Dexcom | G5® mobile

CONTINUOUS GLUCOSE MONITORING SYSTEM

User Guide

IMPORTANT USER INFORMATION

Failure to use the Dexcom G5 Mobile CGM System and its components according to the instructions for use and all indications, contraindications, warnings, precautions, and cautions may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from your Dexcom G5 Mobile CGM System do not match your symptoms or expectations, use a fingerstick blood glucose value from your blood glucose meter to make diabetes treatment decisions. Seek medical attention when appropriate.

Please review the product instructions before using the Dexcom G5 Mobile CGM System. Indications, contraindications, warnings, precautions, cautions, and other important user information can be found in the product instructions that are included with, or accompany, the Dexcom G5 Mobile CGM System. Discuss with your healthcare professional how you should use the information displayed on the Dexcom G5 Mobile System to help manage your diabetes. The product instructions contain important information on troubleshooting the Dexcom G5 Mobile CGM System and on the performance characteristics of the system.

IMPORTANT CONTACTS AND NUMBERS

Dexcom Website: dexcom.com

Transmitter Serial Number (SN): _____

Receiver SN: _____

Your Healthcare Professional: _____

Nearest Hospital: _____

Your Local Dexcom Representative: _____

Other Notes: _____

_____

_____

Dexcom®

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GETTING STARTED

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Chapter 1

Getting Started:

Beginning Your Dexcom G5® Mobile Continuous Glucose Monitoring (CGM) System Journey

1.1 Introduction

Welcome to the Dexcom G5 Mobile family!

We are excited you chose us to partner with you in your journey to manage your diabetes. As a continuous glucose monitoring (CGM) device, the Dexcom G5 Mobile CGM System allows you to break free from constant fingersticks. But how do you use the Dexcom G5 Mobile CGM System? What are its features? Do you need to avoid anything? Can you dose off of your CGM?

Where do you even begin?

This chapter is the first step to answering these and many other questions.

After this chapter, you will be able to:

- Describe different training resources
- Find Dexcom G5 Mobile System's step-by-step instructions
- Recall how to use the User Guide

We have numerous resources available to help you to get the most out of your Dexcom G5 Mobile CGM System.

First Things First - Learning How to Learn

Knowing about the Dexcom G5 Mobile CGM System is your first step in creating a successful CGM experience. Before using it, learn about it.

You have numerous self-paced resources, helping you get to know the Dexcom G5 Mobile CGM System:

1. Tutorial
2. Quick Start Guide
3. User Guide

No matter which resource you select, make sure you review them prior to using your new CGM system.

NOTE: Images in this User Guide are representational and may differ from your system.

1.2 Self-Paced Resources

Tutorial

Along with step-by-step instructions, our tutorial illustrates how real-time CGM can assist in your daily diabetes management.

Find the tutorial:

- at dexcom.com
- on USB card provided

Paper Based G5 Mobile Resources

Quick Start Guide (QSG)

The Dexcom G5 Mobile CGM System Quick Start Guide compliments the tutorial by providing the same step-by-step instructions in a booklet form.

User Guide

Your Dexcom G5 Mobile CGM System reference book!

This user guide gives you the most extensive overview of the system detailing features, important safety information and so much more.

The Dexcom G5 Mobile System User Guide is grouped into five separate parts:

Part 1: *Getting Started*

1. Learning How to Learn About the Dexcom G5 Mobile CGM System
2. Indications for Use and Safety Statement

Part 2: *Let Us G5®! The Basics*

1. Introduction to the Dexcom G5 Mobile CGM System
2. Choose and Set Up Your Display Device(s)
3. Initiating a Sensor Session: Inserting the Sensor & Transmitter
4. Calibration
5. End a Sensor Session

Part 3: *Next Steps - Getting the Most out of Your Dexcom® CGM*
Once you are up and running, how you can maximize the Dexcom G5 Mobile CGM System features:

1. Reading Trend Graph Screens and Recognizing Trends
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How to Use Your User Guide

All chapters in the Dexcom G5 Mobile CGM System User Guide are laid out the same way:

The beginning of each chapter lists what you will be able to do after you have finished, followed by the chapter's content. At the end, there is a recap of what was covered and what to expect in the next chapter.

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Chapter 2

Getting Started:
Indications for Use and Safety Statement

2.1 Introduction

We want the Dexcom G5 Mobile CGM System to be a valuable tool in your diabetes management. Like any system, there are steps to take to get the most out of it. As excited as you are about getting started, did you know if you just took a medication with paracetamol/acetaminophen maybe you should wait? Did you know taking paracetamol/acetaminophen is contraindicated?

In this chapter, you will learn about some key areas that might prevent you from having the best CGM experience, or, if you are not careful, might even harm you or the system. You will even learn what a contraindication is!

2.2 Important User Information

Each part of your system has instructions including indications, contraindications, warnings, precautions, and other important user information. Please review the instructions for each part of the system in this user guide before using any of the Dexcom G5 Mobile CGM System. Some users of the Dexcom G5 Mobile CGM system may need a caregiver to be involved in their care. Please consult your physician for guidance.

