

**receiver
getting started**

one+

Welcome!

Today we will cover:

- Setting expectations
- Setting up your receiver
- Inserting your sensor
- Receiver features
- Alerts
- Removing your sensor
- Treatment decisions
- 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 Dexcom ONE+ do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.



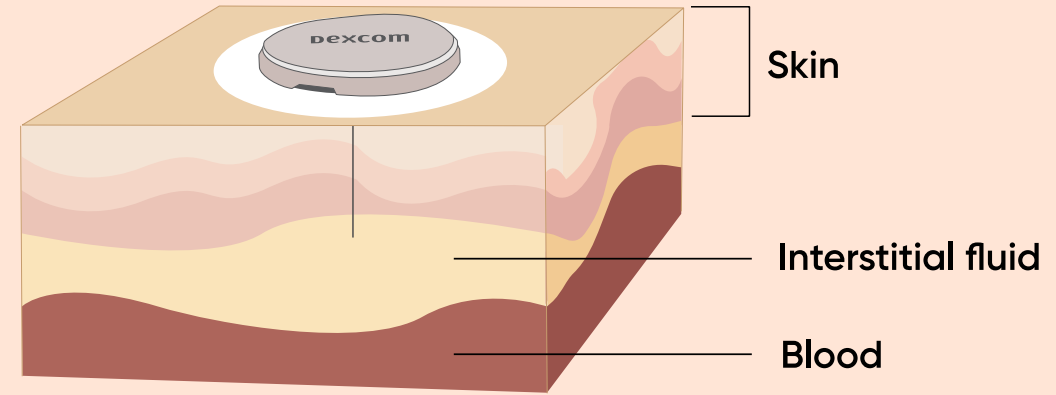
Setting Expectations

- 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 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 ONE+ readings may be greater when you insert a new sensor. Generally, the readings get closer over the first 24 hours.





Dexcom ONE+ Receiver

- Shows glucose information
- Optional alerts for high and low glucose levels
- Rechargeable using supplied USB cable



Applicator with built-in wearable

- ONE+ 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 ONE+ app

Receiver Navigation

The receiver's screen will tell you which button to use.

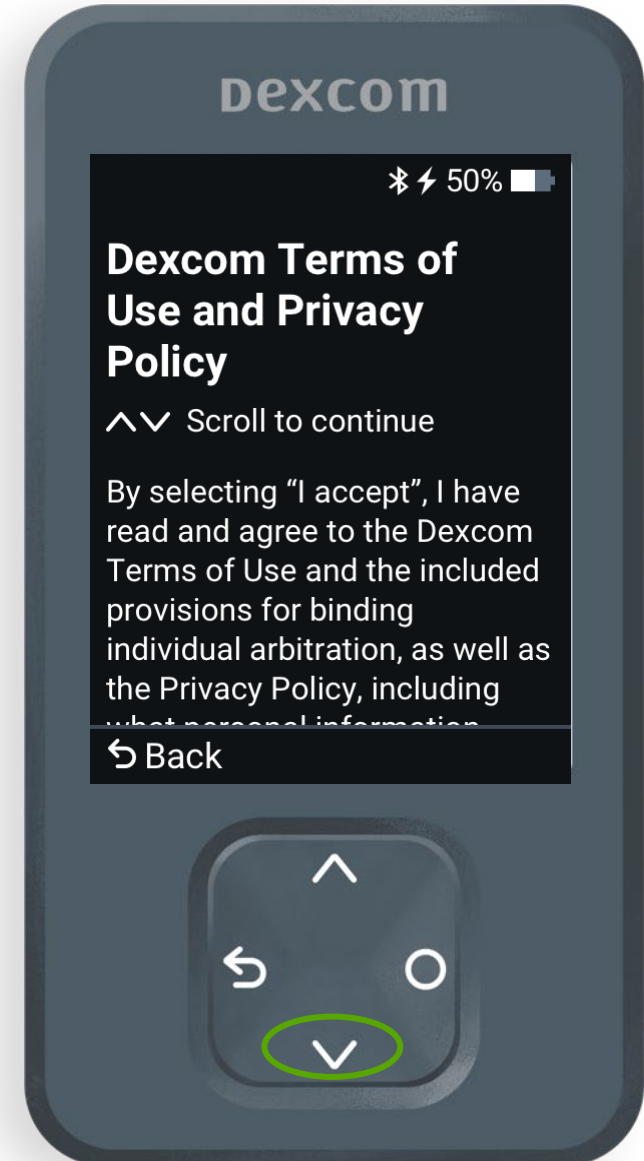
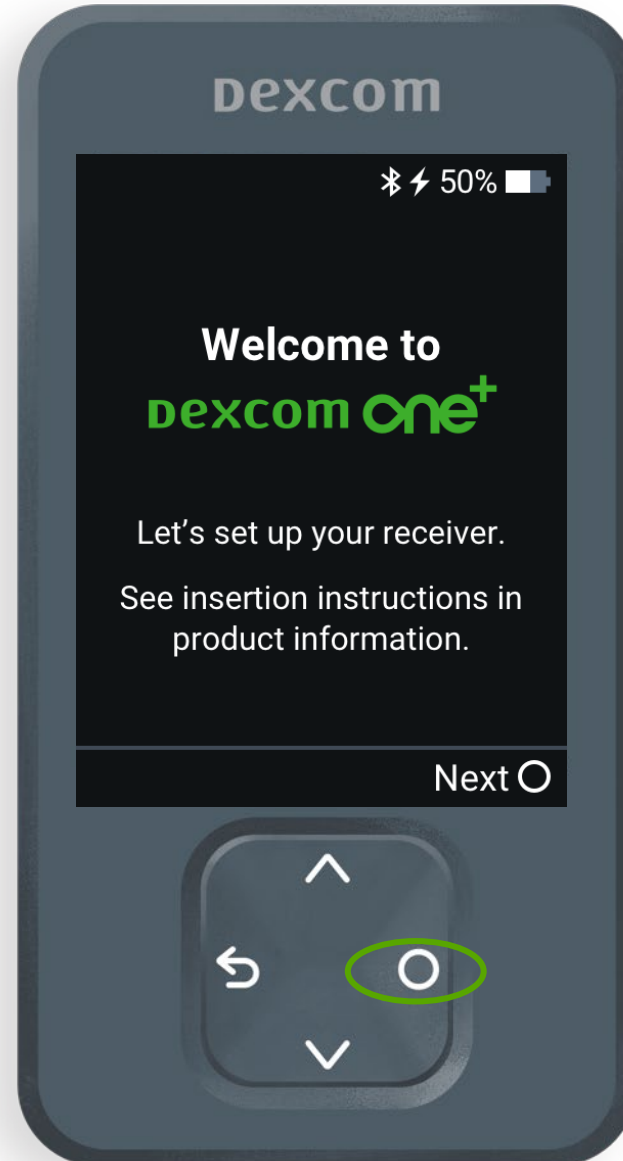
Use the up or down arrow to scroll. Hold down the **scroll** button to scroll faster.

To go to the next screen, press the **Select** button.



Receiver start up

- To turn on the receiver, press and hold the **Select** button for 3-5 seconds.
- Press *Next* using the **Select** button to review and accept the terms of use and privacy policy. After this, you can proceed with setting up and using your receiver.



Date and Time

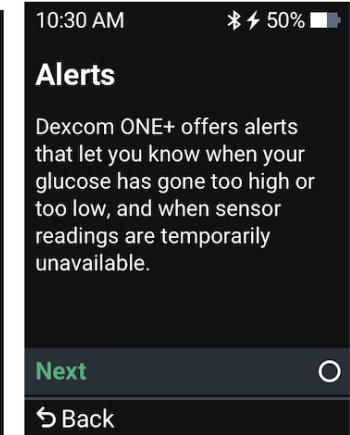
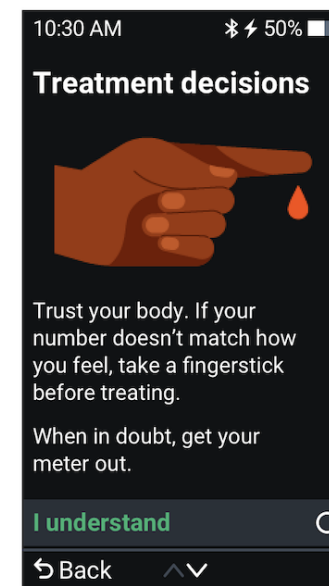
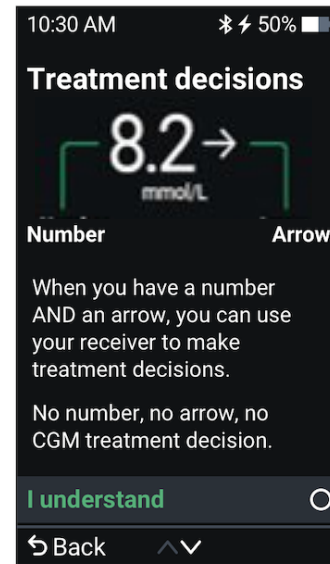
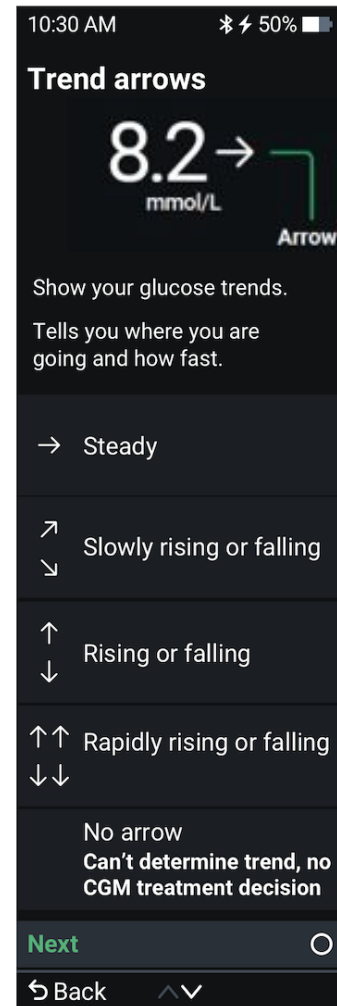
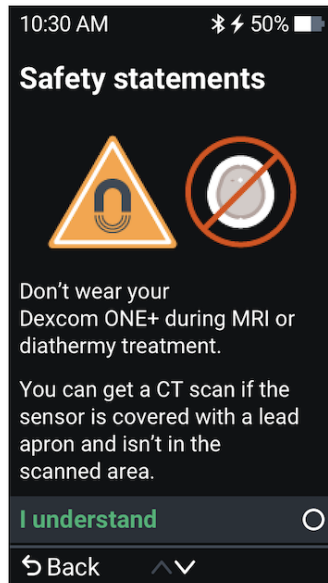
Select the desired time stamp.

Then enter the date and time when prompted.



Information screens

The receiver guides you through a series of informational screens during setup. These inform you about safety issues, treatment decisions and trend arrows. You are then shown information about alerts and how to interpret the home screen.



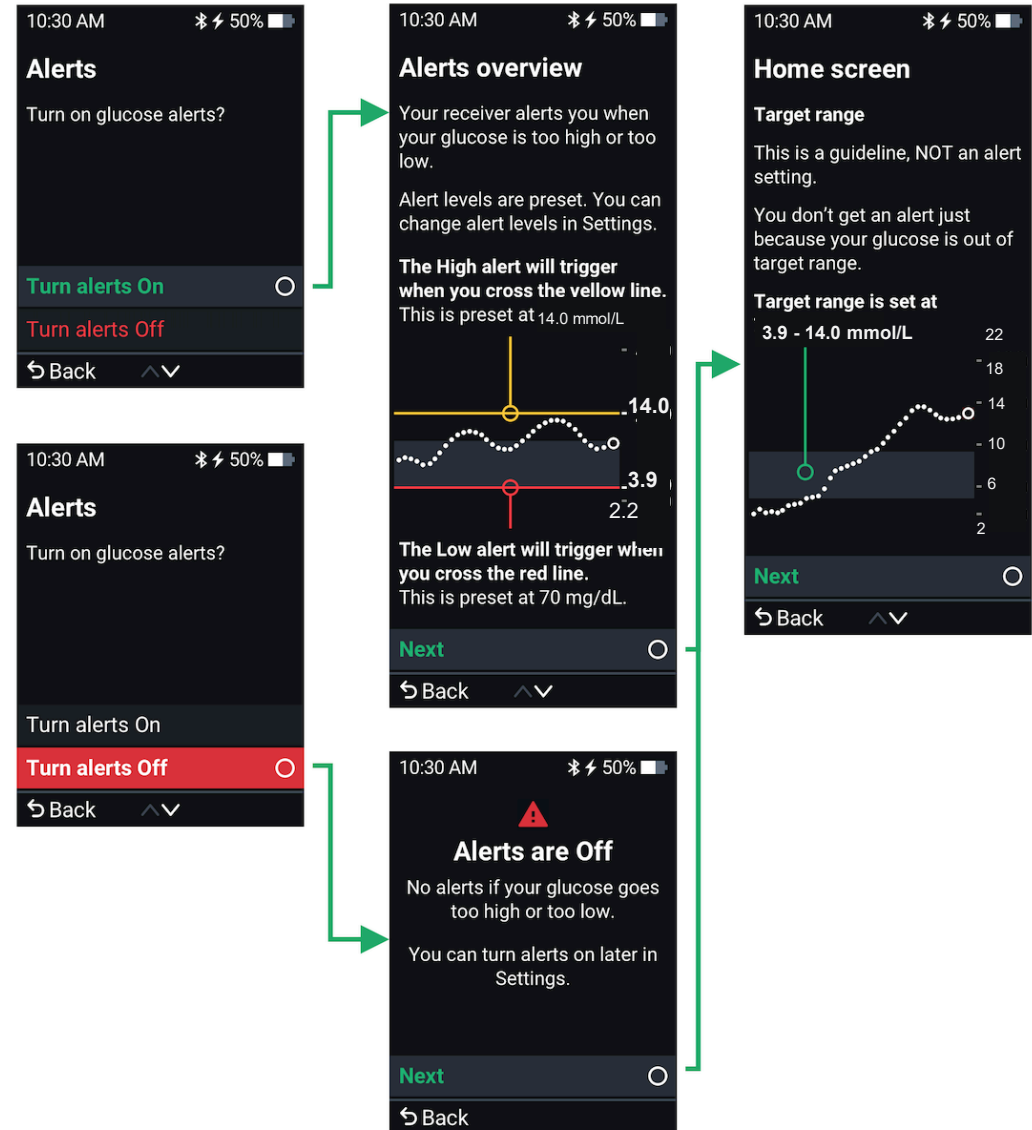
Alerts

You can turn alerts:

- **On**
or
- **Off**

Let's turn the alerts **ON** for now. You can always turn them **OFF** later if you wish.

