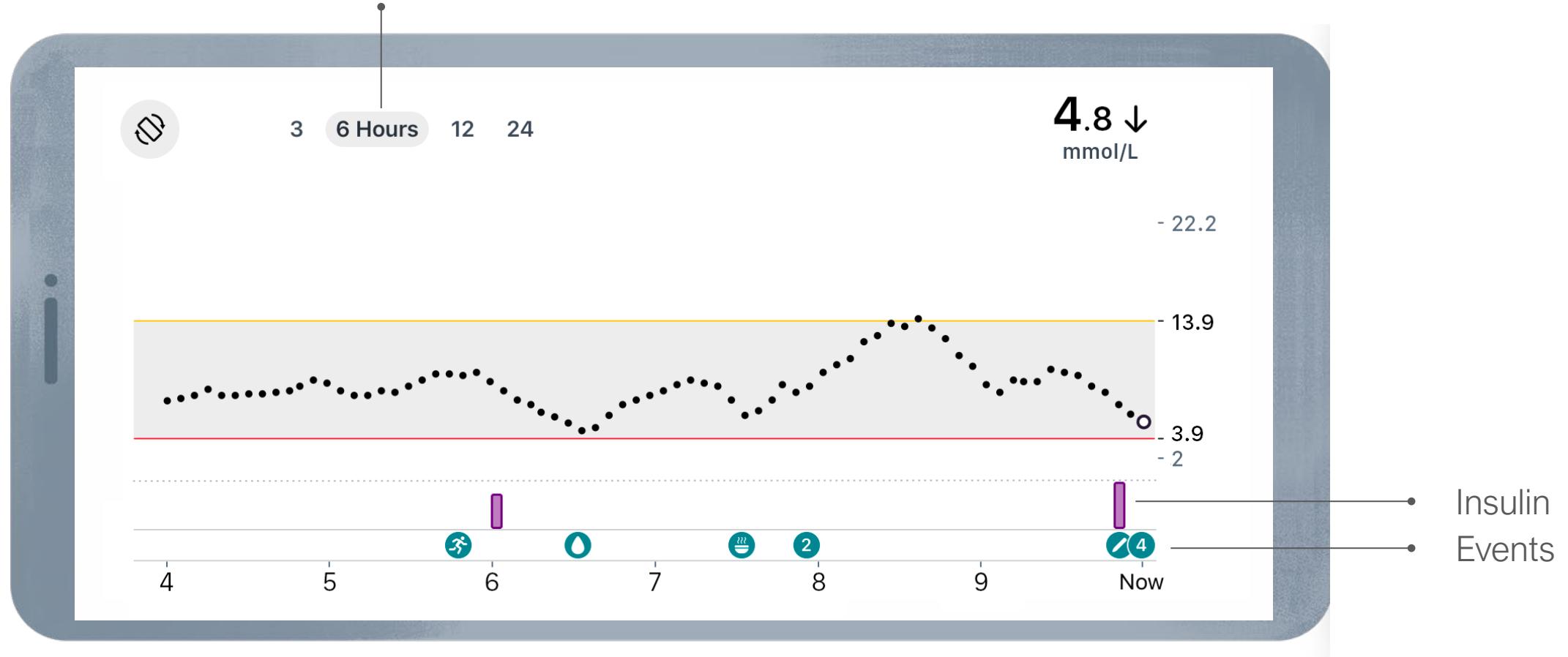
Trend Graph

(scrub along to view past glucose values)

Current Sensor Reading

Landscape

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



Viewing the Receiver Trend Screen



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

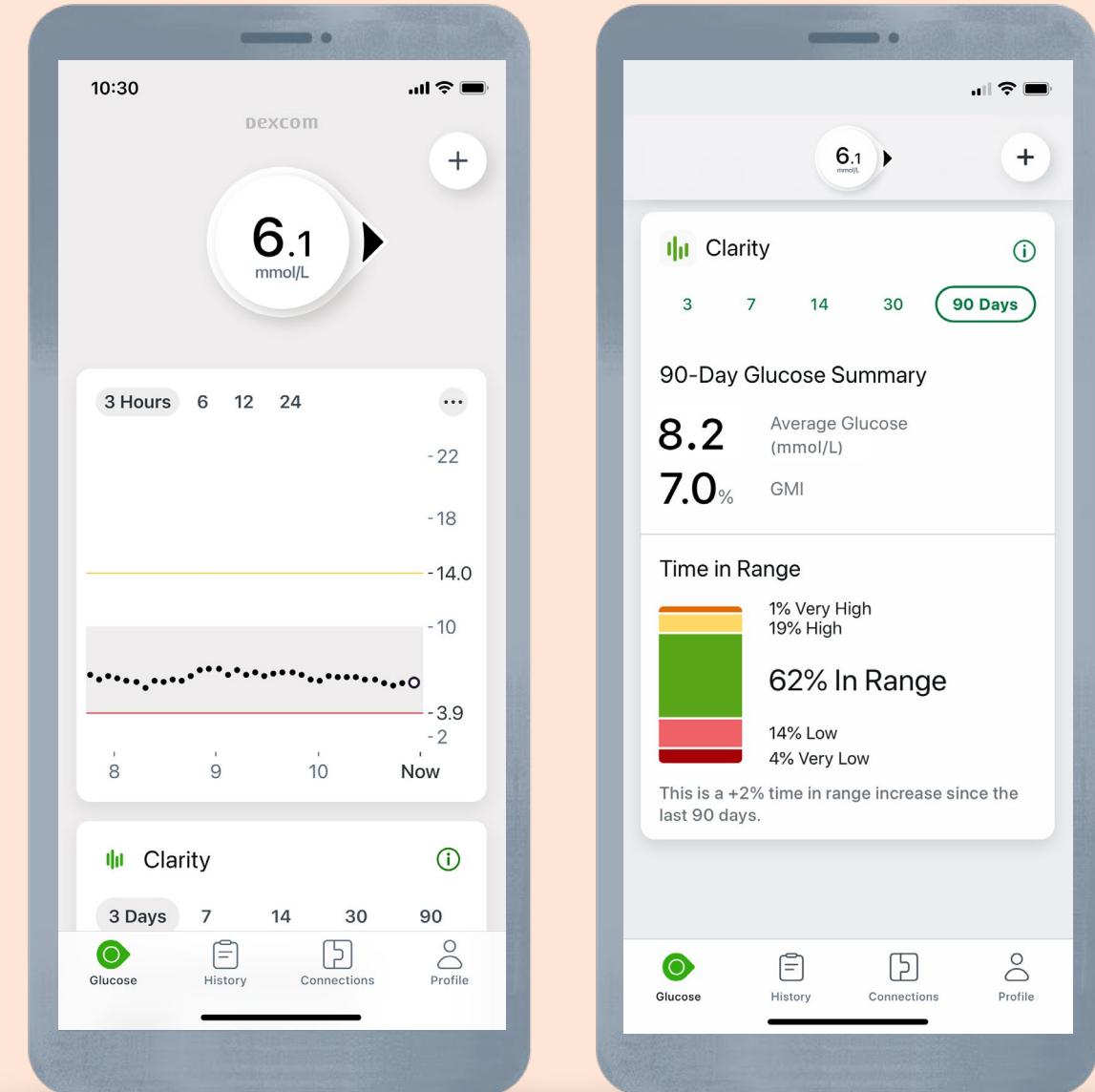
Changing more
than 2.5 mmol/L
in 15 minutes

Clarity Card

Scroll down in the Glucose tab to see the 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.

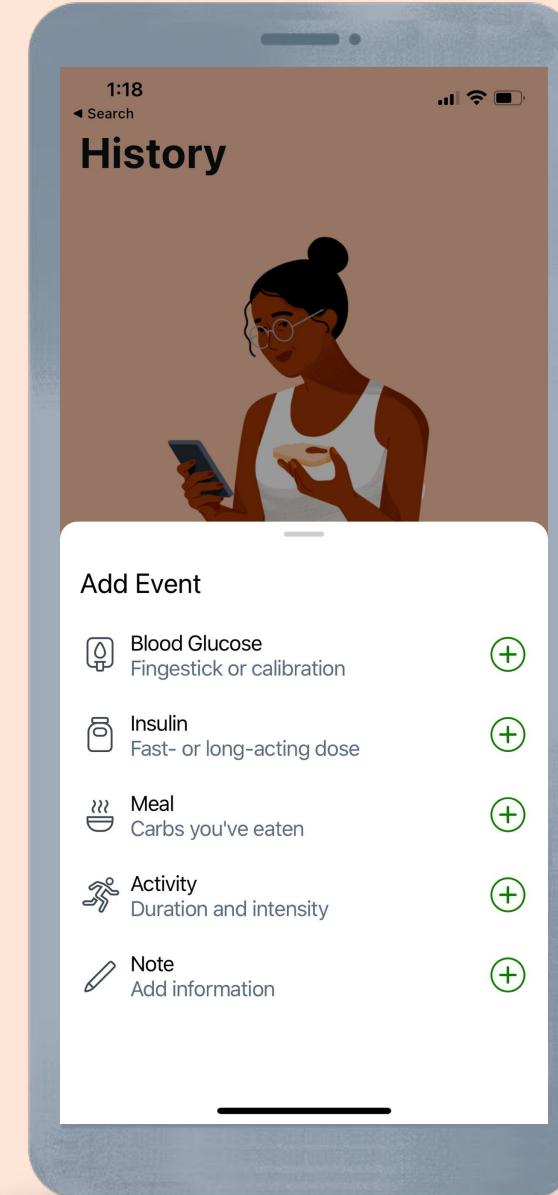
The Clarity Card will not be populated until there is at least 3 days of data. The GMI portion requires 7 days of readings to appear.