This chapter is important to read. It helps you use the Dexcom G5 Mobile CGM System safely and covers:

- What is a Safety Statement?
  - Telling the difference between an indication and a contraindication
  - Explaining why warnings are so important
  - Defining precautions
- Safety Statement Overview

Let us start with definitions, and then review the Safety Statements broken down into the system's components.

Safety Statement

A Safety Statement is a brief statement of the Dexcom G5 Mobile CGM System's indications, relevant warnings, precautions, or its contraindications (when to avoid using it). The Safety Statements are meant to keep you and the system safe while using the Dexcom G5 Mobile CGM System:

1) Indications
How, for what purposes, and under what circumstances you should use the Dexcom G5 Mobile CGM System. Indications let you know who should use the Dexcom G5 Mobile CGM System and when. Indications are the who, what, and why of the Dexcom G5 Mobile CGM System.

2) Contraindications
Contraindications let you know when ***not*** to use the Dexcom G5 Mobile CGM System. If used during these situations, you may hurt yourself or the system, and the risk of use clearly outweighs the benefit.

3) Warning
Important hazard information: Describes serious or life threatening circumstances to stay away from while using the Dexcom G5 Mobile CGM System, their consequences, and how to avoid danger.

4) Precaution
Special steps you need to take while using the Dexcom G5 Mobile CGM System, preventing minor or moderate injury to either you or the system.

2.3 Overview of Safety Statements

This section provides a review of all of the Safety Statements outlining the type of Safety Statement, an action, a statement of potential harm, and consequences. Here you will learn what indications and contraindications are and what to do to keep you safe and the system in proper working order.

Indications for Use

The Dexcom G5 Mobile Continuous Glucose Monitoring System is a glucose monitoring system indicated for the management of diabetes in persons age 2 years and older. The Dexcom G5 Mobile CGM System is designed to replace fingerstick blood glucose testing for diabetes treatment decisions.

Interpretation of the Dexcom G5 Mobile CGM System results should be based on the glucose trends and several sequential readings over time. The Dexcom G5 Mobile CGM System also

aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments.

The Dexcom G5 Mobile CGM System is intended for use by patients at home and in healthcare facilities.

Important User Information

Failure to use the Dexcom G5 Mobile CGM System and its components according to the instructions for use and all indications, contraindications, warnings, precautions, and cautions may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from your Dexcom G5 Mobile CGM System do not match your symptoms or expectations, use a fingerstick blood glucose value from your blood glucose meter to make diabetes treatment decisions. Seek medical attention when appropriate.

Please review the product instructions before using the Dexcom G5 Mobile CGM System. Indications, contraindications, warnings, precautions, cautions, and other important user information can be found in the product instructions that are included with, or accompany, the Dexcom G5 Mobile CGM System. Discuss with your healthcare professional how you should use the information displayed on the Dexcom G5 Mobile CGM System to help manage your diabetes. The product instructions contain important information on troubleshooting the Dexcom G5 Mobile CGM System and on the performance characteristics of the system.

Contraindications

MRI/CT/Diathermy

Remove the Dexcom G5 Mobile CGM System sensor, transmitter, and receiver before Magnetic Resonance Imaging (MRI), Computed Tomography (CT) scan, or high-frequency electrical heat (diathermy) treatment.

The Dexcom G5 Mobile CGM System has not been tested during MRI or CT scans or with diathermy treatment. The magnetic fields and heat could damage the components of the Dexcom G5 Mobile CGM System, which may cause it to display inaccurate blood glucose readings or may prevent alerts.

Medications

Taking medications with paracetamol/acetaminophen while wearing the Dexcom G5 Mobile CGM System may inaccurately raise the glucose readings generated by the

Dexcom G5 Mobile CGM System. The level of inaccuracy depends on the amount of paracetamol/acetaminophen active in your body and is different for each person. Do not rely on continuous glucose monitoring (CGM) data produced by the Dexcom G5 Mobile CGM System if you have recently taken paracetamol/acetaminophen.

Warnings

Sensor Fractures

Do not ignore sensor fractures. Sensors may fracture or detach from the sensor pod on rare occasions. If a sensor breaks and no portion of it is visible above the skin, do not attempt to remove it. Seek professional medical help if you have symptoms of infection or inflammation—redness, swelling or pain—at the insertion site. If you experience a broken sensor, please report this to your local Dexcom representative.

Do Not Use Damaged Goods

If the Dexcom G5 Mobile CGM System Receiver or G5 Mobile Transmitter is damaged or cracked, do not use it. This could create an electrical safety hazard causing possible electrical shocks resulting in injury. In addition, a damaged or cracked G5 Mobile Receiver or G5 Mobile Transmitter may cause the Dexcom G5 Mobile CGM System not to function properly.

Choking

Do not allow young children to hold the sensor or transmitter without adult supervision. The sensor and transmitter include small parts that may pose a choking hazard.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

Review Training Materials

Thoroughly review the training materials included with your Dexcom G5 Mobile CGM System before use. Incorrect use of the Dexcom G5 Mobile CGM System could lead you to misunderstand information produced by the system or might affect the system's performance.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

Diabetes Treatment Decisions

If your Dexcom G5 Mobile CGM System does not display a sensor glucose reading or if you are getting inconsistent readings, use a fingerstick blood glucose value from your blood glucose meter to make diabetes treatment decisions.