More information screens will follow.

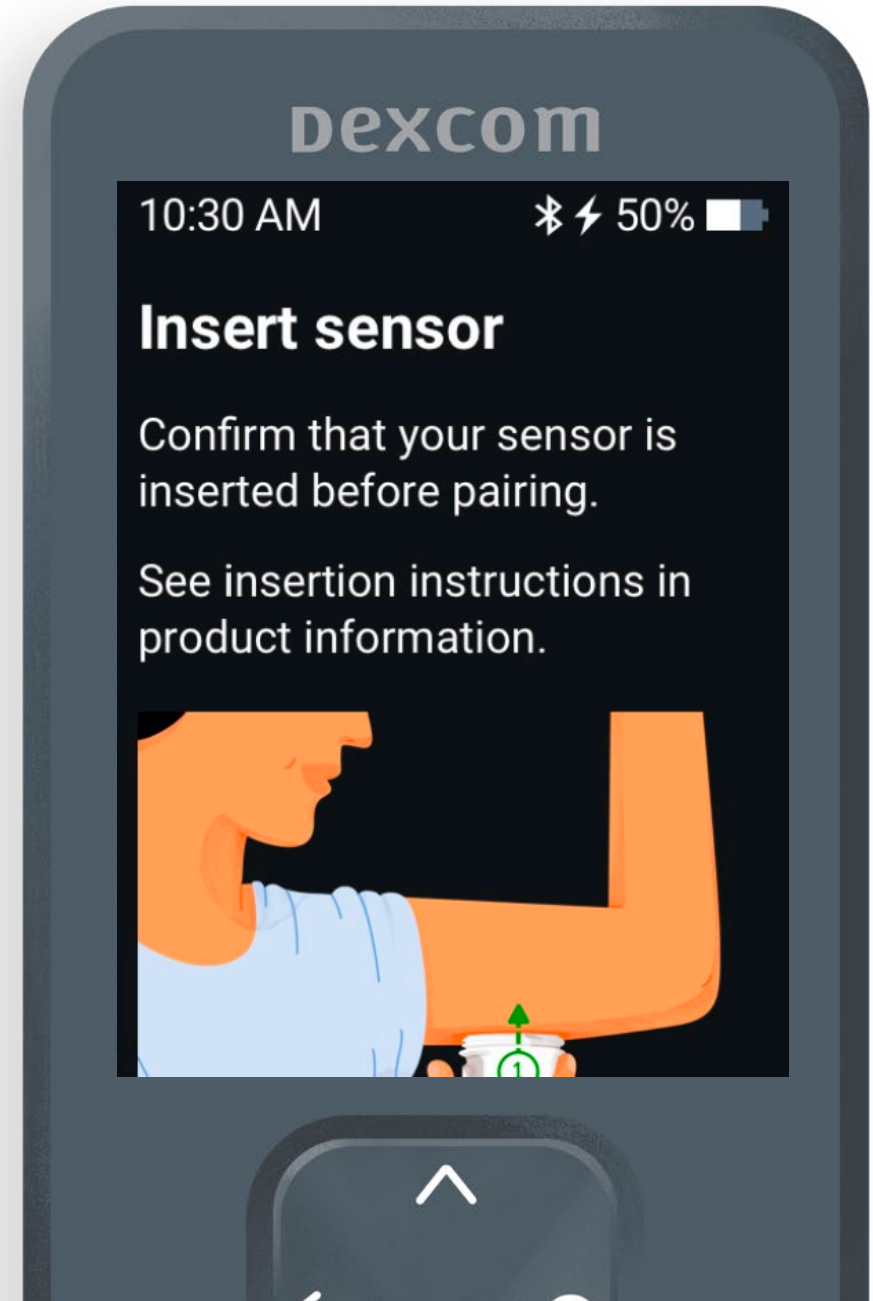


Insert Sensor

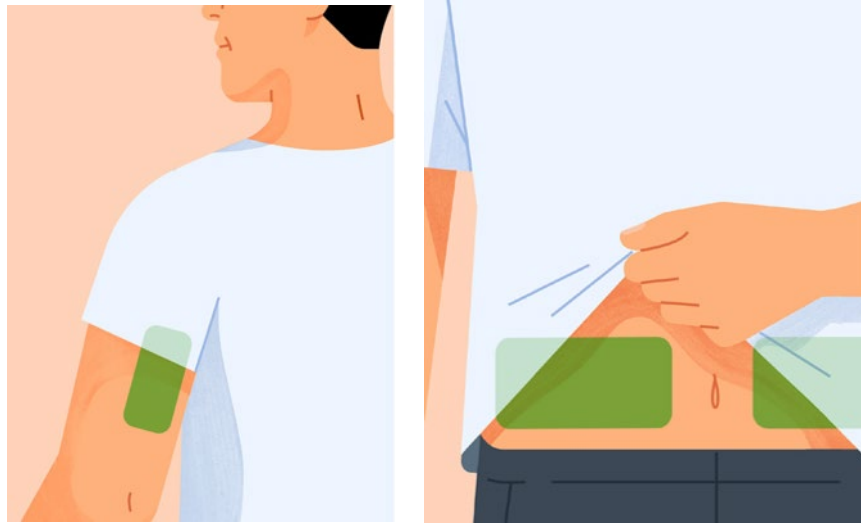
When prompted, insert the sensor. The receiver guides you through a series of instructions.

We will first go through the instructions for insertion together. Therefore, please wait a while before insertion.

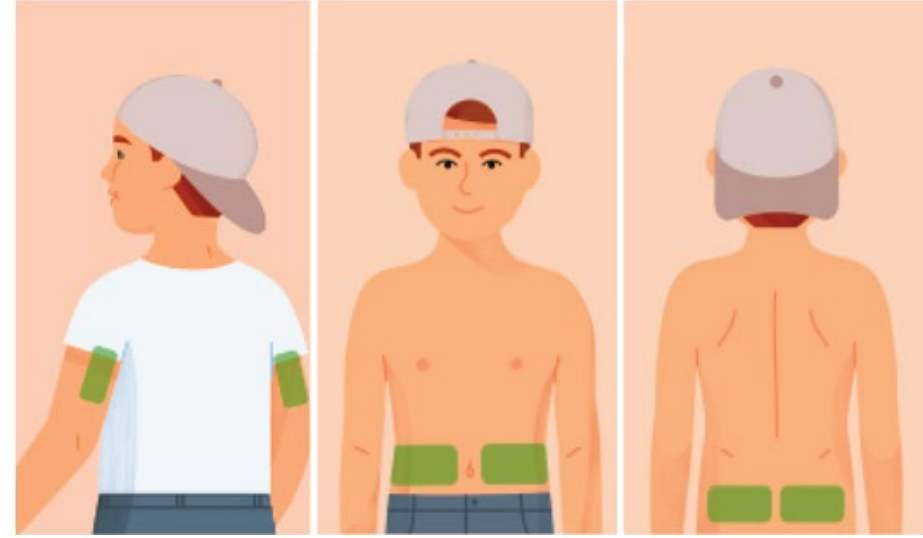
Note: Once inserted, the sensor is water-resistant up to 2.4 meters and up to 24 hours. You can wear the sensor while bathing, showering, or swimming.



Choose sensor insertion site



Age 7 years and older: Use back of upper arm or abdomen



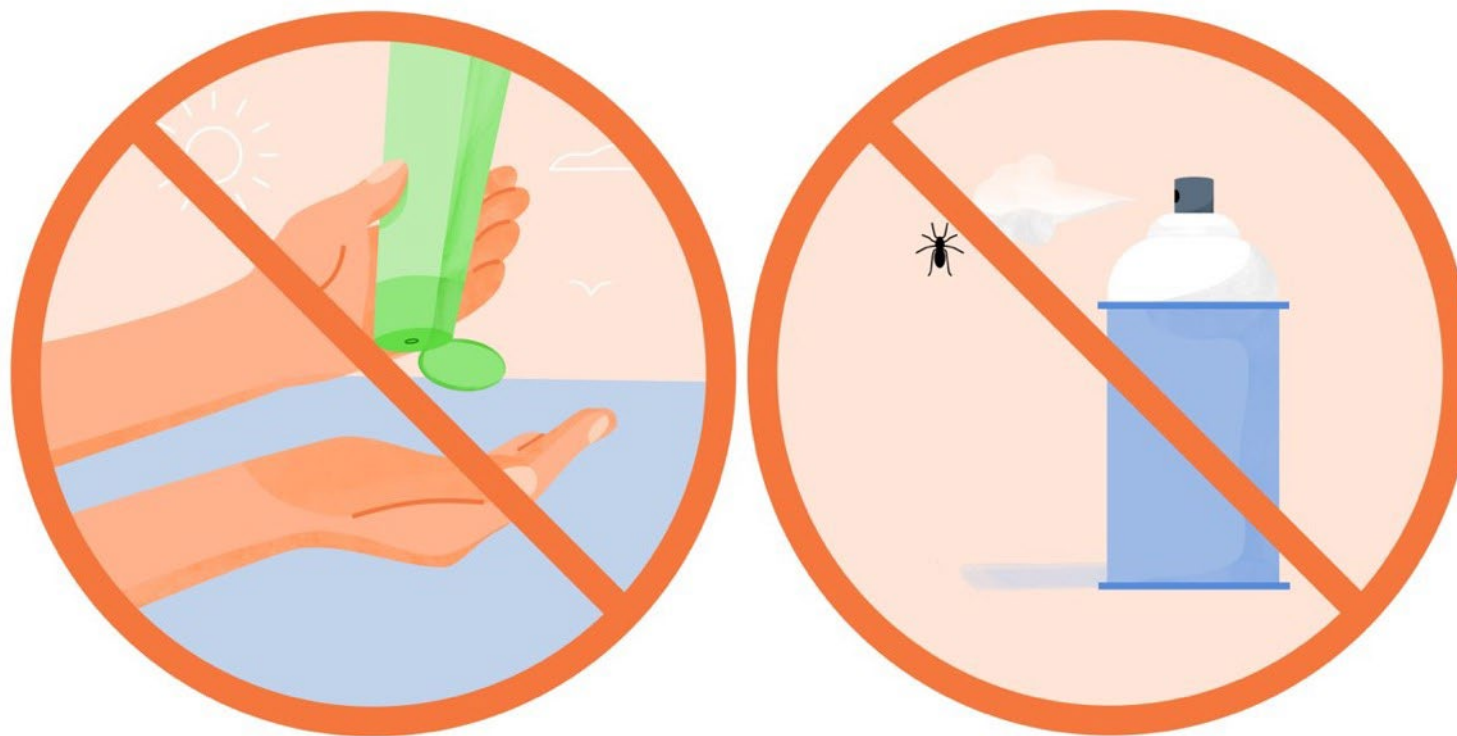
Age 2-6 years: Use back of upper arm, abdomen, or upper buttocks

Avoid:

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

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+.