History

In History you can enter:

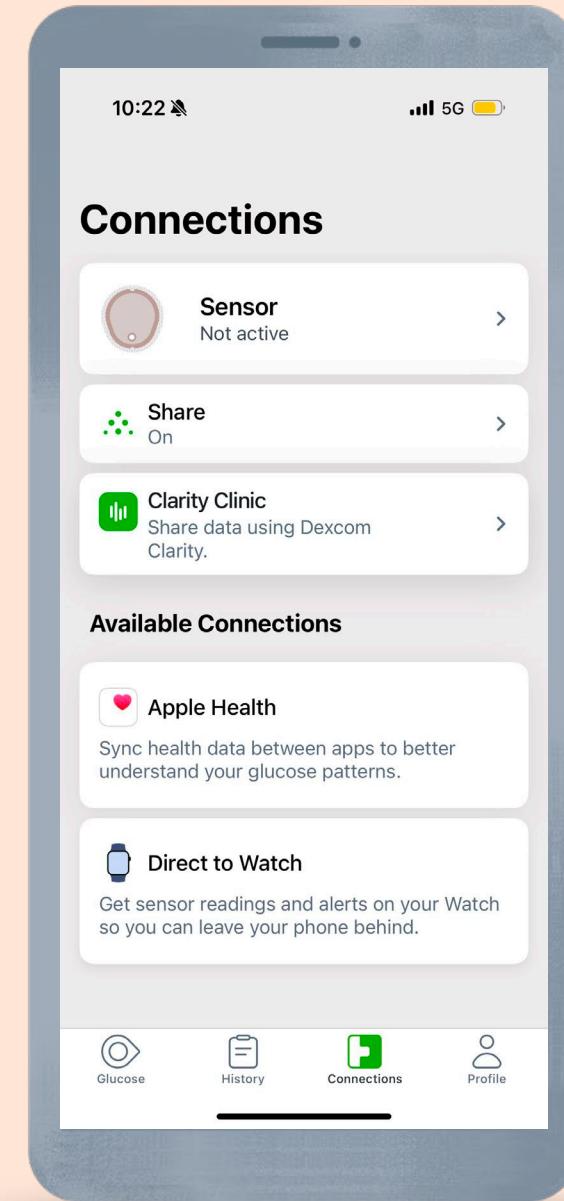
- A fingerstick or calibration
- Fasting glucose
- Insulin (fast- or long-acting dose)
- Meals
- Activity
- Notes
- Edit previously entered events



Connections

In Connections you can:

- Find sensor information
 - Replace sensor
 - Stop sensor session
 - See pairing code
- Share data with your HCP*
- Setup Dexcom Share to share glucose information with friends and family
- Send glucose data to Apple Health (iOS only)
- Connect to your compatible smartwatch[†] (iOS only)



*User must first sync their Dexcom G7 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.

[†] Compatible smartphone is required to pair a new Dexcom G7 sensor with a compatible Apple Watch. To use Share/Follow the smartphone must be within 10 meters of the Dexcom G7.



Operating the receiver

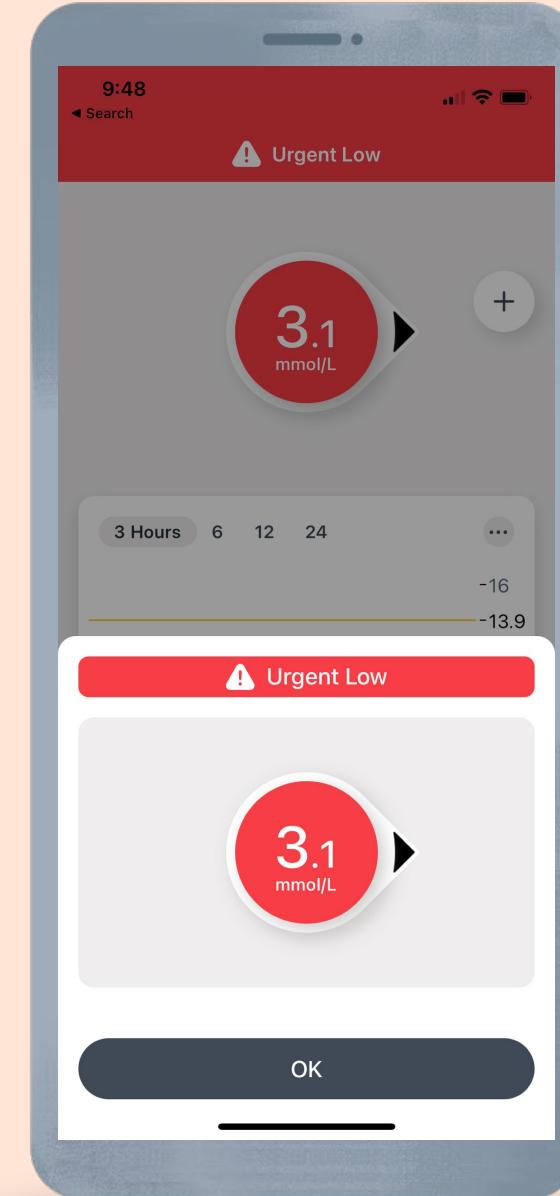


Urgent Low

Notifies when sensor reading is at or below 3.1 mmol/L.

Can't be changed or turned off (unless the Silence All feature is used). After you acknowledge the first alert, it repeats if the sensor reading stays urgently low for 30 minutes.

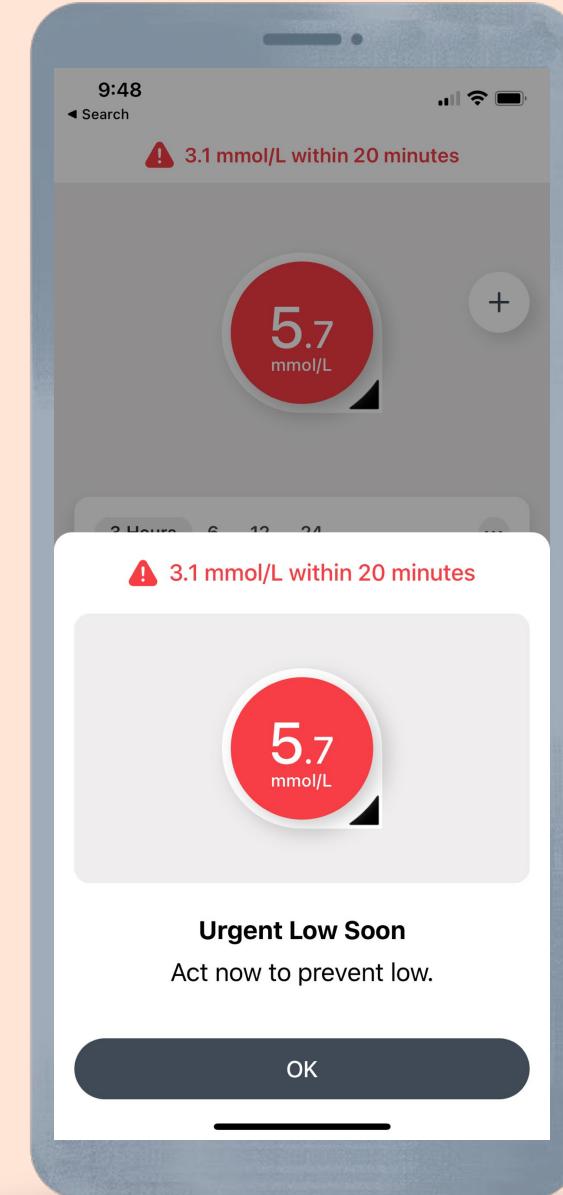
The sound and snooze can be customised in **Profile > Alerts > Urgent Low**.



Urgent Low Soon

Notifies when sensor reading will be at or below 3.1 mmol/L within 20 minutes.

Can be turned off or customised (sound/vibrate, snooze) in
Profile > Alerts > Urgent Low Soon.



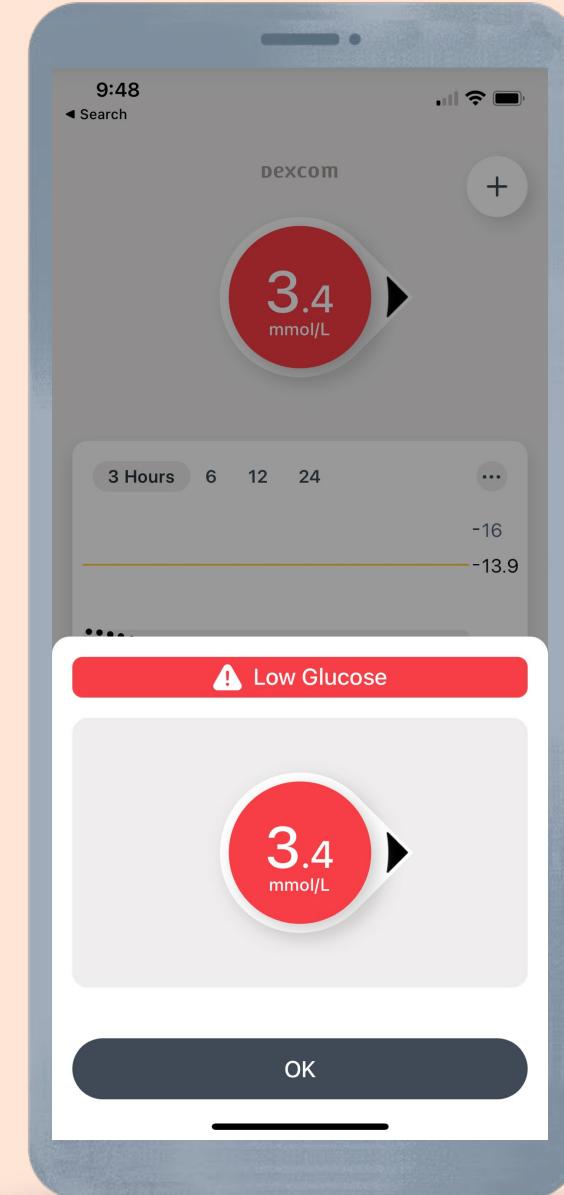
Low Alert

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

Default: 3.9 mmol/L

Range: 3.3-8.3 mmol/L

Can be turned off or customised (level, sound/vibrate, snooze) in **Profile > Alerts > Low Alert.**