Do Not Ignore Low/High Symptoms

Do not ignore symptoms of low or high glucose. If your glucose alerts and readings do not match your symptoms or expectations, you should obtain a fingerstick blood glucose value from your blood glucose meter to make diabetes treatment decisions or seek immediate medical attention.

Who Should Not Use

The Dexcom G5 Mobile CGM System was not evaluated or approved for the following persons:

- Pregnant women
- Persons on dialysis

The Dexcom G5 Mobile CGM System's accuracy has not been tested in people within these groups and the system's glucose readings may be inaccurate.

Calibrate on Schedule

Calibrate the Dexcom G5 Mobile CGM System at least once every 12 hours. The Dexcom G5 Mobile CGM System needs to be calibrated in order to provide accurate readings. Do not use the Dexcom G5 Mobile CGM System for diabetes treatment decisions unless you have followed the prompts from the device and calibrated every 12 hours after the initial calibration.

Placement

Do not insert the sensor component of the Dexcom G5 Mobile CGM System in a site other than the belly/abdomen (ages 2 years and older) or the upper buttocks (ages 2 to 17 years). The placement and insertion of the sensor component of the Dexcom G5 Mobile CGM System is not approved for other sites. If placed in other areas, the Dexcom G5 Mobile CGM System may not function properly.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

Initial Calibration: Data/Alarm/Alert

Do not expect sensor glucose readings or alarms/alerts from the Dexcom G5 Mobile CGM System until after the 2-hour startup. The Dexcom G5 Mobile CGM System will NOT provide any sensor glucose readings or alarms/alerts until after the 2-hour startup ends AND you complete the startup calibration. Use fingerstick glucose values from your blood glucose meter during the 2-hour startup.

Sensor Storage

Store the sensor at temperatures between 2° C-25° C for the length of the sensor's shelf life. You may store the sensor in the refrigerator if it is within this temperature range. The sensor should not be stored in the freezer.

Storing the sensor improperly might cause the sensor glucose readings to be inaccurate.

Smart Device Settings

Your smart device's internal settings override any Dexcom G5 Mobile App setting.

To receive Alarm or Alerts you must:

- Make sure the notifications for the G5 Mobile App are turned on in the setting's menu of your smart device
- Check that the G5 Mobile App hasn't been shut down by your smart device
- In order for the G5 Mobile App to function properly, you must turn on *Bluetooth*® on your smart device
- The *Do Not Disturb* feature on your smart device (if available) must be turned off
- Restart the G5 Mobile App after your smart device is restarted
- Set the volume on your smart device at a level you can hear
- Do not close the G5 Mobile App; always run the app in the background

If the settings on your smart device are incorrect your Dexcom G5 Mobile CGM System may not function properly.

The Dexcom G5 Mobile CGM System Alarm/Alert vibrations are not any different from other vibrating apps on your smart device. Medical device apps, like the Dexcom G5 Mobile CGM System App, do not have any special priorities over your smart device's features. You cannot determine if a vibration is a notification from your Dexcom G5 Mobile CGM System App or another app. The only way to know is to look at the screen.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

Missed an Alarm or Alert?

An Alarm or Alert from the Dexcom G5 Mobile CGM System App cannot be heard through your smart device's speakers if headphones are plugged in.

Make sure you unplug your headphones when you are done using them, otherwise you might not hear an Alarm or Alert from the Dexcom G5 Mobile CGM System.

Precautions

Sensor Package

Do not use the G5 Mobile Sensor if its sterile package has been damaged or opened. Using a non-sterile sensor might cause infection.

Clean and Dry Before Using

Do not open the sensor package until you have washed your hands with soap and water, and let them dry. You may contaminate the insertion site and suffer an infection if you have dirty hands while inserting the sensor.

Do not insert the sensor until you have cleaned the skin near the insertion site with a topical antimicrobial solution, such as isopropyl alcohol, and allowed the skin to dry. Inserting into unclean skin might lead to infection. Do not insert the sensor until the cleaned area is dry so the sensor adhesive will stick better.

Reusable: Do Not Throw Away

Do not discard your transmitter. It is reusable. The same transmitter is used for each session until you have reached the end of the transmitter's battery life.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

Be Accurate, Be Quick

To calibrate the system, enter the exact blood glucose value displayed on your blood glucose meter within five minutes of a carefully performed fingerstick glucose measurement.

Do not enter the Dexcom G5 Mobile CGM System's sensor glucose readings for calibration. Entering incorrect blood glucose values, blood glucose values obtained more than 5 minutes before entry, or sensor glucose readings might affect sensor performance.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

Treatment Decisions

Make diabetes treatment decisions based on the combination of the sensor glucose reading, trend arrow, trend graph, and/or actionable alerts generated by the Dexcom G5 Mobile CGM System.

Expiration Date

Do not use Dexcom G5 Mobile CGM Sensors that are beyond their expiration date. Before inserting a sensor, confirm the expiration date listed on the package label in the following format: YYYY-MM-DD.

Do not use sensors that are beyond their expiration date because the sensor glucose readings might not be accurate.

Sensor Placement

Avoid using the same spot repeatedly for sensor insertion. Rotate your sensor placement sites, and do not use the same site for two sensor sessions in a row. Using the same site might cause scarring or skin irritation.