Insert Sensor



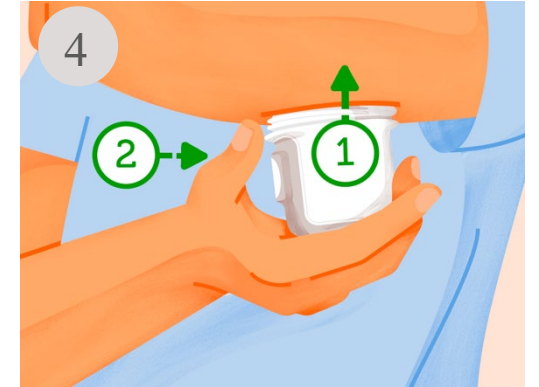
Wash hands with soap and water. Dry.



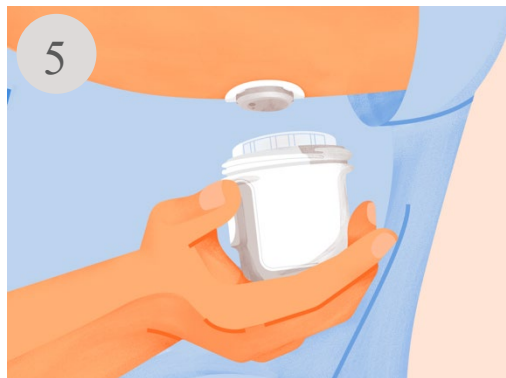
Rub site with an alcohol wipe. Wait until dry.



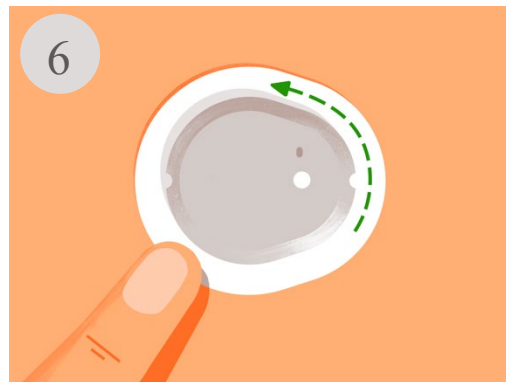
Unscrew cap. Don't touch inside applicator.



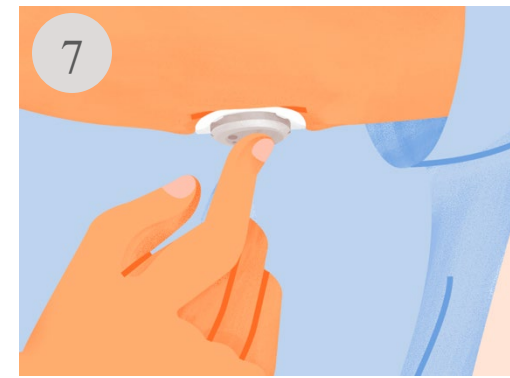
Press and hold applicator firmly against skin and then push button.



Remove applicator.



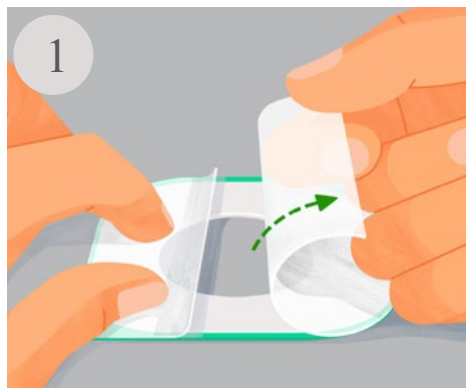
Rub firmly around patch 3 times.



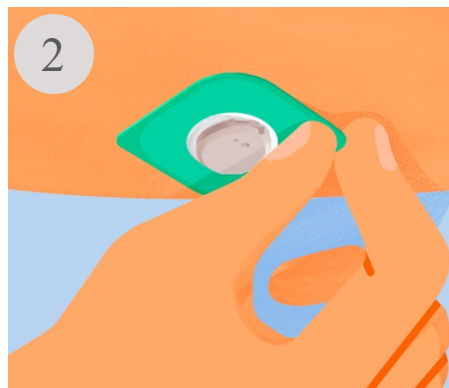
Gently press on top of sensor for 10 seconds.

Overpatch

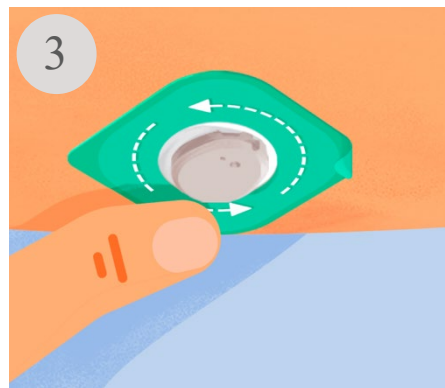
The overpatch helps keep the sensor on.
Find the overpatch bundled with the instructions in the sensor box.



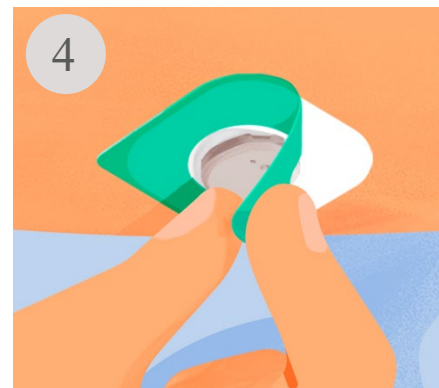
Carefully pull off both clear liners, one at a time. Don't touch white adhesive area.



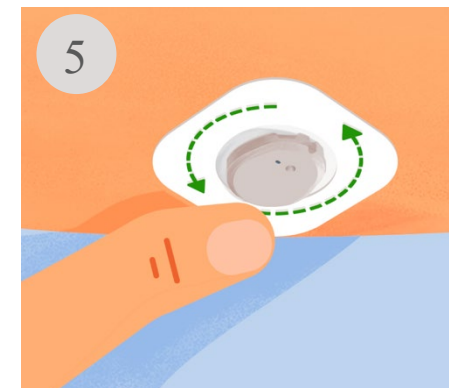
Use colored tab to place overpatch around sensor.



Rub around overpatch.



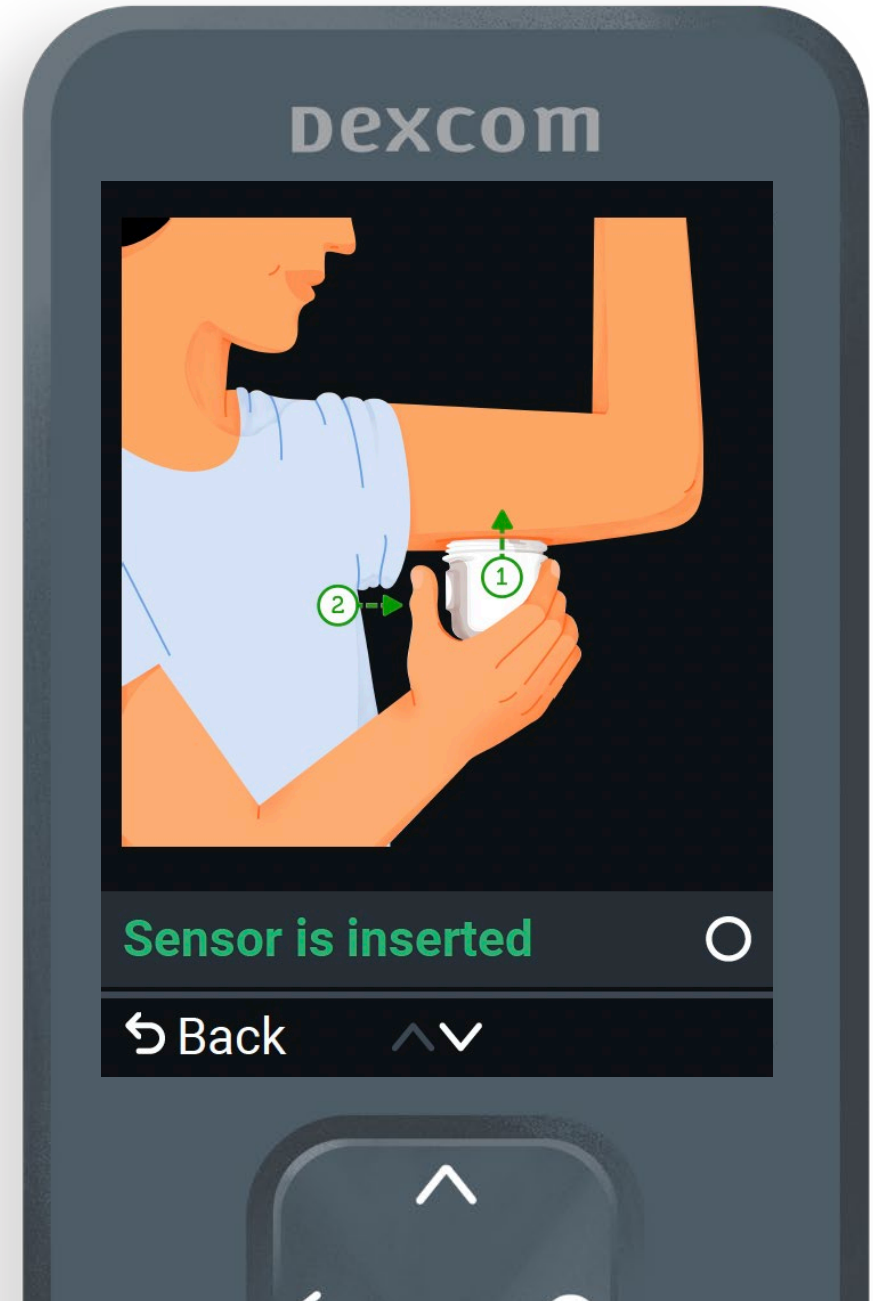
Use tab to peel off colored liner.



Rub around overpatch.

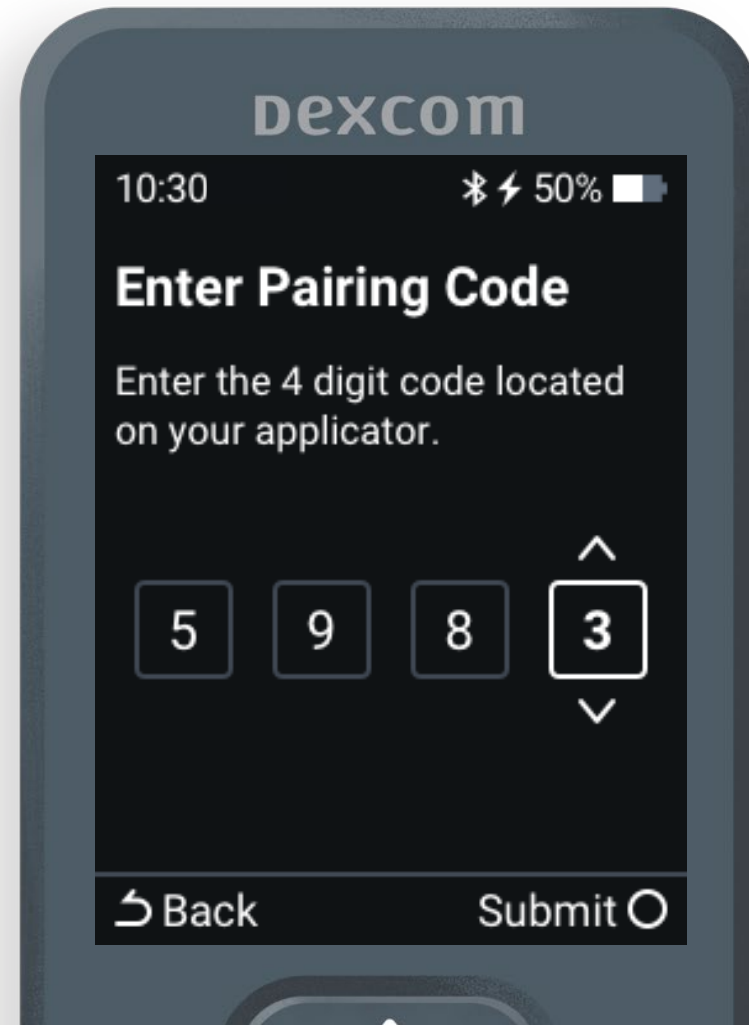
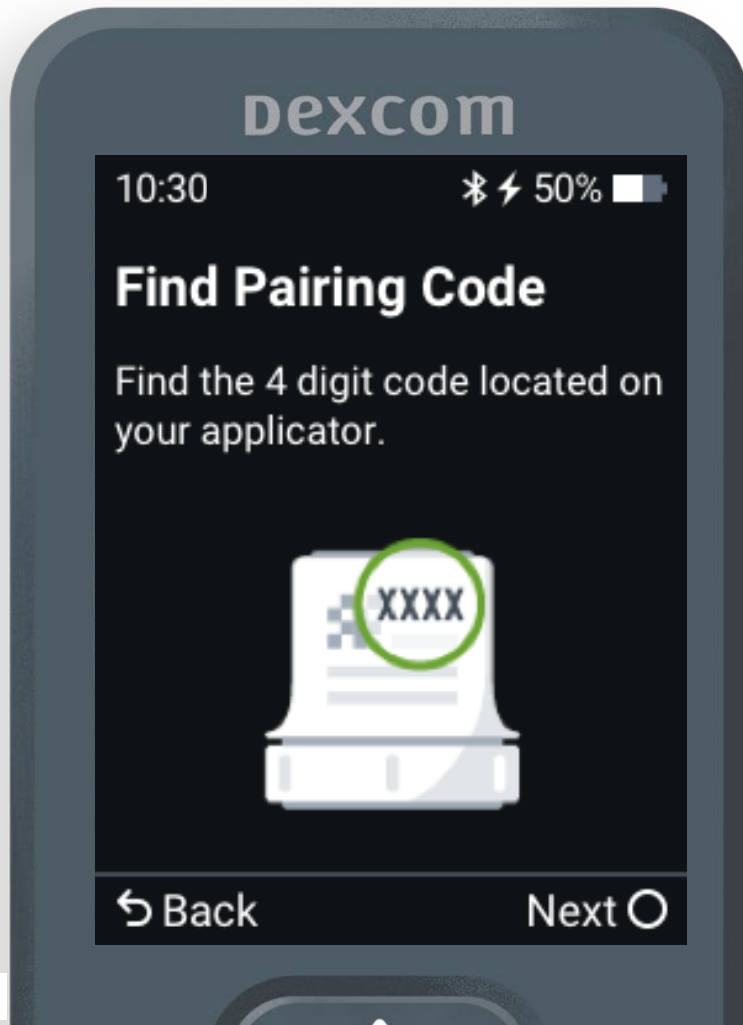
Confirm Sensor Insertion

Back on the receiver select **Sensor is Inserted**.