High Alert

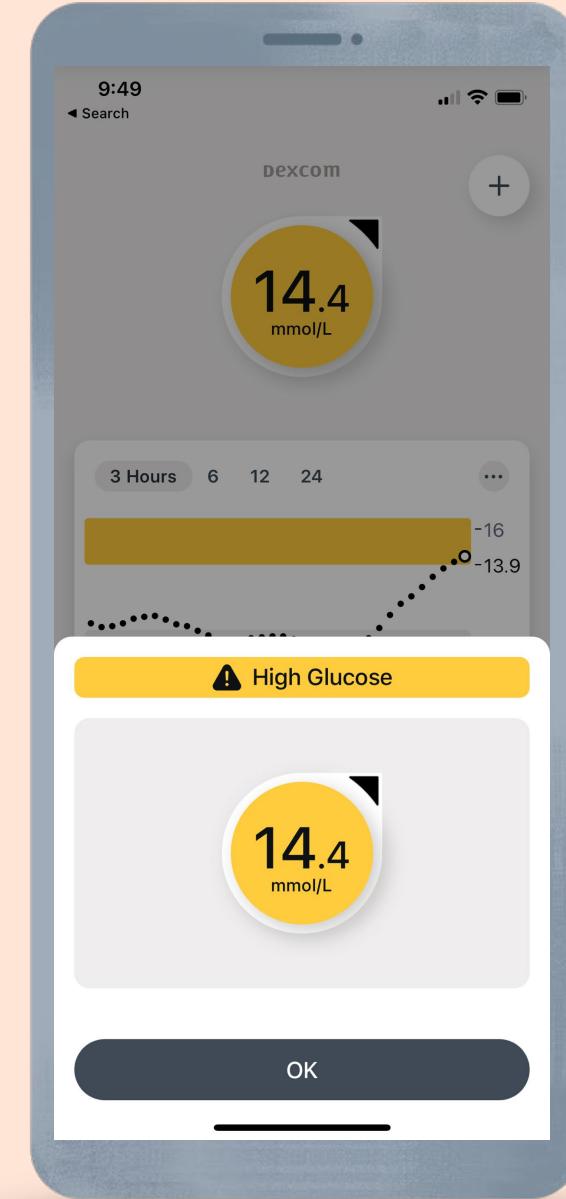
Alerts when sensor reading is at or above the set level.

Default: 14.0 mmol/L

Range: 5.5-22.2 mmol/L

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

The delay 1st alert feature allows you to delay your first high alert until your sensor reading is high for a while.

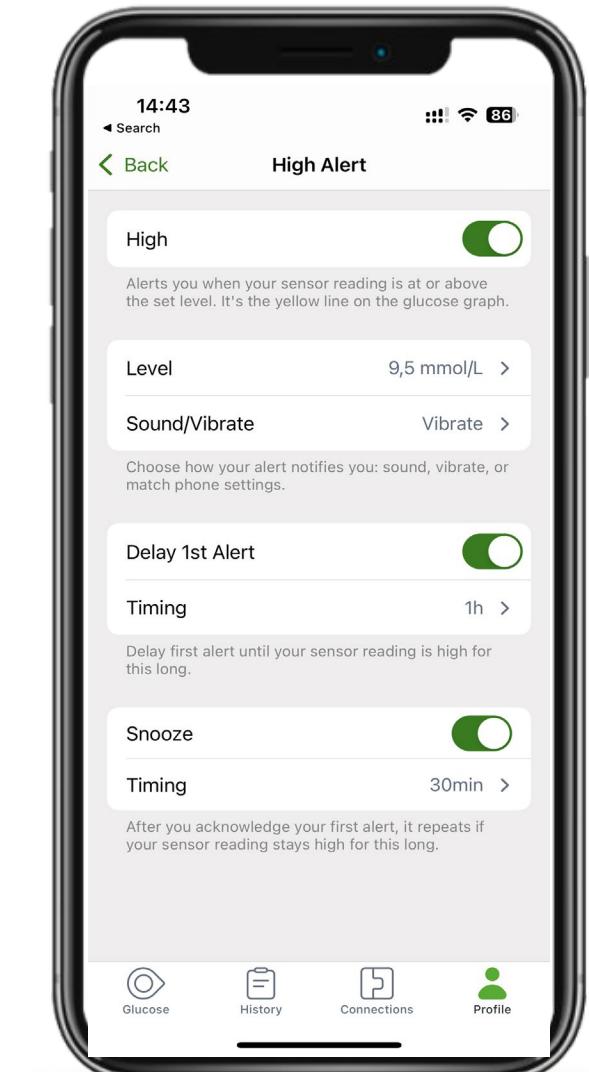
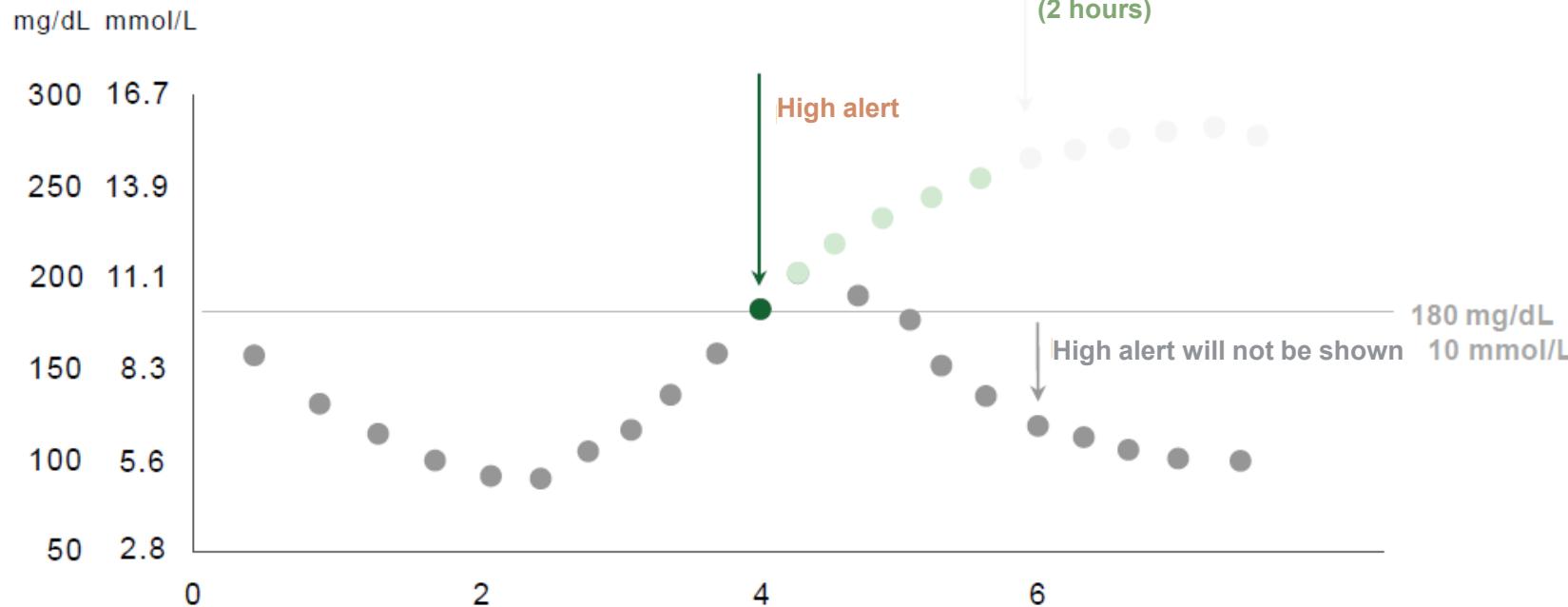


Delay first high alert

Make the high alert more relevant



Delay first high alert, allows you to delay the first high alert until your glucose has been above your hyperglycemia threshold for a set time (15 min to 4 hours)



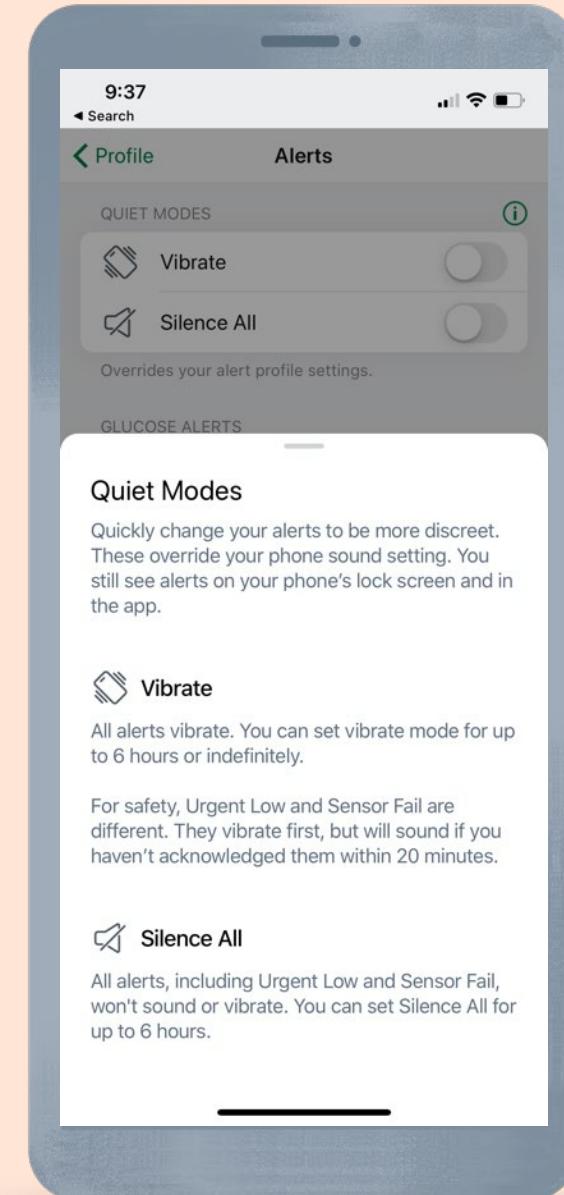
Quiet Modes

Quickly change alerts to be more discreet with quiet modes. Find under **Profile > Alerts > Quiet Modes**.