Avoid inserting the sensor in areas that are likely to be bumped, pushed or compressed or areas of skin with scarring, tattoos, or irritation as these are not ideal sites to measure glucose. Insertion in these areas might affect sensor accuracy.

Avoid injecting insulin or placing an insulin pump infusion set within 7.5 cm of the sensor. The insulin might affect sensor performance.

Use Correct Transmitter, Receiver, and Sensor

Different generations of Dexcom continuous glucose monitoring system transmitters and receivers are not interchangeable with each other.

The Dexcom G5 Mobile CGM System's transmitter and receiver are not compatible with the Dexcom G4® PLATINUM CGM System's transmitter and receiver. The Dexcom G5 Mobile CGM System will not work if you mix transmitter and receiver components from different generations.

You can use either a Dexcom G4 PLATINUM Sensor or Dexcom G5 Mobile/G4 PLATINUM Sensor with your Dexcom G5 Mobile CGM System.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

Communication Range

Avoid separating the transmitter and receiver by more than 6 meters. The transmission range from the transmitter to the receiver is up to 6 meters without obstruction. Wireless communication does not work well through water so the range is much less if you are in a pool, bathtub, or on a water bed, etc.

Types of obstruction differ and have not been tested. If your transmitter and receiver are farther than 6 meters apart or are separated by an obstruction, they might not communicate or the communication distance may be shorter.

Setting Alarm/Alert Notifications

When using both a receiver and a smart device with your Dexcom G5 Mobile CGM System, you must set your settings separately in each. If you set up one device and then use another, you might not get an Alarm or Alert.

Is It On?

If the receiver or smart device is turned off (Shut Down), it will not display sensor data, information, Alarm or Alerts generated by the Dexcom G5 Mobile CGM System. Make sure the Display Devices are turned on; otherwise you will not get sensor glucose readings or Alarm or Alerts.

Keep Receiver Dry

Keep the USB port cover on the receiver closed whenever the USB cable is not attached. Do not submerge the receiver in water.

If water gets into the USB port, the receiver could become damaged and stop displaying readings or providing alerts.

No Alternative Site Testing

Do not use alternative blood glucose site testing (blood from your palm or forearm, etc.) for calibration. Alternative site blood glucose values may be different than those taken from a fingerstick blood glucose value and may not represent the timeliest blood glucose value. Use a blood glucose value taken only from a fingerstick for calibration. Alternative site blood glucose values might affect the Dexcom G5 Mobile CGM System's accuracy.

The following may result in:

- *missing severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose)*
- *making a treatment decision that results in injury*

When Not to Calibrate

Do not calibrate if your blood glucose is changing at a significant rate, typically more than 0.11 mmol/L per minute. Do not calibrate when your receiver screen is showing the rising or falling single arrow or double arrow, which indicates that your blood glucose is rapidly rising or falling. Calibrating during rapid rise or fall of blood glucose may affect sensor accuracy.

Summary

Now You Can:

- Define a Safety Statement
  - Explain the difference between an indication and a contraindication
  - Describe the importance of warnings
  - Describe what a precaution is
- Provide an overview of Safety Statements

What Is Next?
Our next chapter gives you a high overview of the Dexcom G5 Mobile CGM System.

2

LET US G5! THE BASICS

- Introduction to the Dexcom G5 Mobile CGM System
- Initial Set-Up
- Starting a Sensor Session: Inserting the Sensor & Transmitter
- Calibration
- Ending a Sensor Session

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Chapter 3

Let Us G5! The Basics:
What Is the Dexcom G5 Mobile CGM System?

3.1 System Description

Now it is time to get an overview of the Dexcom G5 Mobile CGM System.

After this chapter, you will be able to:

- Explain the Dexcom G5 Mobile CGM System
- Describe options to view trends
- Locate your historical readings
- Recognize system components
- Explain each part's function

3.2 The Dexcom G5 Mobile CGM System

CGM

The Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System is a medical device you use to track your glucose trends and monitor the speed and direction of your glucose changes. You continually see your sensor glucose readings, updated every five minutes for up to 7 days, without the bother of taking constant fingerstick measurements.

Your sensor glucose readings are measured by a single use sensor inserted under your belly's (if between the ages of 2 and 17, belly or upper buttocks) skin. A reusable transmitter sends your data to your display device once every five minutes.

The Dexcom G5 Mobile CGM System provides personalized trend alerts, prompting you to proactively react when your glucose levels are getting too low, or too high. Dexcom provides web-based reports reflecting your glucose trends and patterns. Share the reports with your healthcare professional when developing your diabetes management treatment plans.

Options to View Your Trends

The Dexcom G5 Mobile CGM System transmitter works with a number of display devices giving you flexibility to use what is best for you, your situation, or your lifestyle:

- Dexcom G5 Mobile Receiver (Optional in some countries)
- Dexcom G5 Mobile App on your smart device

While the system works with different smart devices, they are not interchangeable during a sensor session. Before starting one, select which smart device you want to use and stick with it throughout your session. You cannot use multiple smart devices at the same time, but you can combine the receiver with a smart device during a session.

The Dexcom G5 Mobile CGM System is the first CGM system where a smart device acts as a receiver. For a list of current devices and operating systems go to: dexcom.com/compatibility

Chapter 4 covers how to set up your smart device with the Dexcom G5 Mobile App.