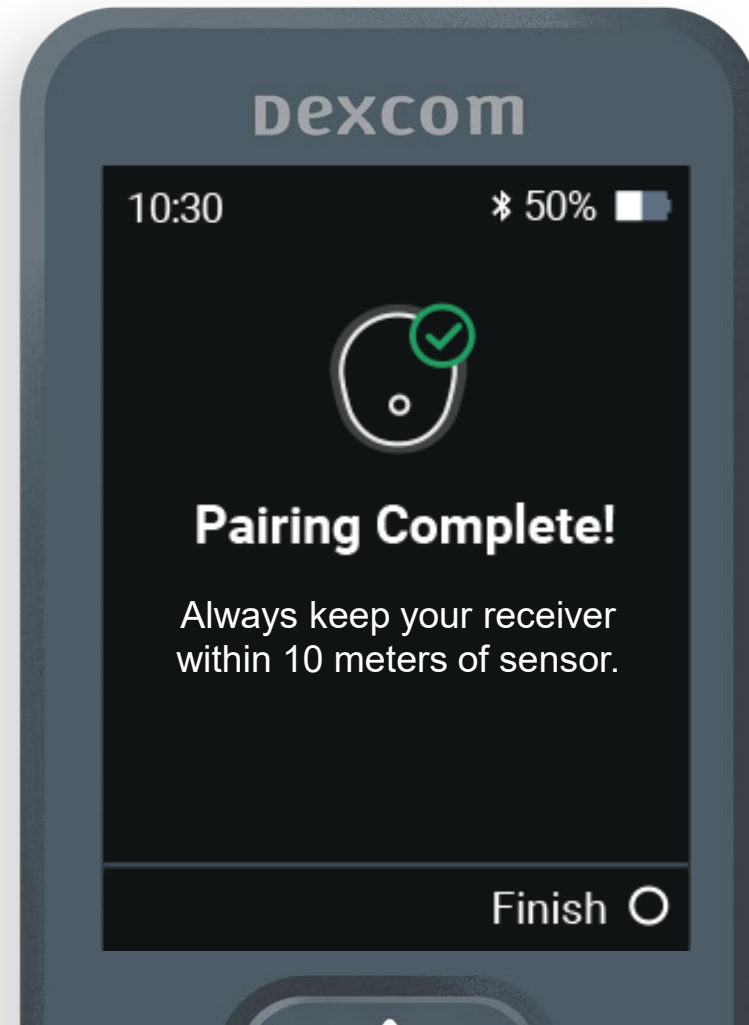
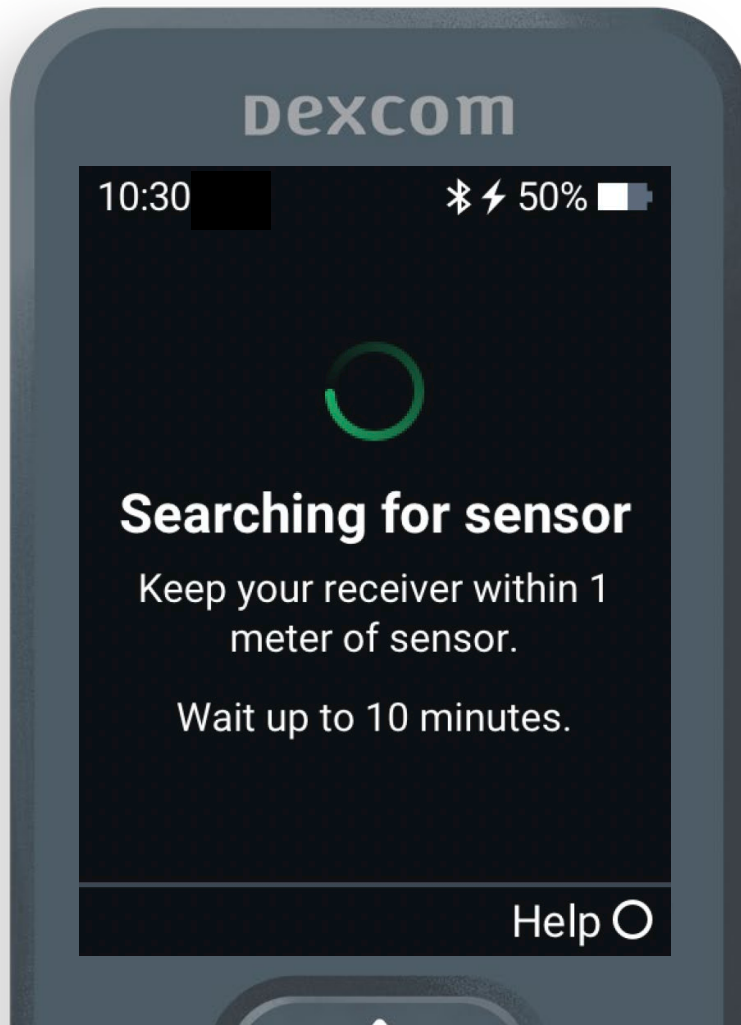
Enter Pairing Code

When prompted, enter the pairing code.
The 4 digit code is found on the applicator.



Pairing

Then wait for the sensor to pair.
Keep receiver within 10 meters during pairing.

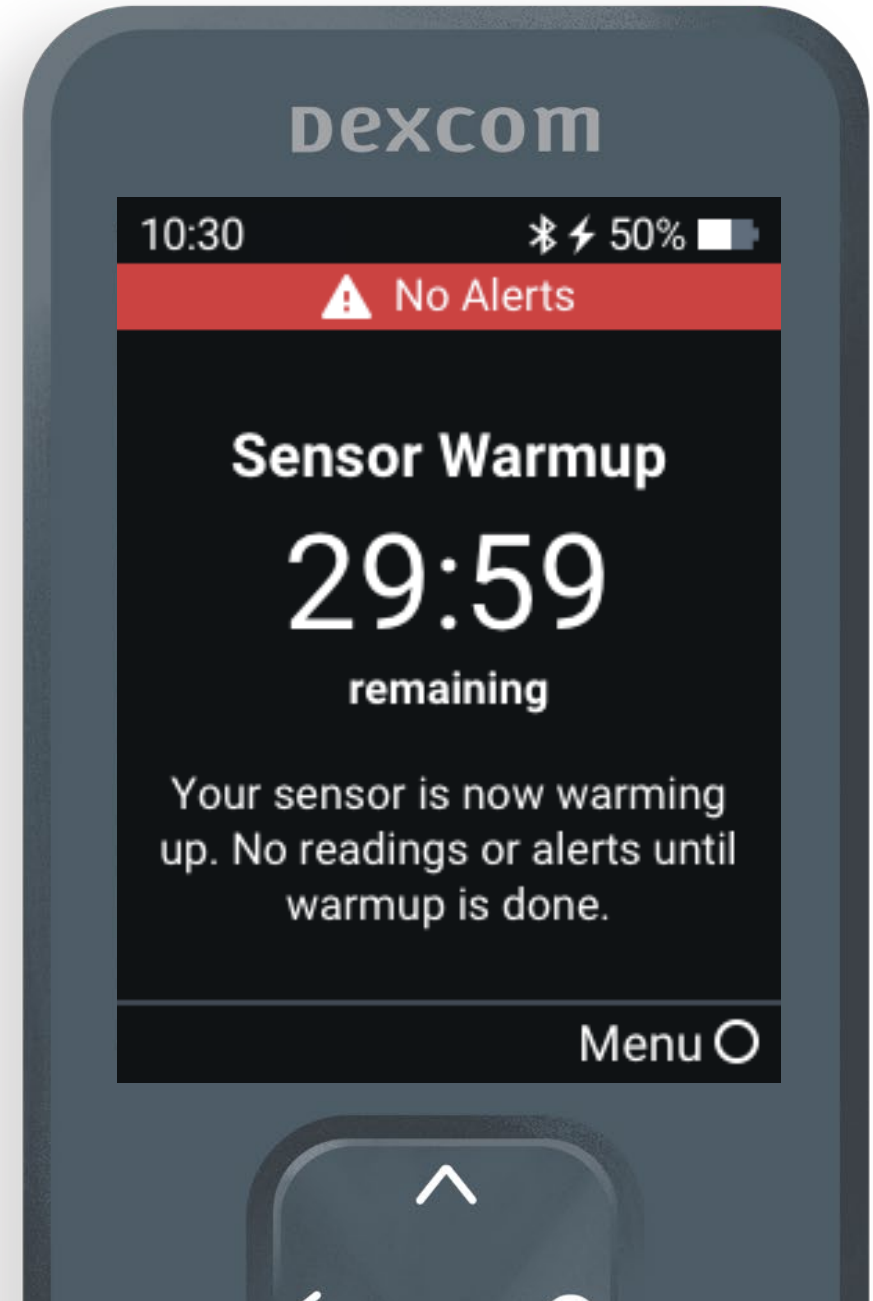


Warm up period

Once pairing is confirmed, the warm up will start. Warm up starts at sensor insertion, so you may see less than 30 minutes.

The sensor warm up timer tells you when you will start getting your first readings and alerts.

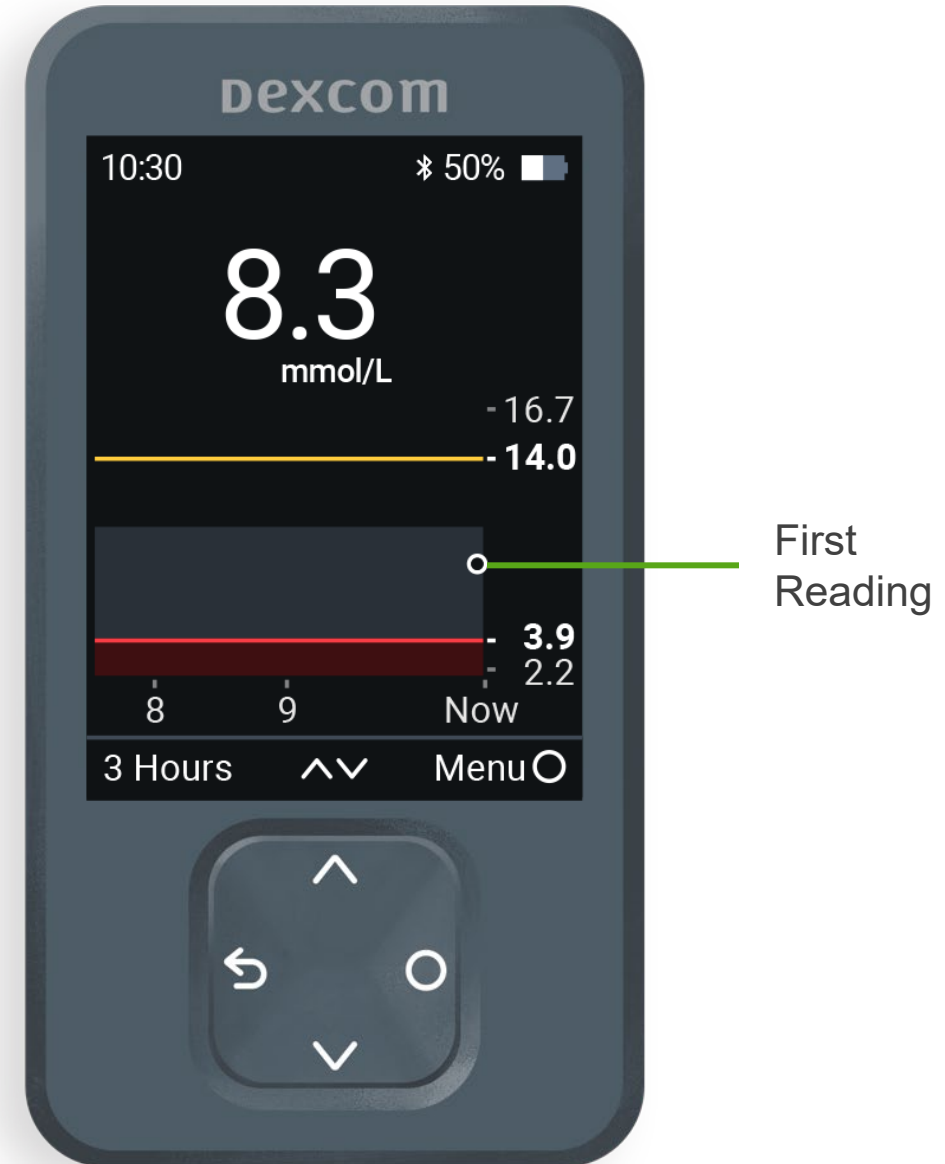
Keep receiver within 10 meters during this time.