Vibrate: Set all alerts to vibrate for up to 6 hours or indefinitely.

Silence All*: All alerts, including Urgent Low and Sensor Fail, won't sound or vibrate. You can Silence All for up to 6 hours.

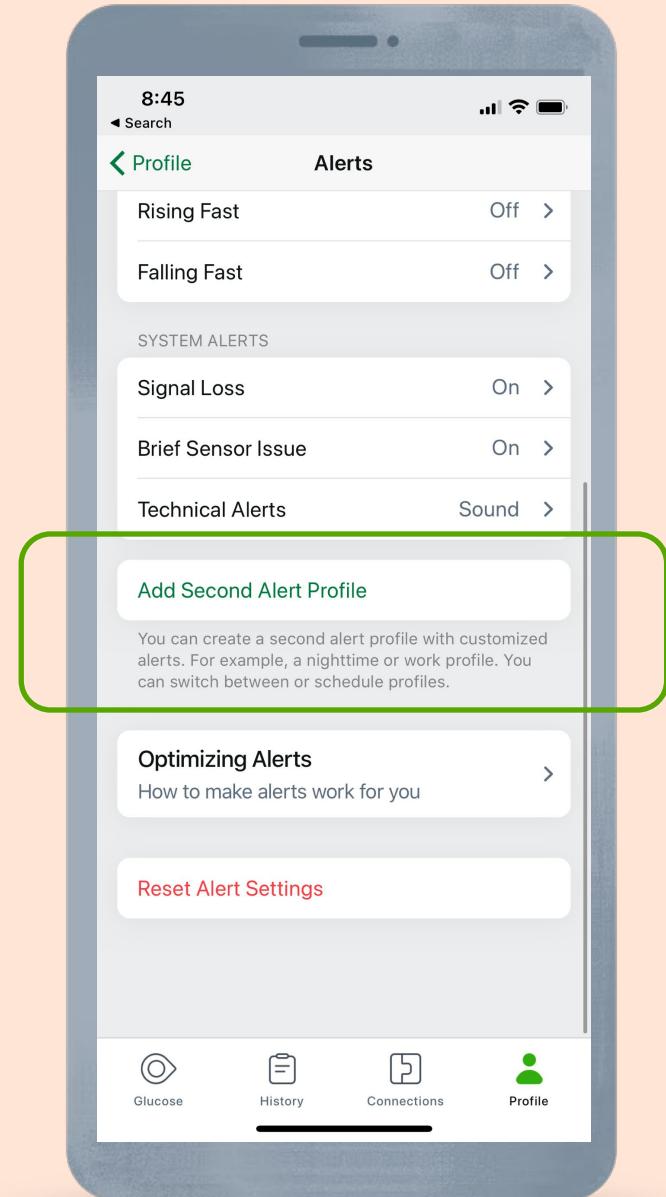
*Quiet Mode (Silence All): When this setting is enabled, all your G7 alerts will be silent. You won't receive sound or vibration for any alerts. You will still receive visual alerts on your display device. (Exceptions: App Stopped alerts will still sound.) Check your display device frequently to avoid missing a low/high event.



Second Alert Profile

Create a second alert profile with customised alerts.

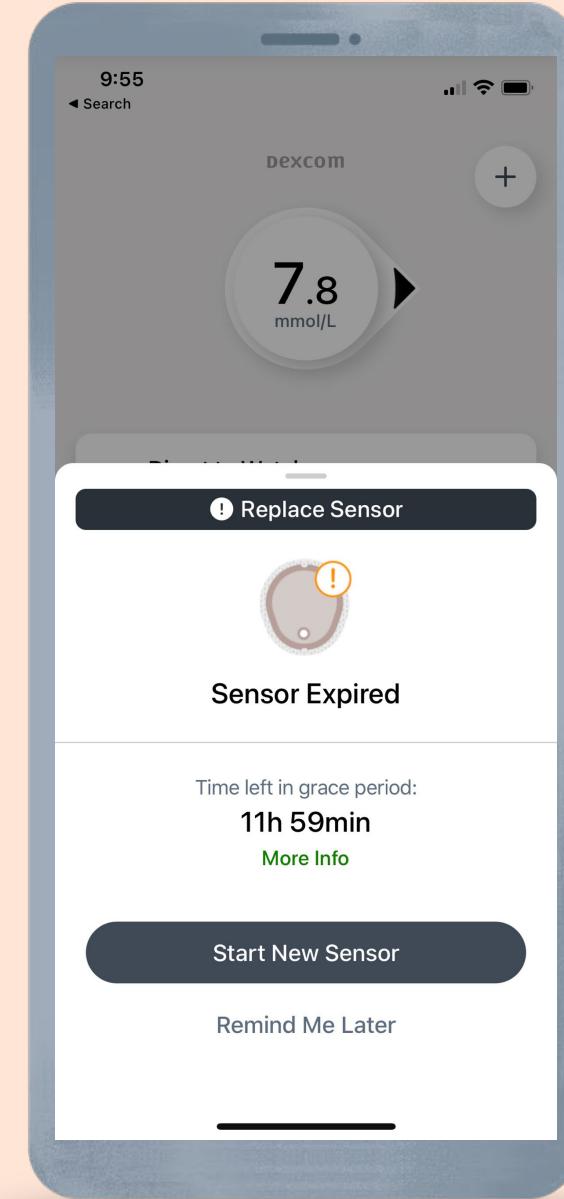
For example, a night-time or work profile.
Switch between or schedule profiles.



Ending Sensor Session

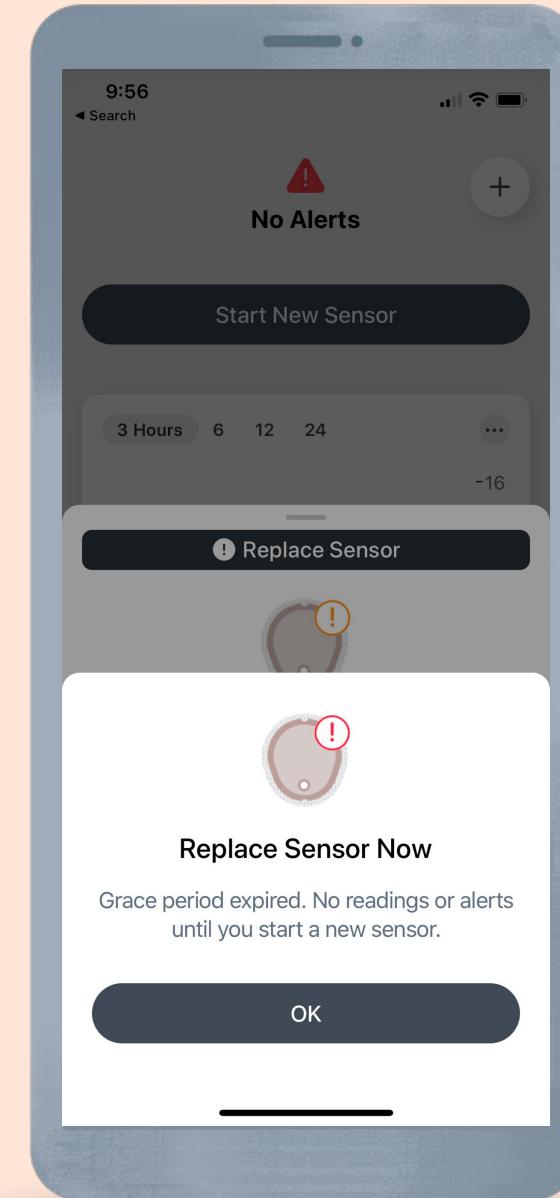
Each sensor session lasts up to 10 days plus a 12-hour grace period. The grace period gives you more time to replace the sensor when it is convenient.

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



Automatically End Sensor

The sensor will automatically end when the grace period ends.



Manually End Sensor

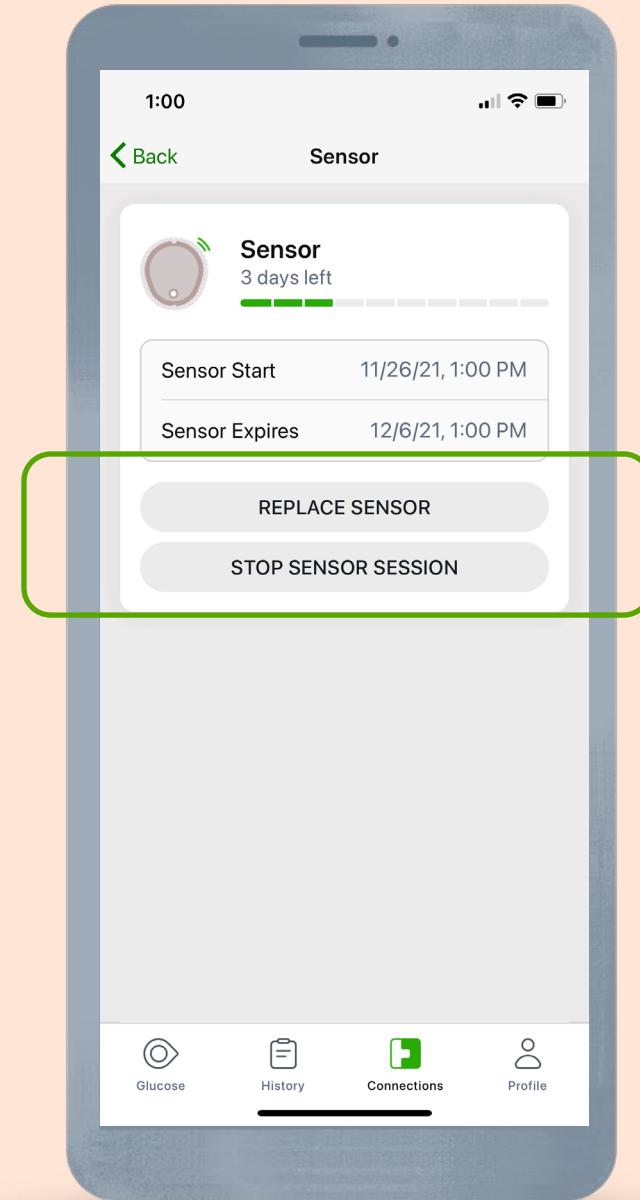
You can choose to manually end the sensor session early. To manually end the sensor before the grace period ends or at anytime during the sensor session, go to **Connections > Sensor**.