The primary difference between the Dexcom G5 Receiver and Dexcom G5 App is not the information they give you, but how that information is presented. The following are some of the shared CGM data and system information features.

Tracking Real Time CGM Data

The receiver and app give you the ability to track your glucose trends in a number of different ways. Each device's home screen opens to your glucose trend screen.

View Glucose Levels

The receiver and app share many of the same glucose monitoring features. Your glucose values are color coded to highlight what zone you are in, allowing you, at a glance, to see what your levels are.

Color coded glucose levels:

- Red - Low
- Grey - Within your normal range
- Yellow - High

Trend Arrows

Glucose levels are not just about the numbers. The Dexcom G5 Mobile CGM System includes trend arrows so you know the speed and direction of your glucose, allowing you to proactively react before your glucose gets too high or too low.

Alarm/Alerts

Being warned when your glucose value is too high or too low, falling or rising too quickly, or if it is trending towards a severe low or high is very important. Warnings in the form of Alerts or an Alarm help you avoid getting too low or high. Alarm and Alert notifications help keep

you aware of your glucose trends and are made up of a combination of sounds, vibrations, and screens.

There are a number of Alerts, but only one Alarm: when your glucose level dips below 3.1 mmol/L. Some customization options are available and are part of the setup process for the receiver and smart device.

In Chapter 10, you can learn more about the Alarm and Alerts feature, and in Chapter 11, how to customize them.

Viewing Your Glucose Values

The Dexcom G5 Mobile CGM System allows you to see your last 1-3-6-12-24 hours of your sensor glucose readings. On the receiver, from the home screen, **press** *Up/Down Arrows* to view. On a smart device, **hold upright** in *portrait* mode, and see the most recent three hours, **turn sideways** to *landscape* to view your glucose levels over the last 1-3-6-12-24 hours.

Go to Chapter 8 to learn more about viewing your glucose trends.

3.3 What Is New to the Dexcom G5 Mobile CGM System?

Dexcom's G5 Mobile CGM System has features not found in our previous generations. They include:

- Ability to make treatment decisions based on your sensor glucose readings
- Dexcom G5 Mobile App for your smart device
- Updates to the Dexcom G5 Mobile Receiver screens
- Dexcom Share™ in the Dexcom G5 Mobile App

Treatment Decisions

New to the Dexcom G5 Mobile CGM System is the ability to use the sensor glucose readings to make treatment decisions, including insulin doses.

To make a treatment decision, you need to know what your glucose readings are now, where they are heading, along with what you have eaten, your stress levels, when you last exercised, etc. With the Dexcom G5 Mobile CGM System's trend graphs and Alarm/Alerts feature, you can determine the speed and direction of your glucose changes and determine if you should dose without taking a fingerstick, eat carbs, or do nothing.

For more information on how to use your sensor readings combined with your trend arrows, trend graphs, Alarm/Alerts to make your treatment decision, go to Chapter 12.

Use your BG meter values as a backup when your CGM data does not reflect how you feel or if you have sensor reading gaps.

Share Your Data

Through secure wireless connections, Dexcom Share allows remote viewing of your sensor glucose readings, trends, and data by your loved ones from a smart device. Activate Dexcom Share by tapping on the app's Share icon, follow a few simple steps, then invite up to five people to connect with you.

After downloading the Dexcom Follow™ App, they become your Follower. As a Follower, they can watch your sensor glucose readings, trends, and receive Alarm/Alerts when your glucose is low or high.

You determine what your Follower can see. Based on what you allow, your Followers can receive your Alarm or Alerts, and view your trends. Followers can pick and choose, or turn off, the data they receive, including the Alarm/Alerts, trends, and messages. The Share feature in the Dexcom G5 Mobile App is different than the Dexcom Share App used with previous Dexcom CGM systems.

For more information about Share or Follow, please see the Share/Follow user manual.

3.4 System Information

The receiver and app also keep you informed on the system's status. Technical notifications provide information about your sensor session and about the system's hardware. Each chapter provides a table of the prompts, system, and error messages applicable to its subject. As an example, the calibration chapter will review all calibration messages you may see.

Now you know what the Dexcom G5 Mobile CGM System does and what is new, let us open your Dexcom G5 Mobile CGM System packages, see what is inside, and review each item.

3.5 System Components

Package

The Dexcom G5 Mobile CGM System comes to you in a number of boxes; after opening keep the packaging until you are no longer using its contents.

Sensor

	Sensor package
	Single use sensor(s) Sold separately. Comes in a sterile tray or pouch.
	Insert
Transmitter	
	Transmitter package
	Reusable transmitter

(Continued on next page)
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Receiver (Optional in some countries)	
	Receiver package
	Chargeable Receiver
	Receiver's USB charging and download cable
	AC power wall charger
	Adapters for wall outlet

Instructions for Use

Your instructions outlining how to use the G5 Mobile System comes as a separate package. The package will include information on how to use the G5 Mobile System, Share/Follow, and Clarity (where available).

Overview of System Components

This section is meant as a quick overview of each part, specifics for each are found in following chapters. For detailed product specifications and technical information, please go to Chapter 15.