Beginning of Trend Graph

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

The receiver must be within 10 meters to receive glucose information.

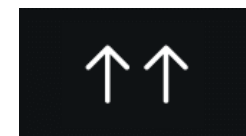
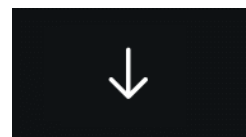


Receiver Trend Screen



Trend arrows

Trend arrows show if and how fast your glucose is rising or falling.



Constant

Less than 0.8
mmol/L in 15 minutes

Slowly rising or falling

0.8-1.7 mmol/L in 15
minutes

Rising or falling

1.7-2.5 mmol/L in 15
minutes

Rapidly rising or falling

More than 2.5 mmol/L in 15
minutes

Low Alert

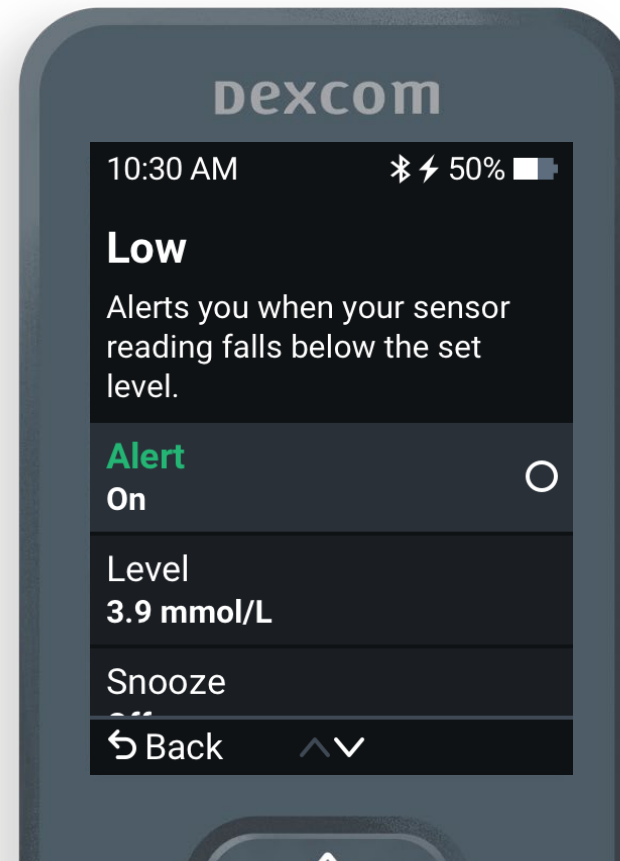
Alerts when sensor reading is at or below the set level.

Can be enabled, disabled or customized (threshold values, sound/vibration, snooze)

Menu > Settings > Alerts > Low

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

Range: 3.3 - 8.3 mmol/L



High Alert

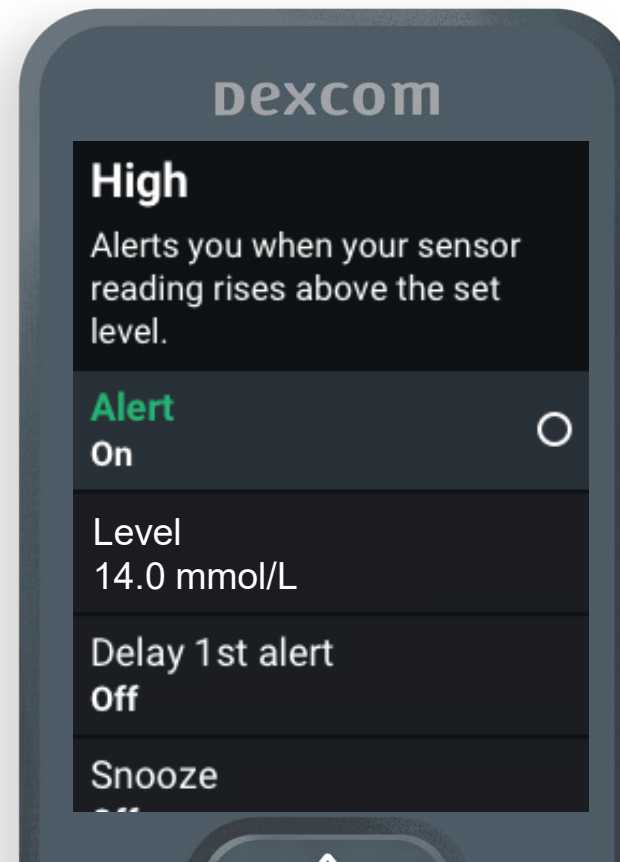
Alerts when sensor reading is at or above the set level.

Can be enabled, disabled, *delayed* or customized (threshold values, sound/vibration, snooze)

Menu > Settings > Alerts > High

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

Range: 5.5 - 22.2 mmol/L

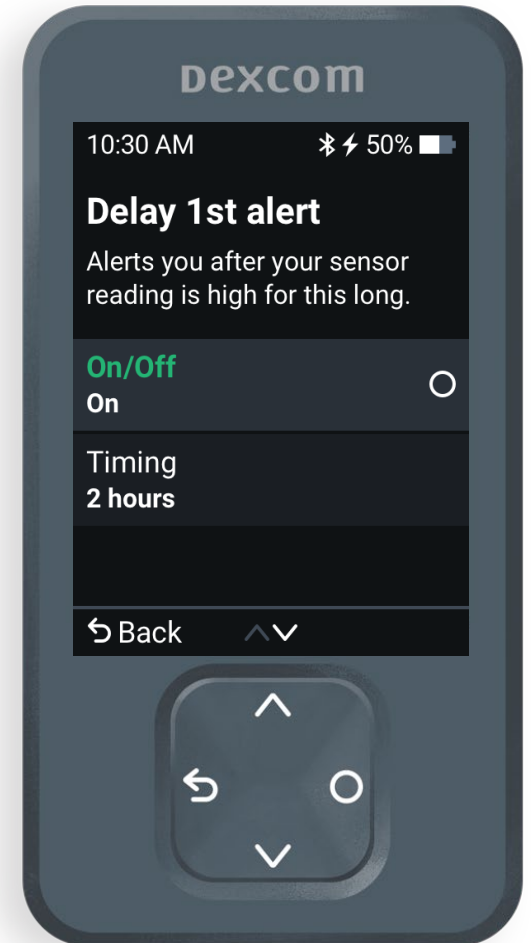
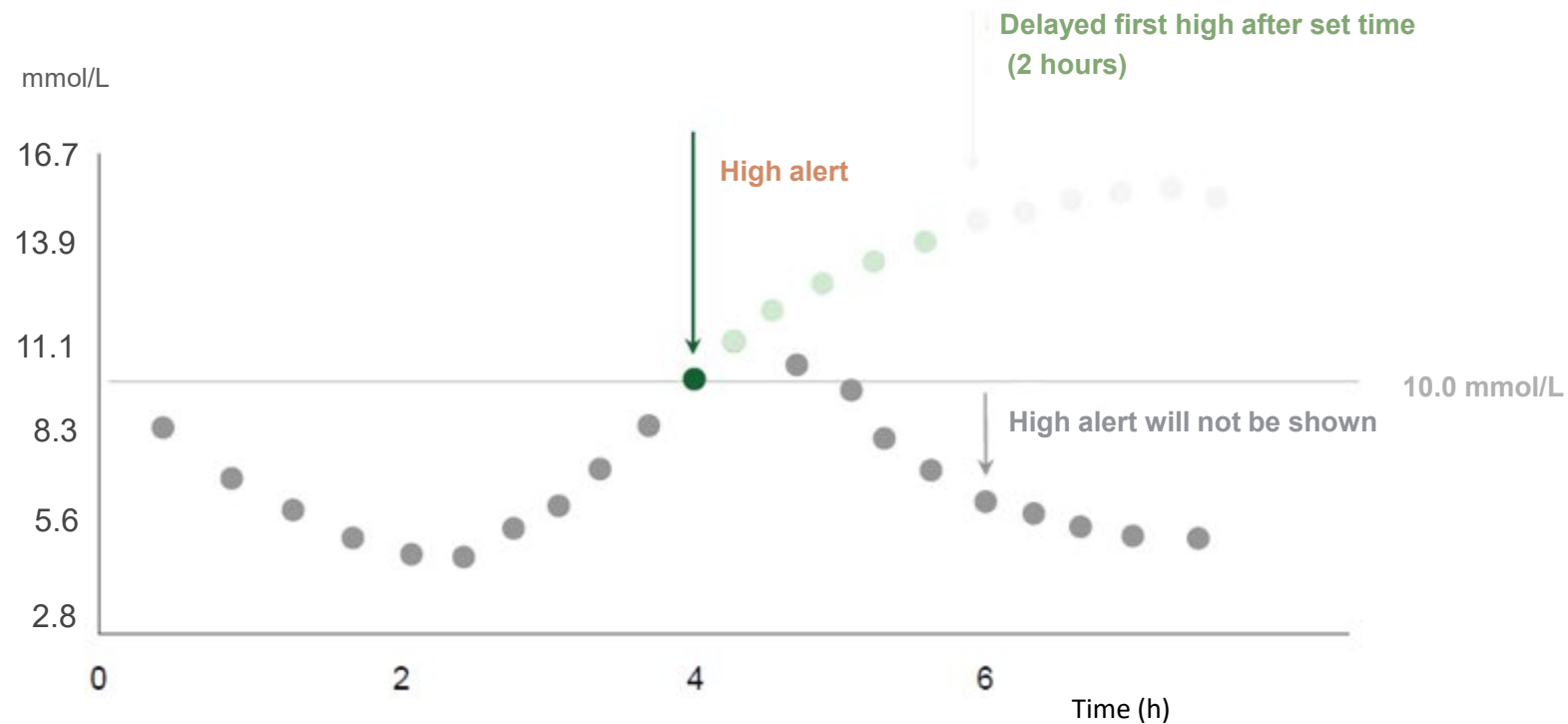


Delay first high alert

Set personalized alarms to make alerts more relevant.