Tap either:

REPLACE SENSOR: To start a new sensor immediately

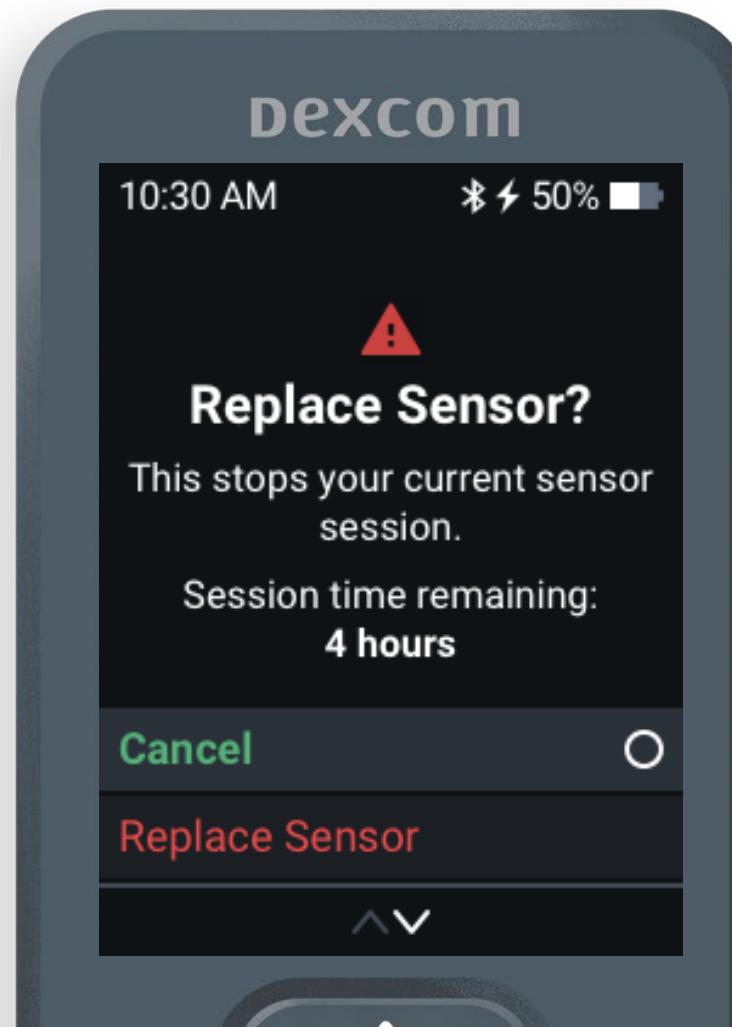
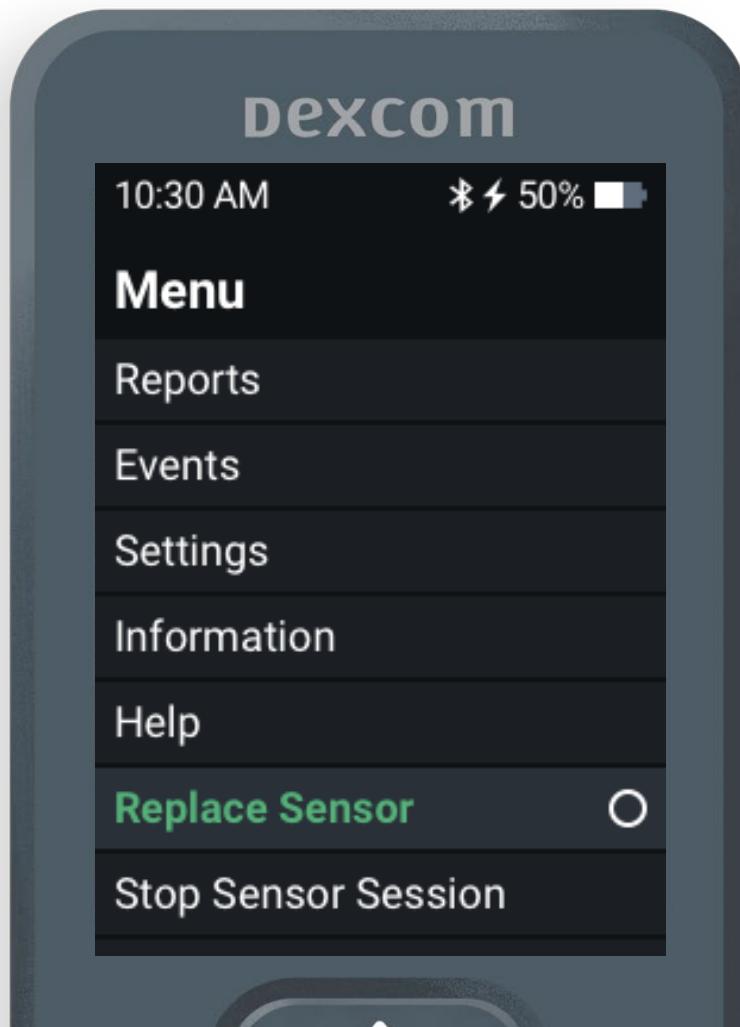
or

STOP SENSOR SESSION: To stop this sensor without starting a new one



Ending Sensor Session: Manually

You must end the sensor session or grace period before you start a new sensor. You can end it manually, before the grace period ends by going to **Menu > Replace Sensor**.

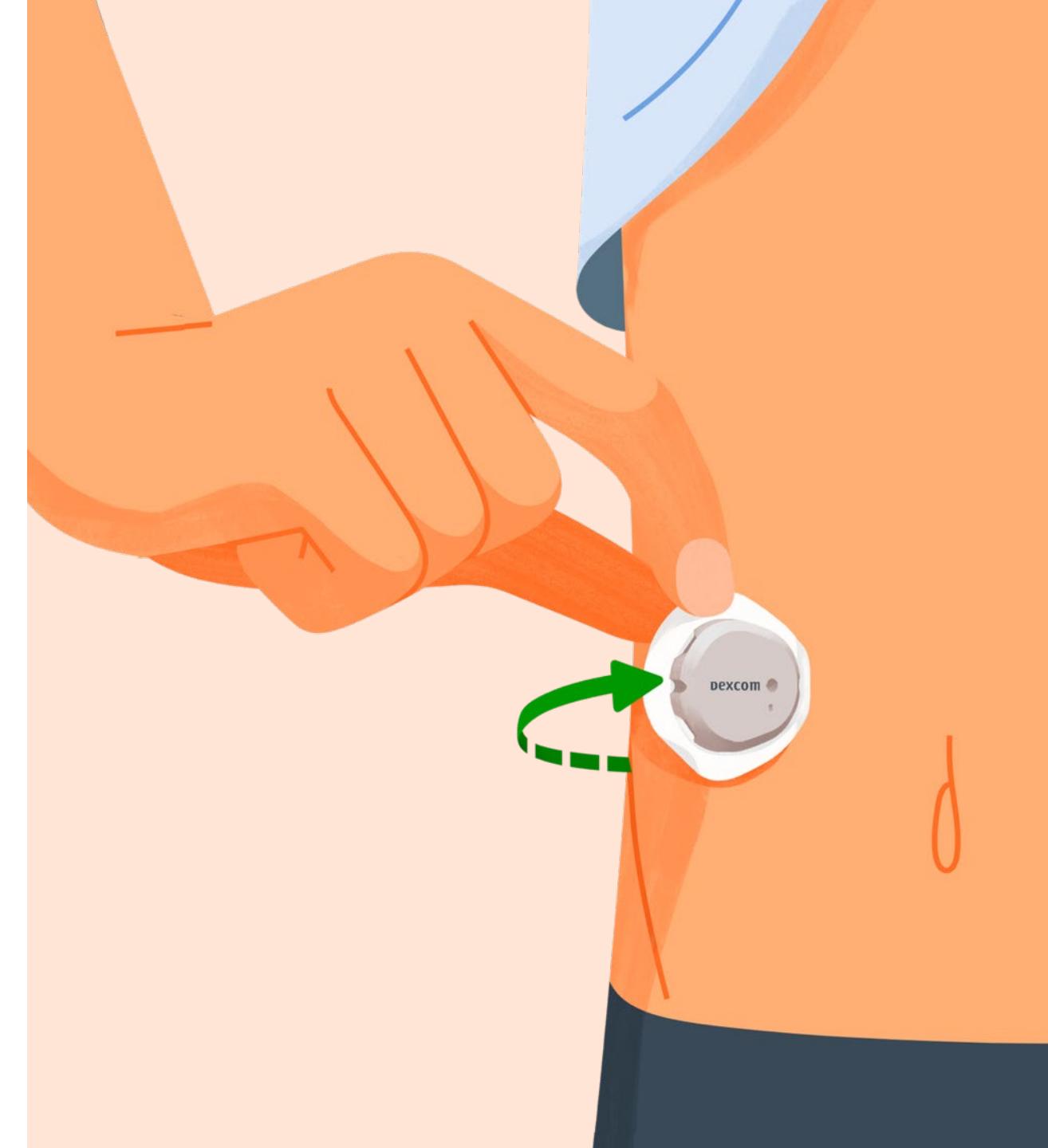


Removing Sensor

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 Share

Dexcom Share is a feature within the Dexcom G7 app that allows one person, (the Sharer) to remotely transfer their glucose information to others (Followers).