The Dexcom G5 Mobile CGM System is comprised of three key parts:

1. Single use sensor
2. Reusable transmitter
3. Display devices:
    a. Rechargeable receiver
        i. Optional in some countries
    b. Dexcom G5 Mobile App
        i. Downloaded to your smart device
        ii. The app is not available for all smart devices and countries. Check dexcom.com/compatibility for details.
    c. Dexcom Share/Follow

Sensor Overview

For your safety, the sensor is packaged in a sterile sealed pouch or tray, containing an applicator, sensor pod, and sensor wire. When you first open the package, your sensor looks like one item; however, it is actually three: sensor applicator barrel, sensor pod, and sensor wire.

The applicator barrel helps you insert the sensor wire inside the sensor pod under your skin. After inserting the sensor wire, remove the applicator barrel. The sensor wire is in the sensor pod staying with the pod attached to your skin by adhesive.

The sensor wire is made of silver and platinum with polymer membranes. Once inserted, the thin and flexible wire measures your glucose levels in the fluid between your cells (interstitial fluid) for up to seven days.

This section is meant as a quick overview. More information on using and inserting the applicator, sensor, and sensor wire can be found in Chapter 5.

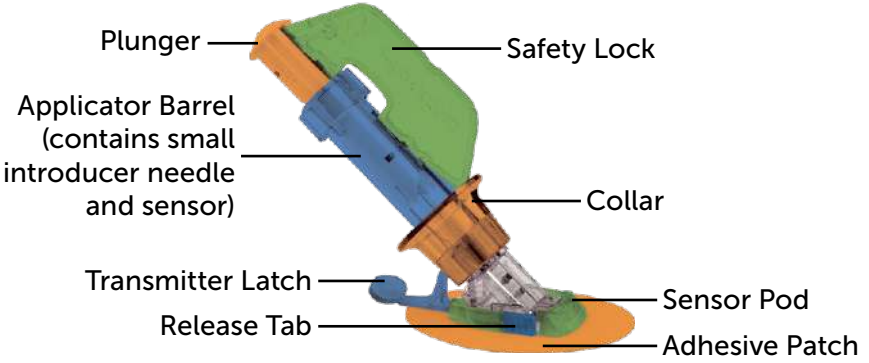

Figure 1. Dexcom G5 Mobile Sensor Applicator and Pod

Applicator and Sensor Pod

What it is called	What it does
Applicator	
Applicator Barrel	Contains small insertion needle and sensor wire. Inserts sensor wire under the skin. Disposable, for single use only. Removed after insertion.
Safety Lock	Keeps all moving parts in place before insertion. Prevents accidental sensor insertion. Tool to remove transmitter after sensor session. Put in transmitter box after removal to use later.
Collar	Removes insertion needle.
Plunger	Inserts sensor wire into your body.
Transmitter Latch	Securely snaps transmitter into sensor pod.
Sensor Pod	
Sensor Pod	Holds transmitter and sensor wire. Water resistant when transmitter is properly installed. Discarded after sensor session.
Adhesive Patch	Keeps sensor pod attached to your skin.
Sensor Wire	Measures glucose levels in fluid in between your cells. Attached to sensor pod. Discarded with pod after session.

Transmitter Overview

NOTE: Pictures are representational only; your transmitter may look different.

Figure 2. Dexcom G5 Mobile Transmitter Front and Back

Snapping into the sensor pod, the gray plastic transmitter wirelessly sends your glucose information to your display devices—receiver and/or smart device. If you have a new transmitter, open the package when you are ready to use it.

The transmitter:

1. Is reusable
    a. Do not discard after sensor session.
    b. Only for you, do not share transmitter.
2. Is water resistant
3. Can transmit data to your display devices for up to six meters
    a. Range is less if you are in or under water.
4. Battery lasts approximately three months
    a. Receiver or smart device prompts you when battery is running low.
5. Serial number on back

More transmitter features and insertion information is in Chapter 4 and 5.

Now you are familiar with sensor and transmitter, let us review the Dexcom G5 Mobile Receiver.

Dexcom G5 Mobile Receiver

Your receiver, along with your smart device, shows your sensor glucose readings, trend graphs, trend arrows and alerts you when your glucose is too high or too low or if there is something you should be aware of or need to do.

The receiver's small size helps make it low key and discreet. See Chapter 14 for charging your receiver's battery.

The receiver is neither water resistant nor waterproof and can get damaged if moisture gets inside, so keep it away from any liquids and very high humidity. Keeping the micro USB port closed helps prevent damaging fluids and dust from getting inside the receiver. If

your receiver does get wet, test it to make sure the speaker and vibrations still work (see Section 11.3).

If you want to use the receiver along with a smart device, you need to set them up separately.

Remember, you cannot use a combination of smart devices during a sensor session; select just one.

Receiver Overview

What you see	What it is called	What it does
	Receiver	Provides data about your glucose trends via screen display, sounds, and vibration.
	Micro USB Port	**Plug** *USB cable* into *port* for recharging.
	USB Port Door	**Close** *USB port door* after removing *USB cable* to keep receiver clean and dry.
	Micro USB Cable	**Plugs** into *receiver* and wall charger to charge battery. See Chapter 14 for instructions on how to charge your receiver's battery.