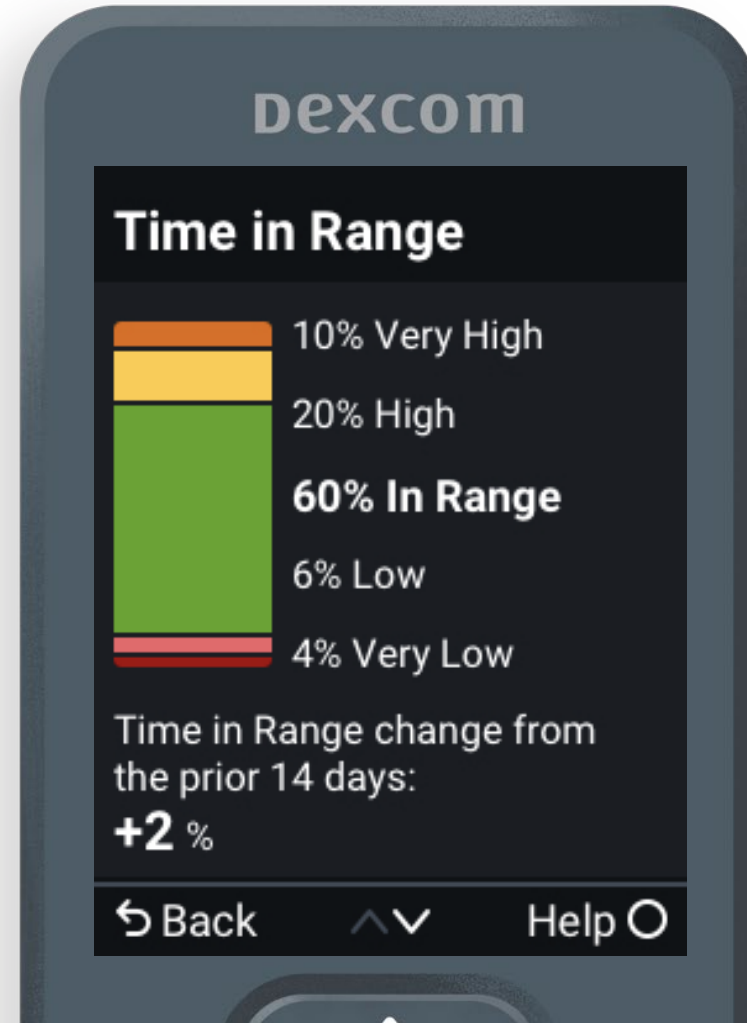
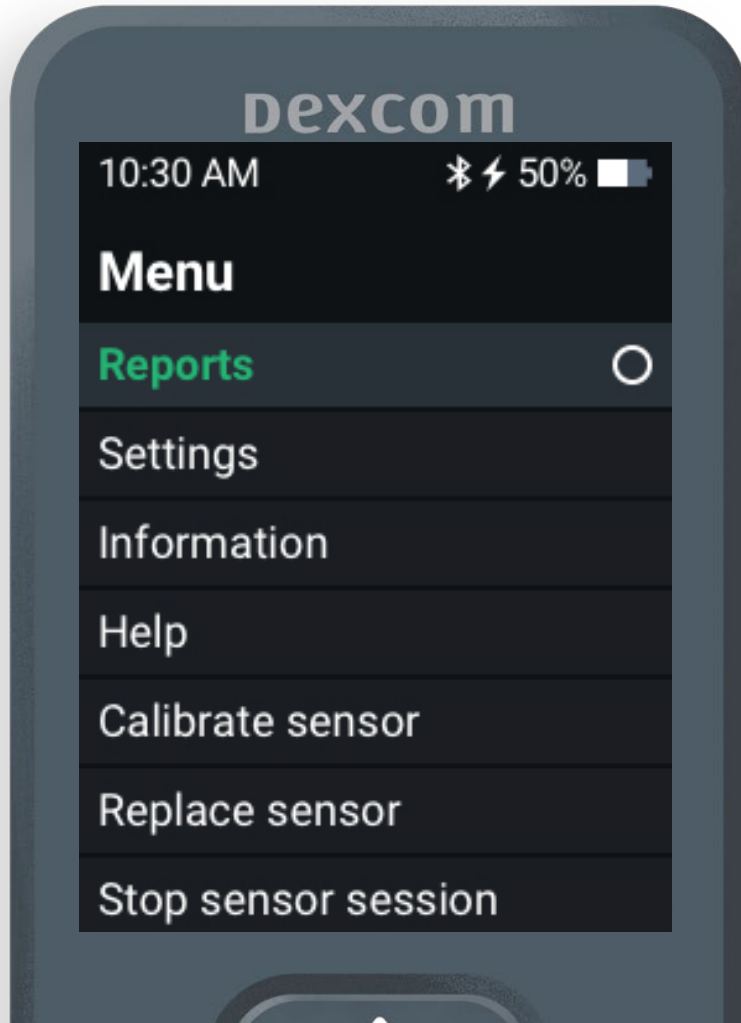
Delay 1st high alert, allows you to delay the first high alert until your glucose has been above your hyperglycemia threshold for a set time (15 min to 4 hours)



Glucose Summary Reports

The receiver shows summary reports of glucose information (over the last 3, 7, 14, 30, and 90 days). The reports can be used to spot trends and patterns.

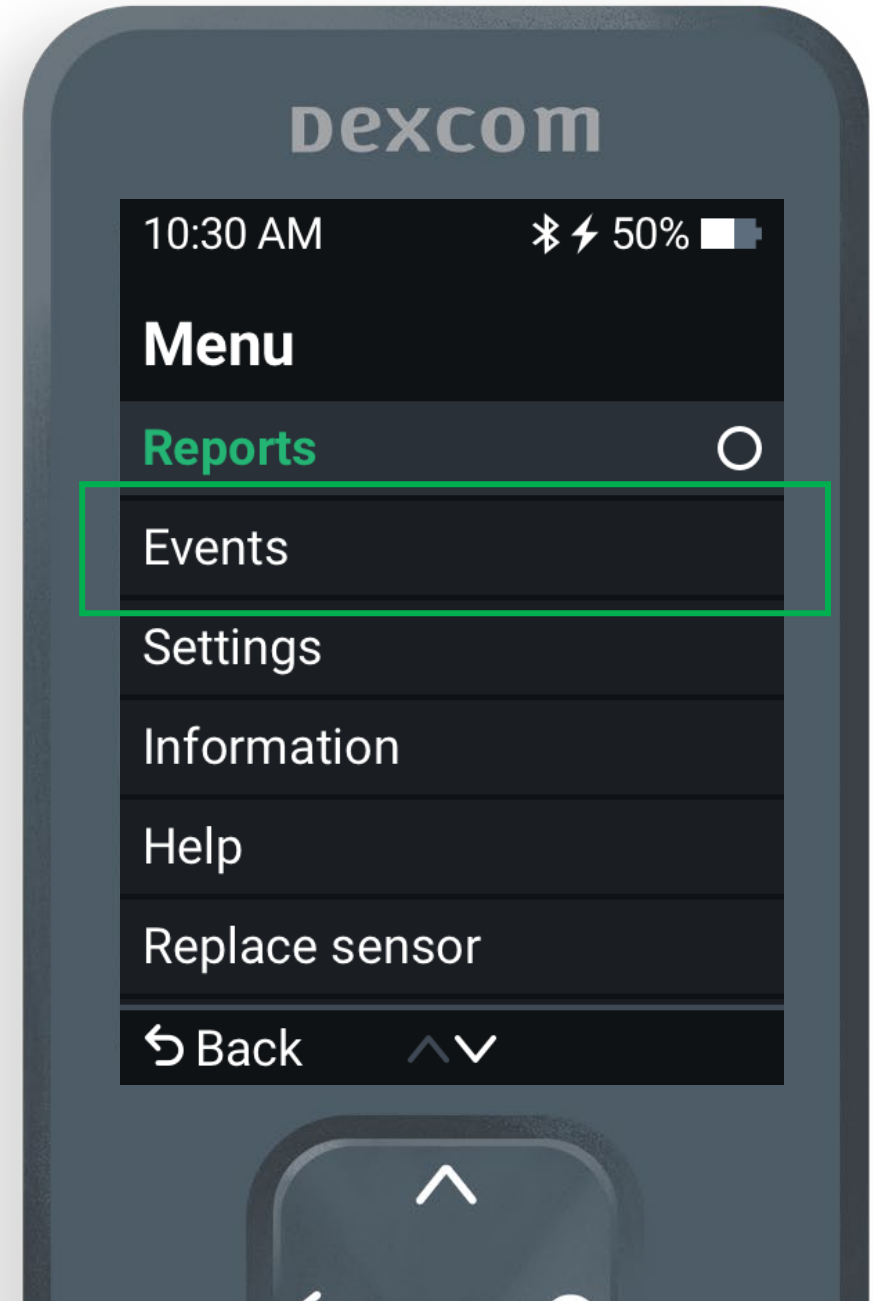
Menu > Reports.



Events

In **Events** the user can enter:

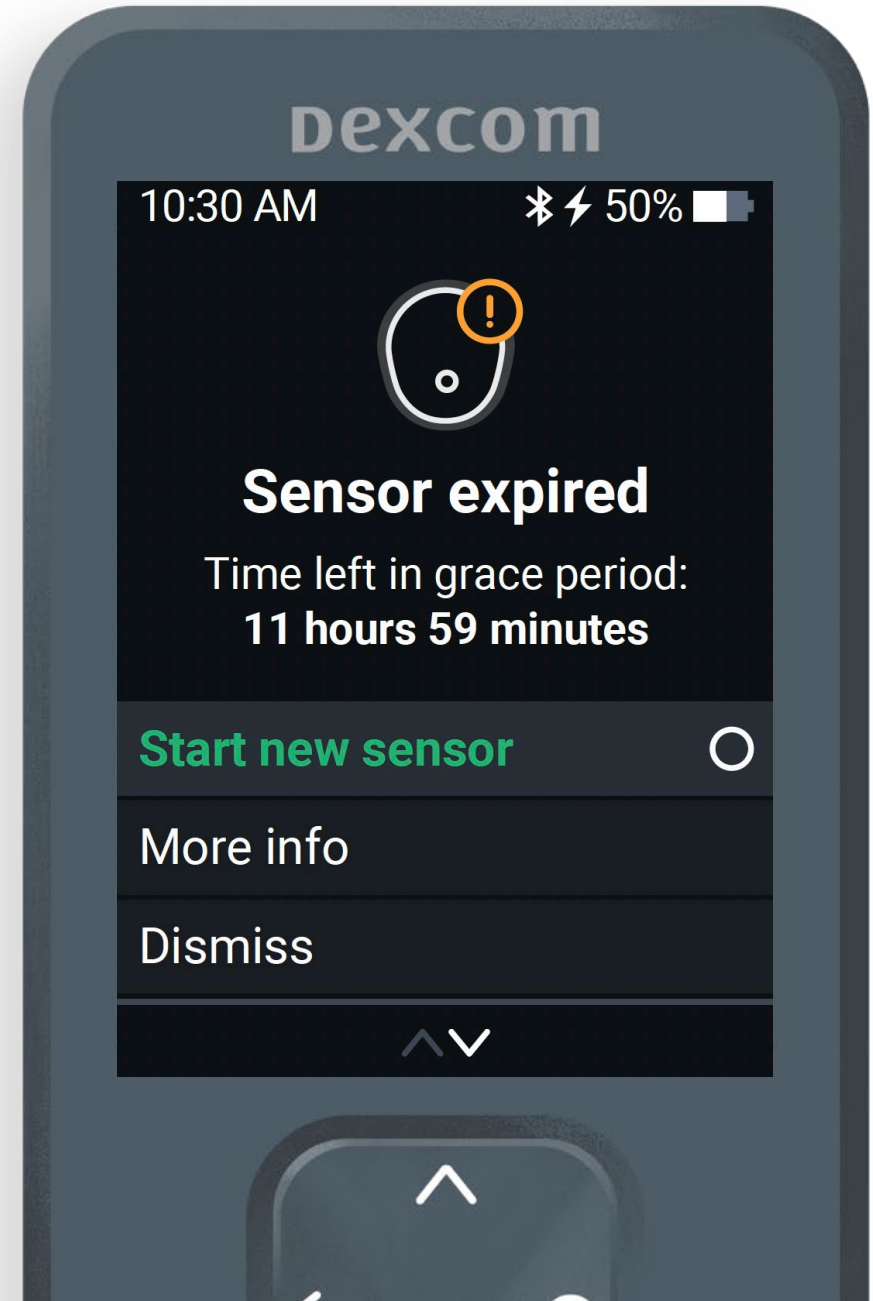
- A fingerstick or calibration
- Insulin (fast- or long-acting dose)
- Meals
- Activity
- Notes
- Edit previously entered events



Grace period

Each sensor session has a **12-hour grace period** at the end. The grace period gives you more time to replace the sensor when it is convenient.