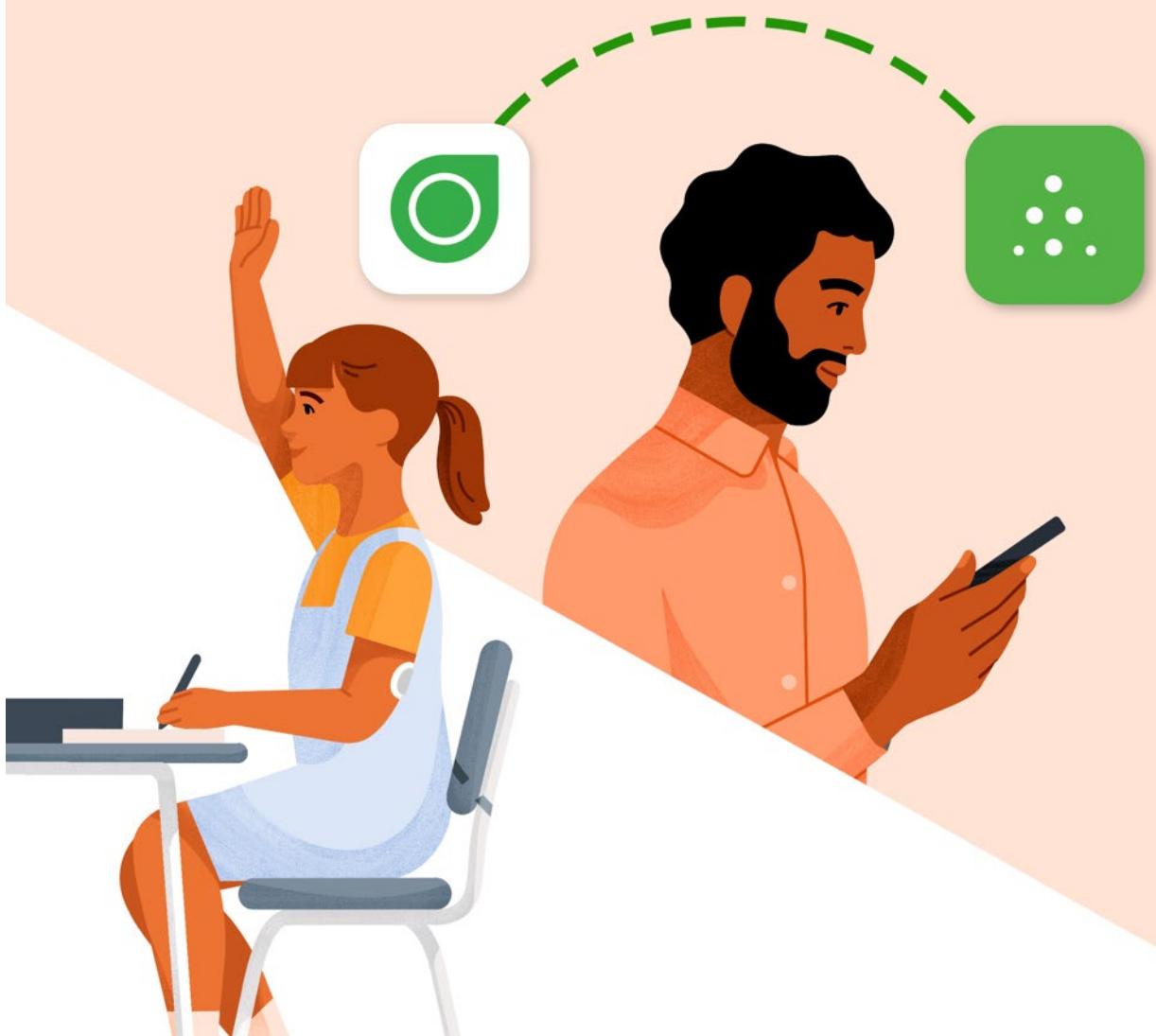
The Dexcom Follow app* is a separate app and is part of Dexcom Share.

Add up to 10 followers.

*Internet connectivity required for data sharing. Following requires the use of the Follow app. Followers should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions.

Data sent
securely to
Followers

Followers need to
download the
Dexcom Follow app



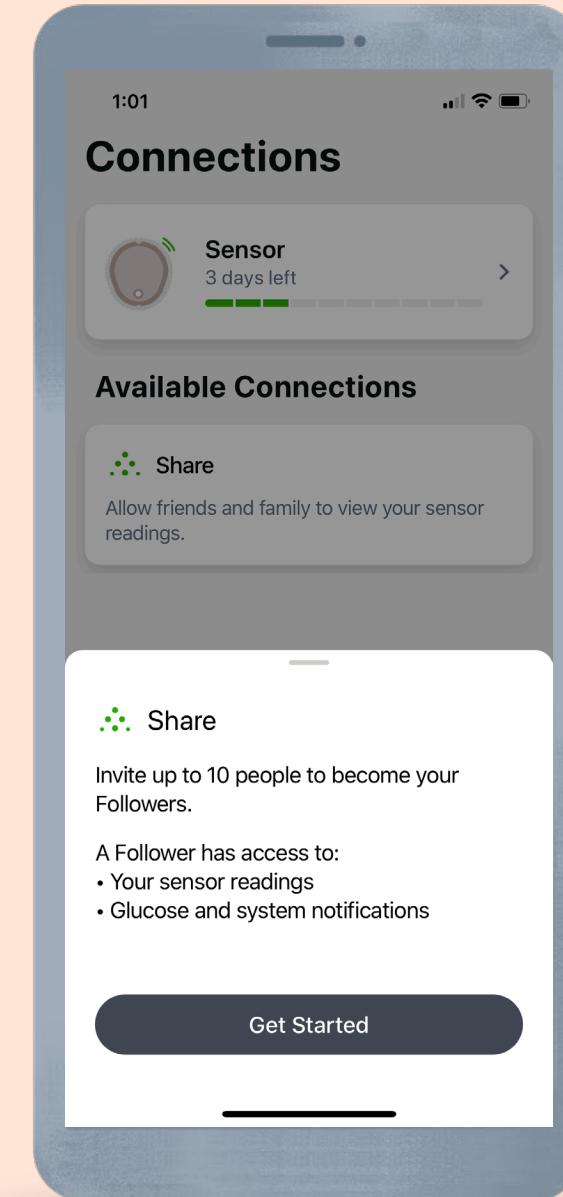
Dexcom Share Setup

Tap **Connections > Share** to set up, the app walks you through inviting a Follower.

An email will be sent to the Follower. The Follower will download the Dexcom Follow app* and accept the invitation.

The Follower can edit their own notifications, they cannot edit notifications on the Sharer's app.

*Internet connectivity required for data sharing. Following requires the use of the Follow app. Followers should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions.



Direct to Watch

Direct to watch allows you to view glucose data and trends on a compatible watch – without having your phone around.

There are two ways for a user to set up a smartwatch:

- **Direct to Watch* mode (Apple Watch only):** The smartwatch gets information from the sensor, just like the phone. The user can leave their phone behind if they want.
- **Standard Smartwatch[†] mode:** The smartwatch copies information from the phone, not from the sensor. The user must keep their phone nearby.



*Compatible smartphone is required to pair a new Dexcom G7 sensor with a compatible Apple Watch. To use Share/Follow the smartphone must be within 10 meters of the Dexcom G7.

[†]Smart device sold separately. For a list of all compatible smart devices and software versions visit www.dexcom.com/compatibility.

Set up Direct to Watch

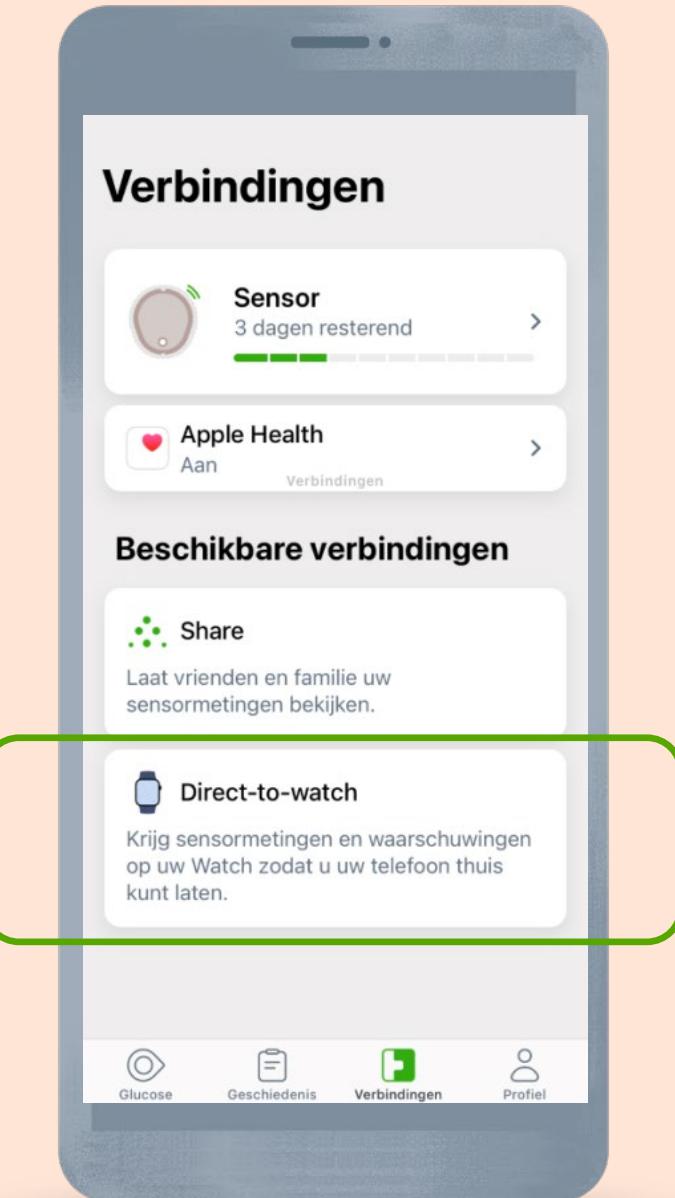
In the Dexcom G7 phone app, go to **Connections > Direct to Watch**. Then follow the on-screen instructions.