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What you see	What it is called	What it does
	AC Power Adapter Plugs	The AC power adapter comes with interchangeable plugs. Install the appropriate plug for your wall outlet.
	Wall Charger	Charges receiver once plugged into wall outlet.
	Display Screen	Shows sensor glucose readings, trend graphs and arrows, Alarm/Alerts, sensor session status. Change settings on Menu screen.
	Speaker	Allows you to hear your Alarm/Alerts sounds.
	Navigation Wheel	Arrows and button to help you navigate through the receiver's menu options and choose features.
	Select Button	**Press** to select menu option.

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What you see	What it is called	What it does
	Left Arrow	**Press** to go back to last item/screen or home screen.
	Right Arrow	**Press** to highlight next item.
	Up/Down Arrows	**Press** to scroll up or down to select menu items or set values. **Press** to scroll back and forth beyond from the 3 hour trend graph to the 1-6-12-24 views.

3.6 Smart Device Overview

The Dexcom G5 Mobile App was created to work with your smart device, giving you even more options in monitoring your glucose trends and patterns. The app is similar to all other apps.

This User Guide is not meant to show you how to use your smart device. Please contact your smart device support or read your smart device's user guide for assistance.

Summary

Now You Can:

- Explain the Dexcom G5 Mobile CGM System
- Describe options to view trends
- Locate your historical readings
- Recognize system components
- Explain each part's function

Next Steps

Your next step in getting started with the Dexcom G5 Mobile CGM System is selecting how to continuously receive your sensor glucose readings: Dexcom G5 Mobile App, the Dexcom G5 Mobile Receiver, or a combination.

Our next chapter helps you set up both!

Chapter 4

Let Us G5! The Basics:
Set up Your Display Devices

4.1 Introduction

In the previous chapter, you received a high level overview of the Dexcom G5 Mobile CGM System and learned you can monitor your glucose levels with different display devices. Now it is time to set up your Dexcom G5 Mobile App and your receiver.

After this chapter, you will be able to:

- Create a Dexcom username and password
- Download the Dexcom G5 Mobile App
- Set up the Dexcom G5 Mobile App with the recommended settings
- Successfully set up your Dexcom G5 Mobile Receiver

4.2 Why Different Monitoring Methods?

Your convenience!

By offering two separate monitoring systems, the app or receiver, you can choose to monitor your glucose levels in the handiest method at that moment. Smart device ran out of memory? Use your receiver! If you forgot your receiver at home use your smart device! Battery died on your smart device? Your receiver has you covered!

With the exception of Dexcom Share, the primary difference between the two monitoring systems is not the data itself, but how it is presented.

The next section walks you through the initial setup for the app. To set up the receiver, go to Section 4.4. If you want to use both the mobile app and the receiver, you need to set each up individually.

Once you have completed the initial setup, you are one step closer to beginning your sensor session!

4.3 Dexcom G5 Mobile App

Before starting your first sensor session, pick the smart device you want to use. As mentioned in the previous chapter, you can use the receiver with one smart device during a session; however, you cannot use multiple smart devices during the same session.

While your smart device can have the app installed, part of your initial setup is entering the transmitter's serial number (SN). If by accident you enter the SN into more than one smart device, the system warns you and you will not be able to complete the setup process.

Suggested Smart Device Settings

To get Alarm/Alerts on your smart device you must:

- Have *Bluetooth* on
- Enable notifications during app setup (Apple devices only)

See Chapter 10 Alarm and Alerts for a complete list of suggested smart device settings for use with the system.

After checking your smart device settings are right, install the app.

Dexcom G5 Mobile App Installation

Installing the app is easy! Simply download the Dexcom G5 Mobile App from your smart device's store. However, if your smart device has been jailbroken or rooted, do not install the app.

For information on how to install an app, see your smart device's user guide.

The app is not available for all smart devices and countries. Check dexcom.com/compatibility for details.

Initial Dexcom G5 Mobile App Setup

Setting up your app is easy! You will need your Dexcom account username and password, along with your transmitter box. Once inside, simply follow the setup wizard instructions. The setup wizard walks you through safety information, recommended settings, entering transmitter SN, setting your high/low glucose levels, and receiving CGM notifications.

Your initial setup will require a Dexcom username and password. You can create them by **tapping** *Sign Up* within the app, or by going to dexcom.com.

But what if you are unclear about a step?

The app has prompts allowing you to get more information. If you are unsure of something during your initial setup process, look at the screen for additional information prompt. Informational prompts include, but are not limited to: *I don't understand; Learn More; or Question Mark*. **Tap** your *informational prompt* to get more information.

To close out of the information prompt, **tap** the *X* in the upper right hand corner.

Initial App Setup

Step	What you see	What you do
Introductory Screens		
1		**Tap** *app icon* to open app.
2		**Swipe** through introductory screens or **tap** *Log In*.

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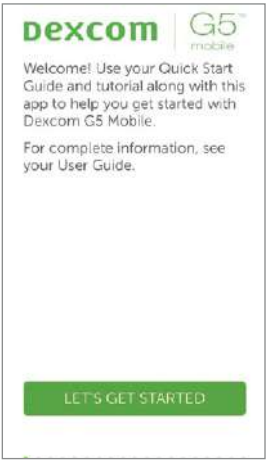
Introductory Screens		
3		**Enter** existing username and password OR Need a Dexcom username and password? **Tap** *Sign Up*. **Complete** *Username/Password* fields. **Tap** *Login* once.
4		**Tap** *Let's Get Started*.