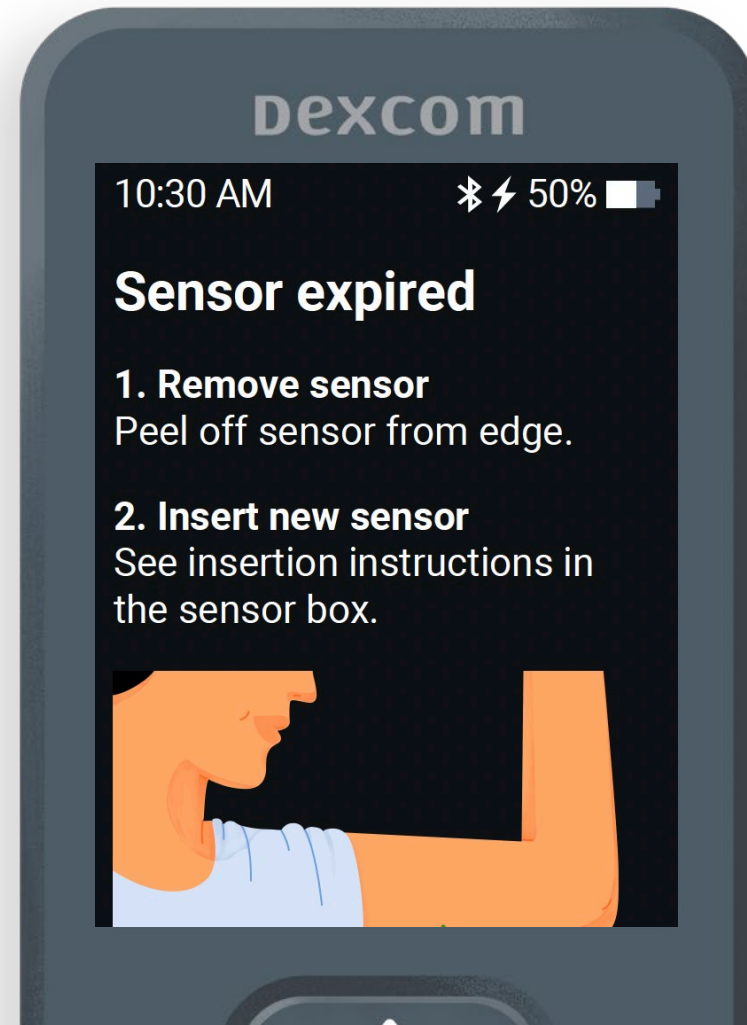
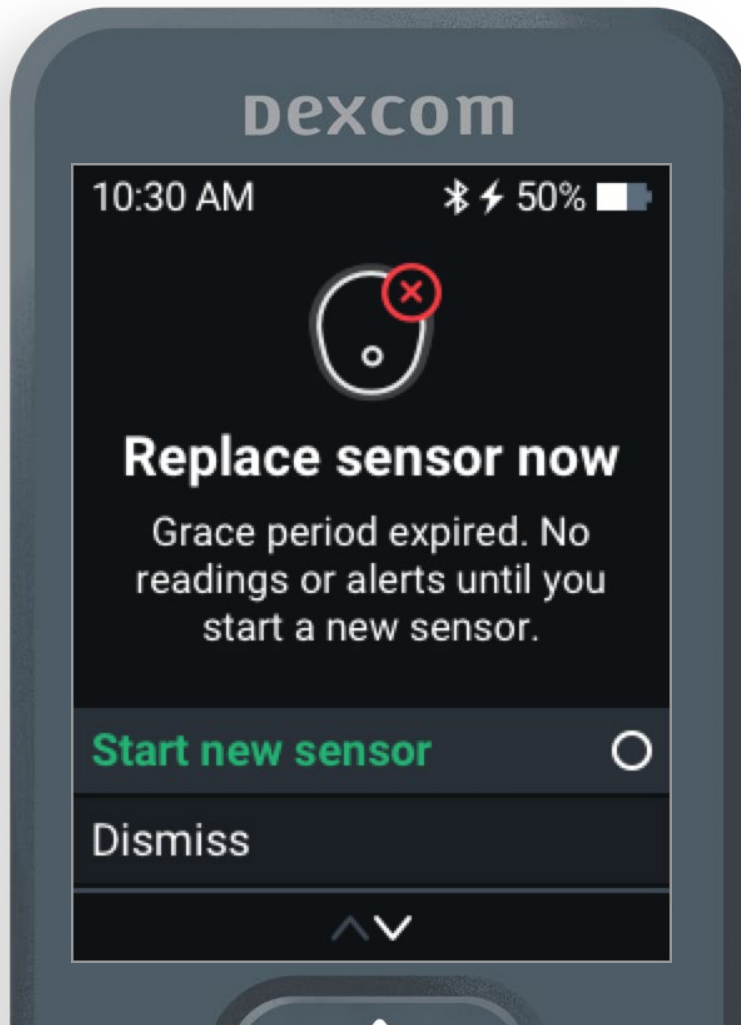
During the grace period, the sensor continues to work as it did during the sensor session. You will get alerts letting you know when the sensor session or grace period will end soon. You can choose to wear the sensor until the grace period ends or end the session early.



Ending Sensor Session: Automatically

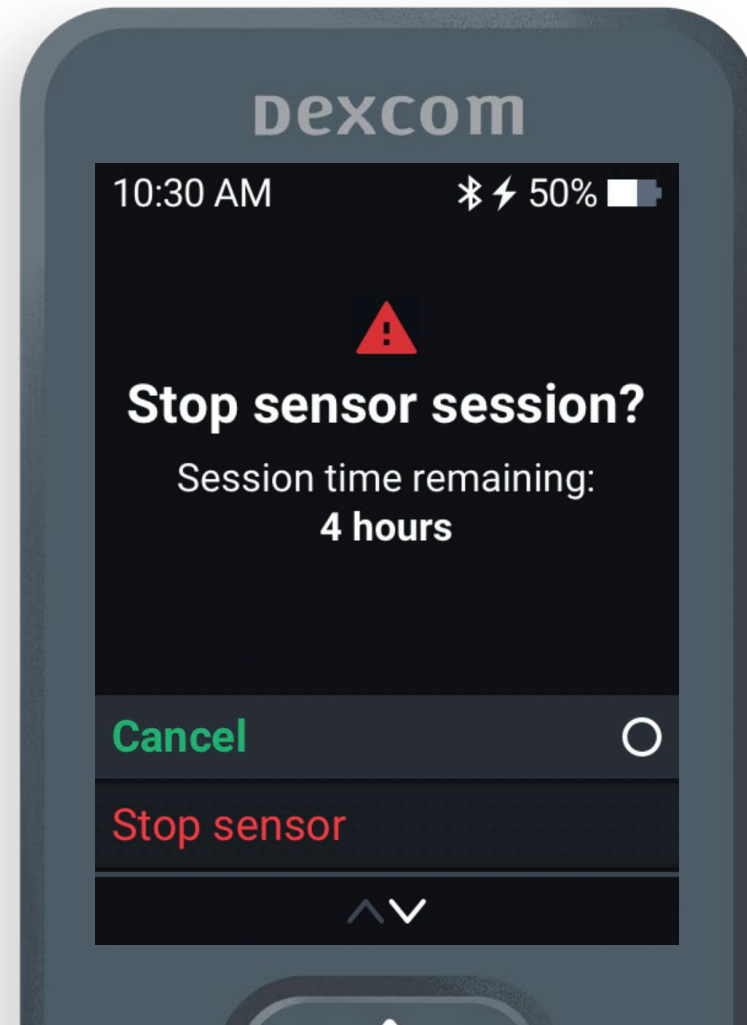
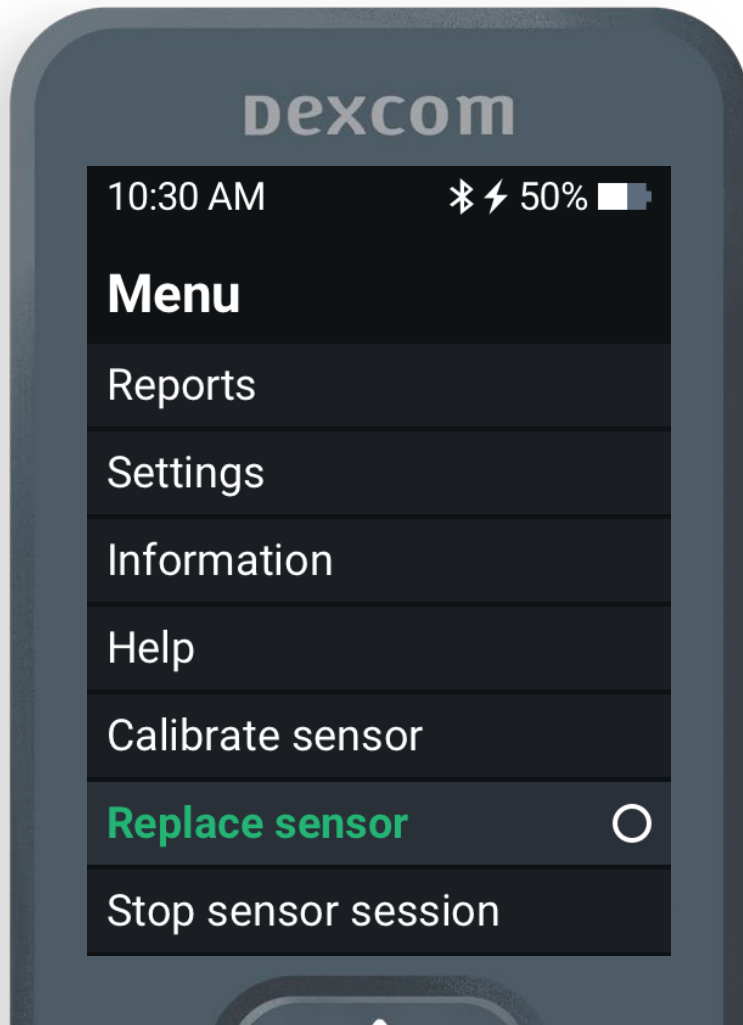
When the grace period ends, the sensor ends automatically.

Now you can start a new sensor session.



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.

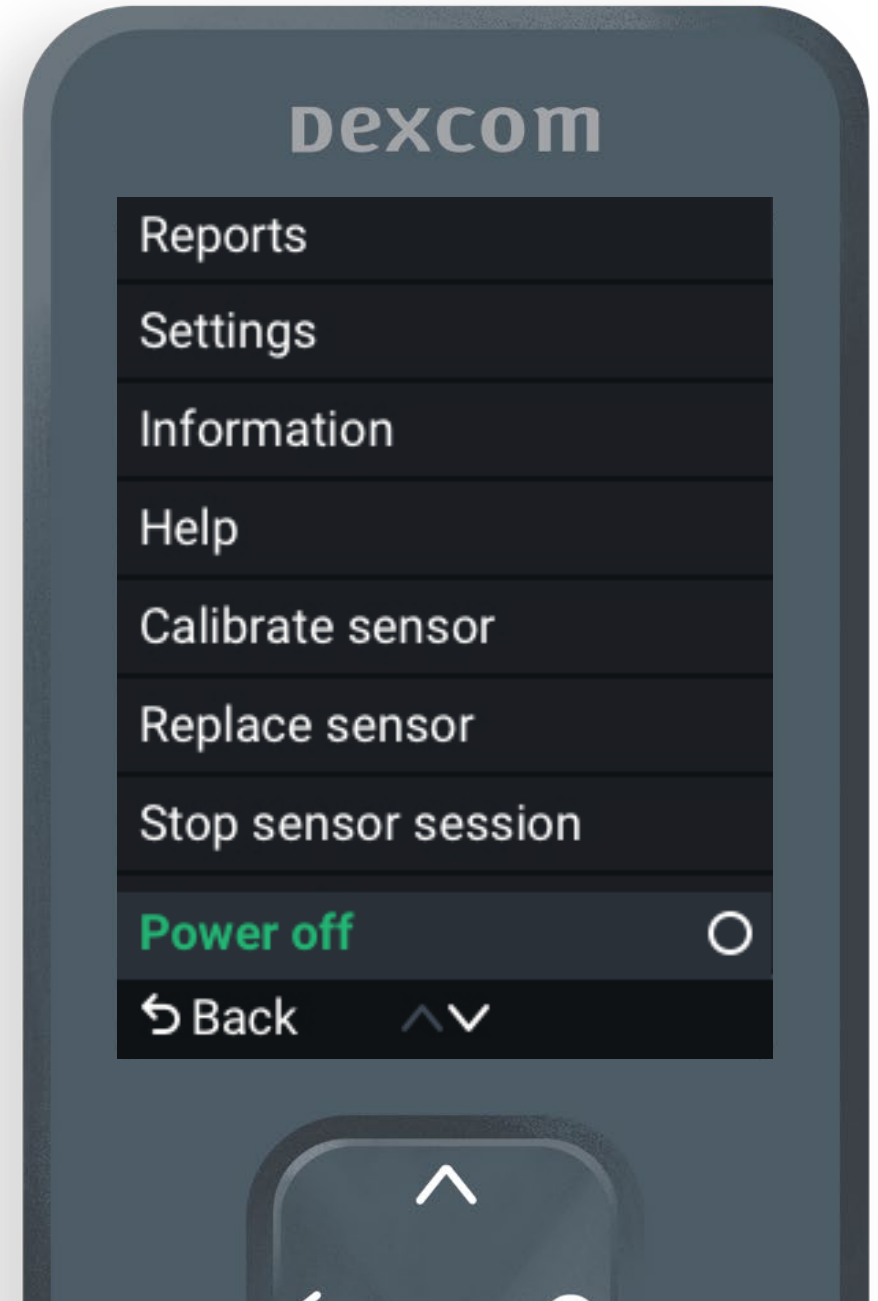
To make it easier and avoid irritating skin:

- 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



Power Off

To turn the receiver off go to:
Menu > Power off



Dexcom Clarity

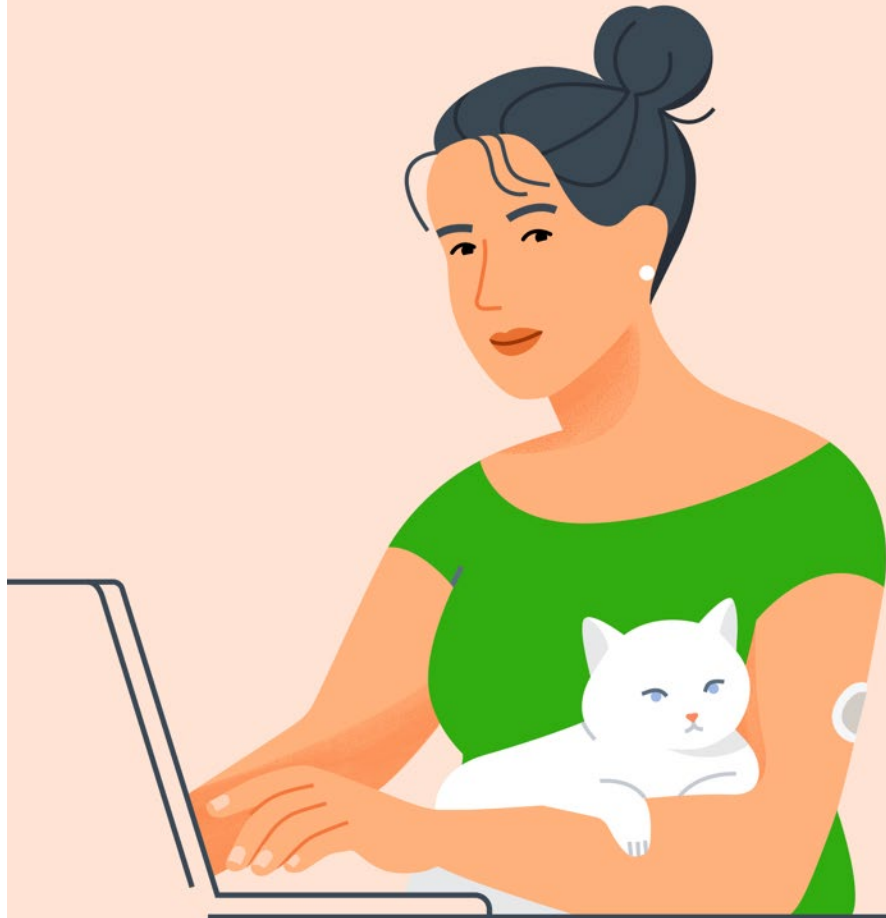
Use Dexcom Clarity to track your progress and share data with your healthcare professional(s).*

Log in at Clarity.dexcom.eu.

Use your current Dexcom login and provided USB cable to upload data.

Free to use.

*User must first sync their Dexcom ONE+ data with Dexcom Clarity and consent to share their data with their healthcare provider.



Connection HCP

Share data via the Dexcom Clarity website:
clarity.dexcom.eu

- **Settings > Share data with hospital**
- Enter the pairing code from your healthcare provider

Enter care provider code

Enter the provider code to begin sharing CGM data.

Healthcare provider code

Get on

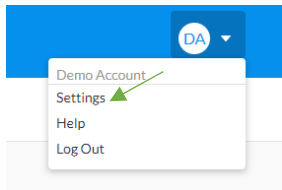
Ask your healthcare provider for a healthcare provider code.

Integration to

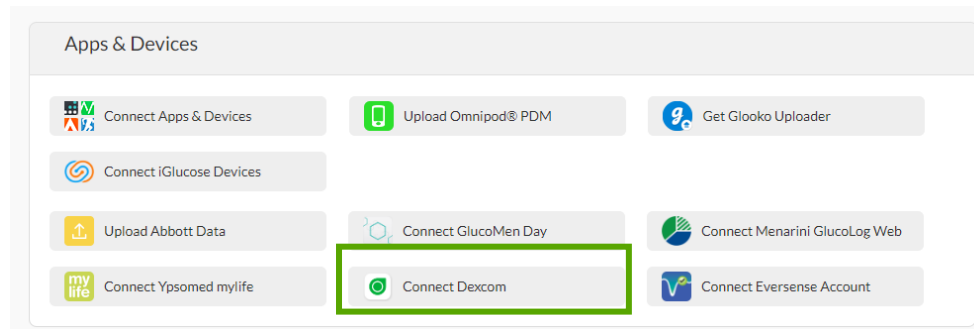


1. Go to **my.glooko.com** in your web browser and **log in** to your **Glooko-account**.
2. Click on the drop-down menu at the top right of your profile in your Glooko web app and select **Settings**.
3. Scroll down to **Apps and devices** and click on **Connect Dexcom**.
4. Select **Connect** in the pop-up window. To complete the synchronisation, you can then **log in** with your Dexcom account or register a new account.

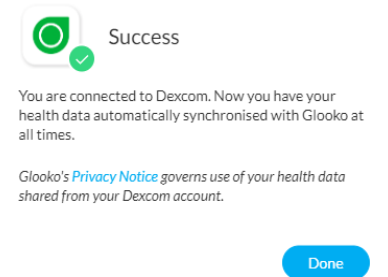
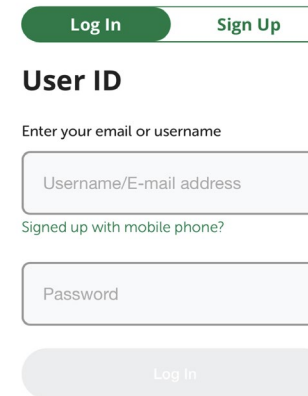
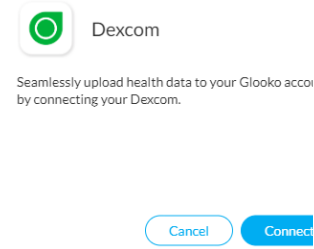
2



3



4



Diabetes Treatment Decisions

No number or arrow? Always use your meter.

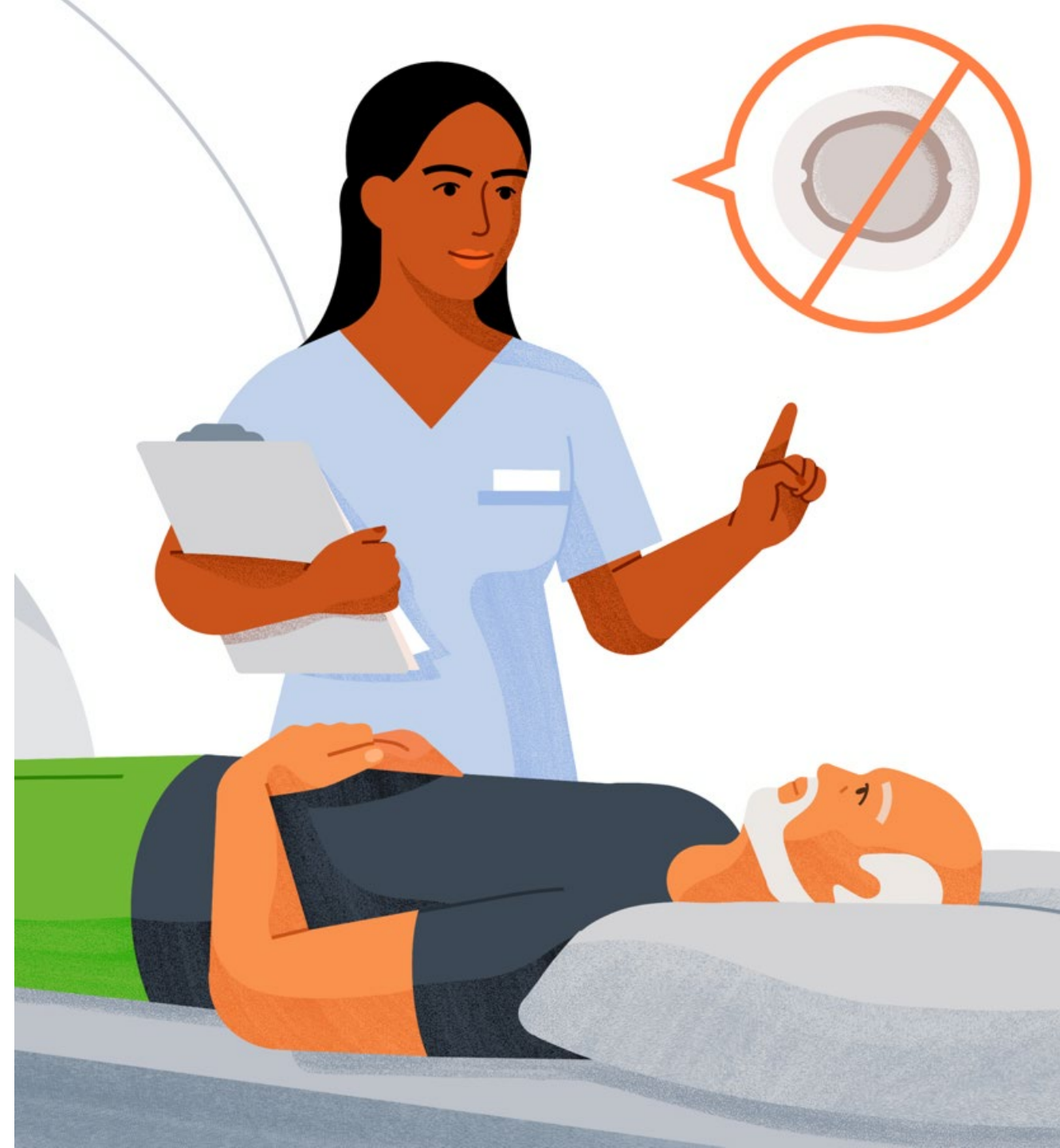
Symptoms don't match readings? Use your meter.



MRI /CT / Diathermy

Don't wear any Dexcom ONE+ 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 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.

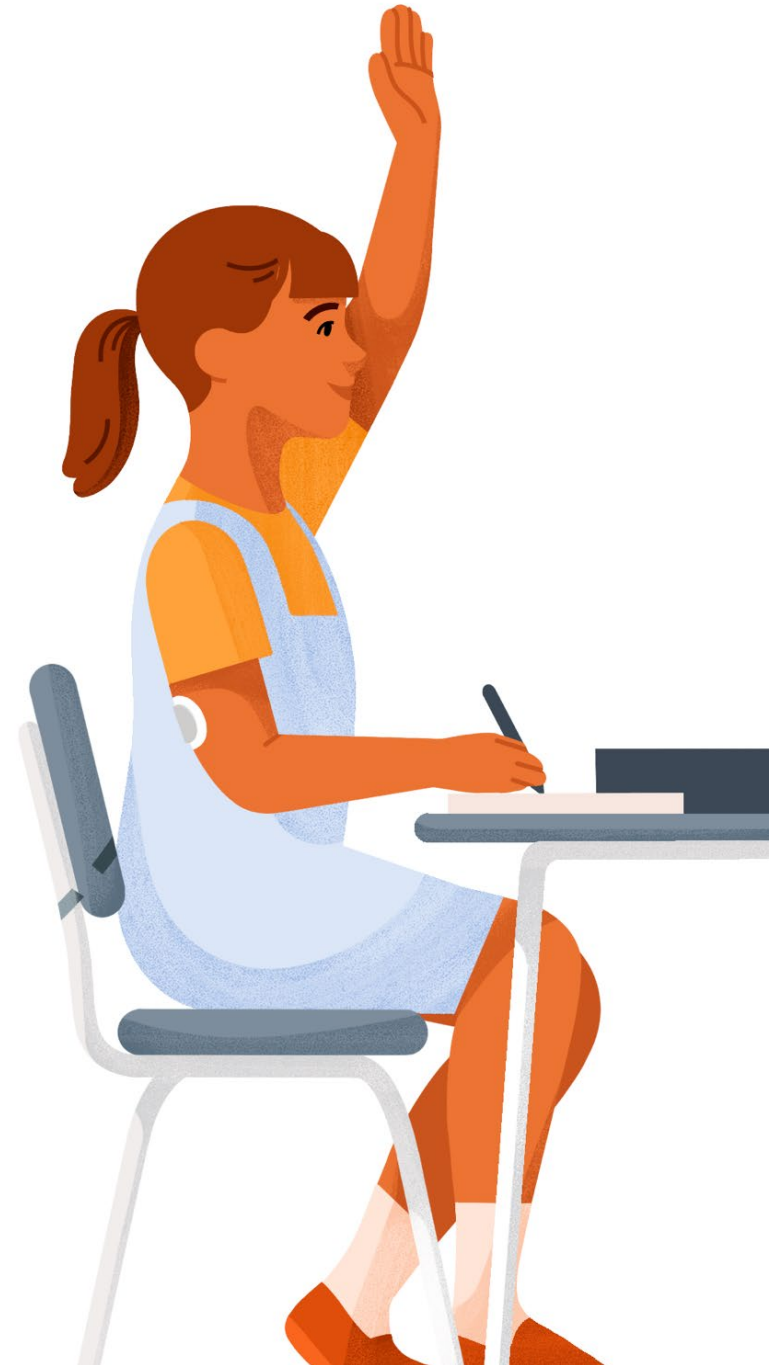
You can ask your health care provider for a customs declaration.



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 or watch the training late at www.dexcomtraining.com
- Technical Support:
- Tel: **0800 020 1986**
- www.dexcom.com/TS-NL



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 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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