Your smartwatch will load the app. If it doesn't, open the watch app on your phone. In the My Watch tab, go to the Available Apps list and Install.

Follow the on-screen instructions to set up Direct to Watch.

You must have the right version of the Apple Watch and watchOS.*

*Smart device sold separately. For a list of all compatible smart devices and software versions visit www.dexcom.com/compatibility.



Pairing sensor and smartwatch

To pair your G7 sensor with your smartwatch go to **Connections > Direct to Watch**

You will always need to pair a new sensor using the G7 app on your phone!



Watch searching for sensor

- User is in session (sensor already paired to phone)
- The Watch begins trying to pair with the sensor

Pairing prompt

- Apple requires the user confirm they want to pair

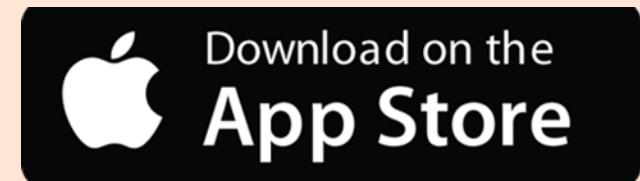
Confirm 1st Pairing

- Confirmation on 1st Direct to Watch pairing

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 G7 app, your glucose data is automatically sent to your Dexcom Clarity account.



*User must first sync their Dexcom G7 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 Clarity

Log in at clarity.dexcom.eu.

Use your current Dexcom login.

Free to use.



Connect to clinic

Share data using the Dexcom G7 app

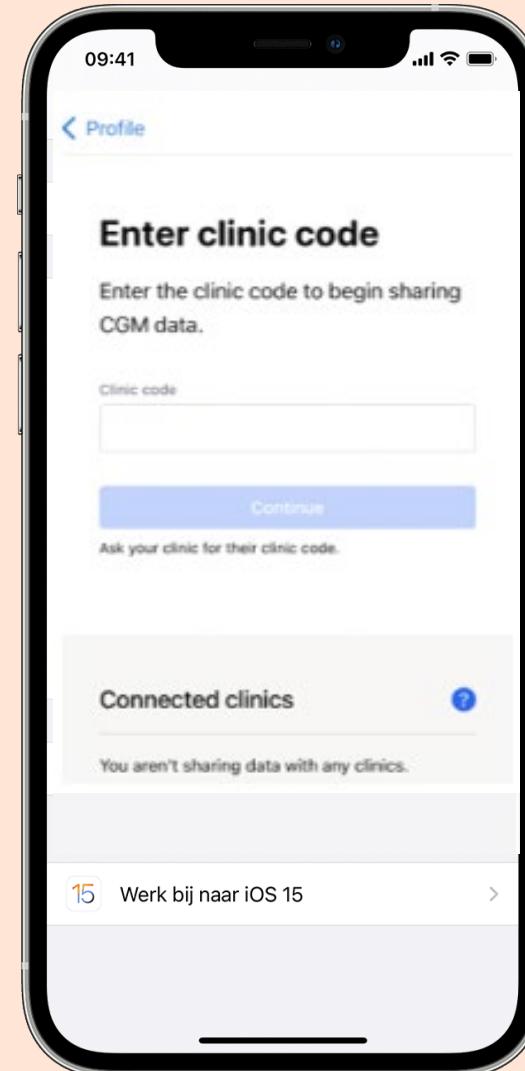
- Go to Connections > Clarity Clinic
- Enter the sharing code you received from your healthcare provider

Share data using the Dexcom Clarity app

- Go to Profile > Authorize Sharing
- Enter the sharing code you received from your healthcare provider

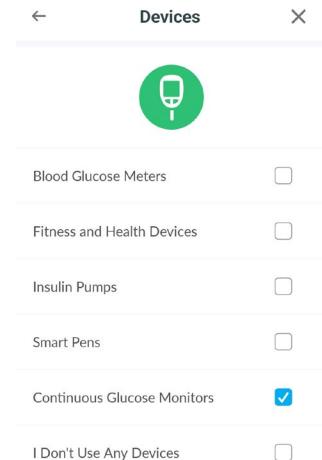
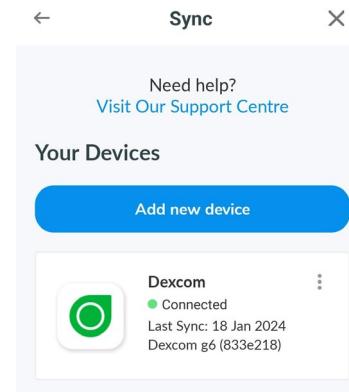
Share data using the Dexcom Clarity website

- Login at Dexcom CLARITY at clarity.dexcom.eu/share
- Go to Settings > Data sharing with clinics
- Enter the sharing code you received from your healthcare provider



integration to **glooko®**

- Open your **Glooko® app** on your smartphone and log in with your **Glooko® account** or register a new account
- **Click Sync device** on your home screen, then click **Add new device**
- Tap to place a checkmark (✓) in the box next to **Continue glucose monitors**, then click **Continue**
Then tap to place a checkmark (✓) in the box next to **Dexcom**
- To complete the synchronisation, **log in** with your **Dexcom account** or **register** with a new Dexcom account

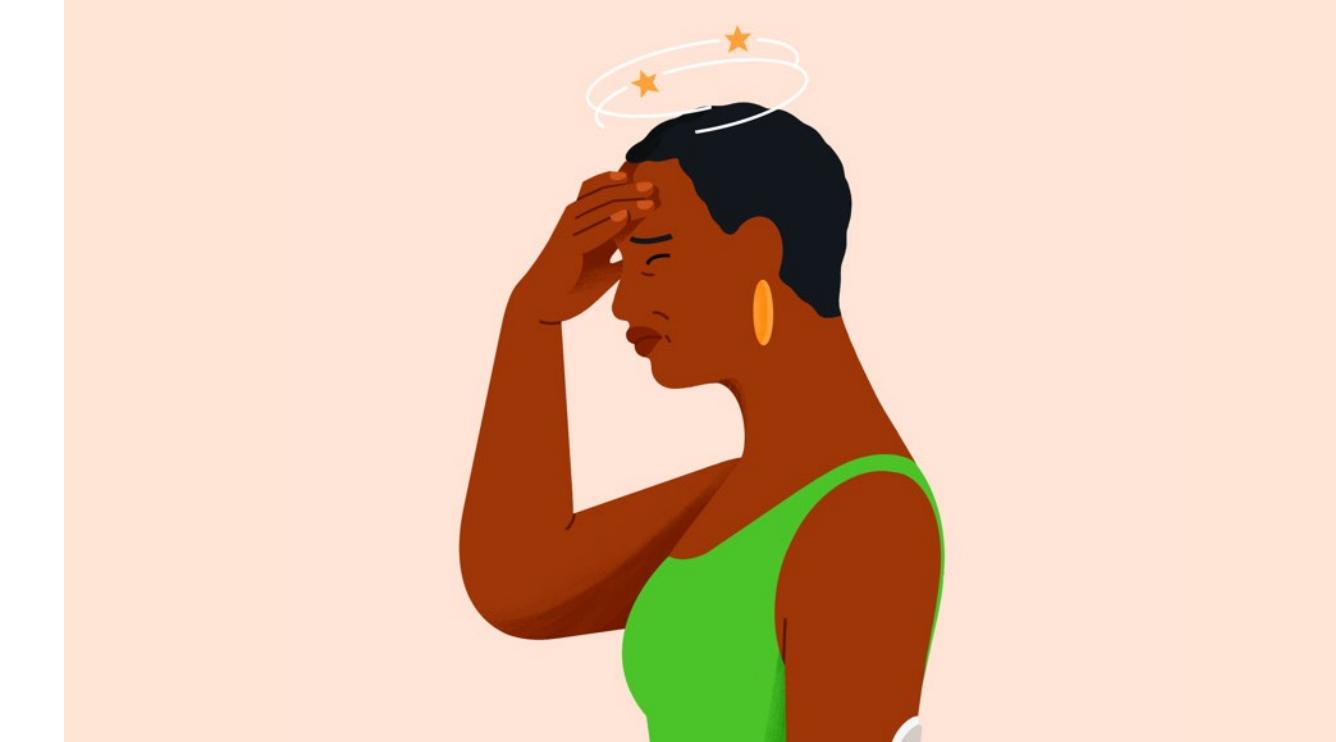
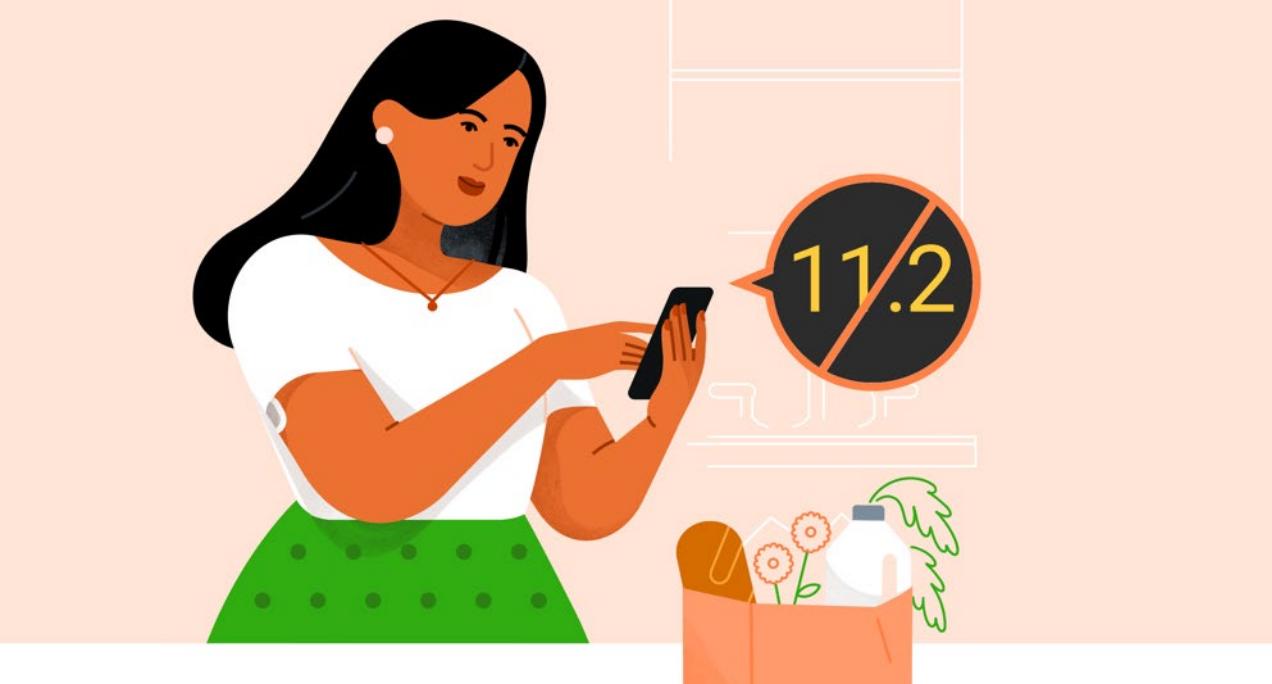


Continue

Diabetes Treatment Decisions

No number or arrow? Always use your blood glucose meter.

Symptoms don't match readings? Use your blood glucose meter.



MRI/ CT/ Diathermy

Don't wear any G7 component 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

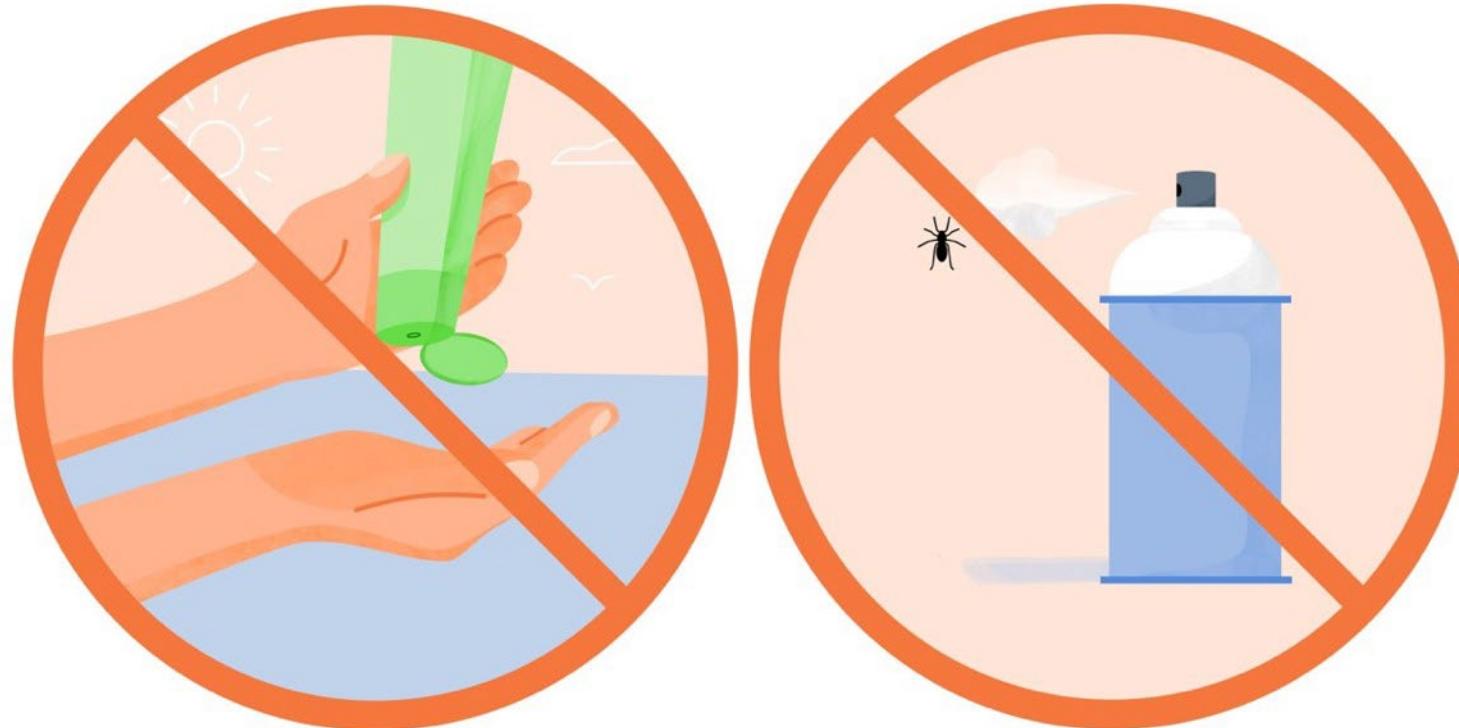
You can wear the sensor for the walk-through metal detector and Advanced Imaging Technology (AIT) body scanner.

You can also ask for hand-wanding or full-body pat-down. Ask for visual inspection for your baggage containing any part of the G7.



Sunscreen and Insect Repellent

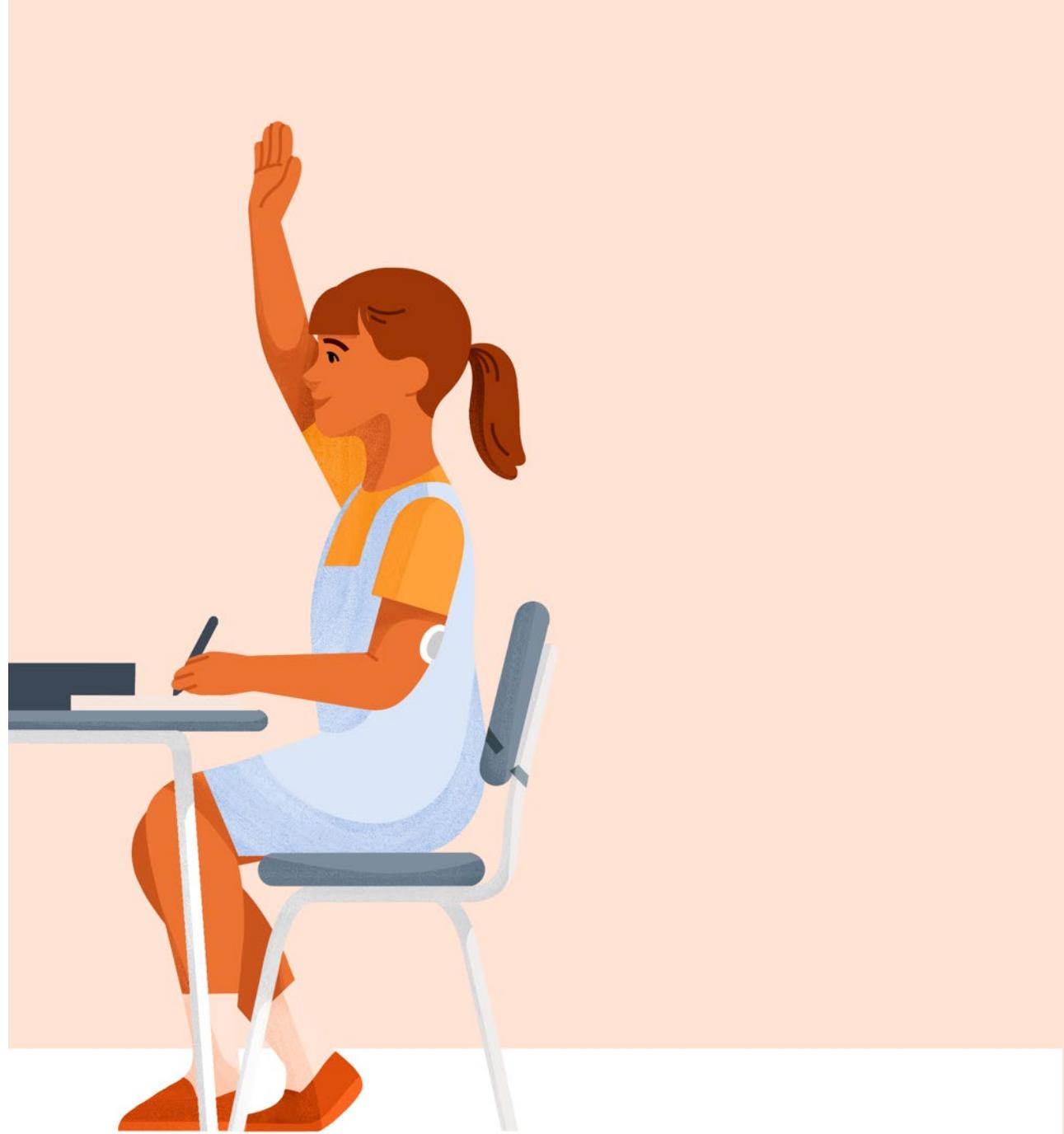
Before insertion and during your sensor session, don't apply insect repellent, sunscreen, perfume, or lotion on your insertion site or sensor. This may cause the sensor to not stick well or could damage your G7.



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
- Technical support:
- Tel: *0800 020 1986*
- www.dexcom.com/ts-nl
- <https://dexcomtraining.com/>



Share your thoughts!

Fill in this short survey to share your thoughts about this training with us. We greatly appreciate your time and feedback!



[Give feedback](#)

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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