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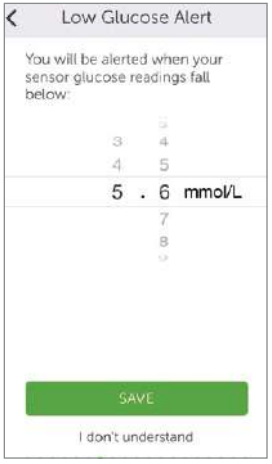
Introductory Screens

5		The next screens are the Terms of Use, safety warnings, contraindications, and the recommended settings. Once each screen is read, **tap** the *appropriate answer* to move forward. **Tap** *Full Safety Statement* or *I don't understand* to get more information.

Setting Up Your App Alarm/Alerts and Basic Settings

6		**Set** your *Low Glucose Alert*. Default is 4.4 mmol/L. ***Scroll*** to select another amount. **Tap** *Save* to move forward. Once set, you will receive an Alert notification if your glucose dips below your set amount.

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Setting Up Your App Alarm/Alerts and Basic Settings

7		**Set** your *High Glucose Alert*. Default is 11.1 mmol/L. **Scroll** to select another amount. **Tap** *Save* to move forward. Once set, you will receive an Alert notification if your glucose rises above your set amount.
8a		**Apple devices only:** Make sure you get your Alarm/Alerts notifications. **Tap** the *appropriate response* to move forward and set your notifications.

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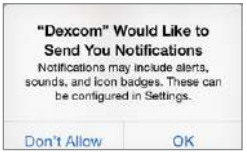
Setting Up Your App Alarm/Alerts and Basic Settings

8b		**Apple devices only:** **Tap** *OK* to receive Alarm/Alerts notifications.
9		The next screen describes how Alarm/Alerts make sound and vibration. **Tap** *appropriate answer* to move forward.

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Connecting/Pairing Transmitter With App		
10		**Tap** *Next*.
11a		**Verify** *Bluetooth* is on. The app will check to see if *Bluetooth* is turned "on."

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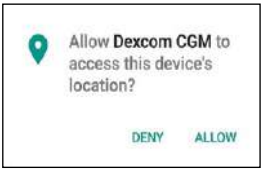
Connecting/Pairing Transmitter With App		
11b		**Android devices only:** After checking if the *Bluetooth* is on, you may be asked to allow Dexcom CGM to access your device's location, Tap *Allow*.
12a		**Get** your *Transmitter* box. **Tap** *Take Photo*.
12b		**Turn** *transmitter box* **upside down** on a flat surface with barcode(s) facing up. **Center** longest *barcode* within green brackets. **NOTE**: Picture is representational and may not reflect exactly the back of transmitter box.

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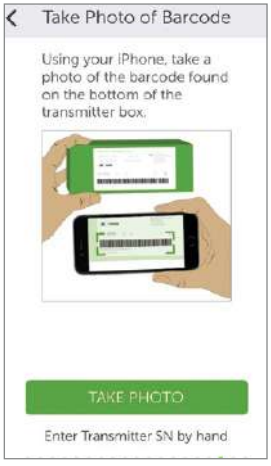
Connecting/Pairing Transmitter With App

12c		Check mark confirms successful transmitter SN scan.
13a		If unable to use app's scanning device: **Tap** *Enter Transmitter SN by hand.*

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Connecting/Pairing Transmitter With App

13b		**Use** keyboard to enter *Transmitter SN*. **Confirm** correct SN. **Tap** *Save*.
14		Insert sensor and attach transmitter following video's instructions. See Chapter 5 for more information.

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Connecting/Pairing Transmitter With App		
15		**Wait** up to 30 minutes for smart device and transmitter to connect.
16		**Apple devices only:** At prompt, **Tap** *Pair* to pair transmitter with smart device.
17		**Wait** for *Successful Pairing* notification.
Starting Sensor Session		
18		**Tap** the *Sensor warmup* circle to start your two-hour sensor warmup. **NOTE:** You will NOT get any sensor glucose readings, Alarm/Alerts during your two-hour sensor warmup period.

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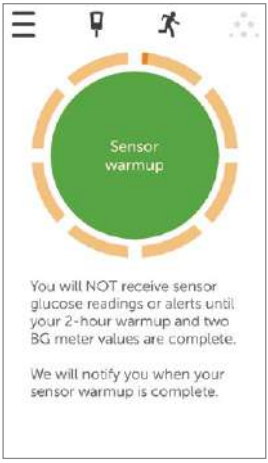
Starting Sensor Session		
19		When you see the sensor warmup timer, your initial set up is complete. Congratulations!

If you have any issues setting up the Dexcom G5 Mobile App, contact your local Dexcom representative.

If you are having problems with your smart device, contact your smart device's support line.

After completing your initial app setup, set up the receiver or go to Chapter 6 to start your initial sensor session.

4.4 Dexcom G5 Mobile Receiver

In the previous chapter, you learned about the receiver's components. The following is a refresher to help in your initial setup.

Display Screen:

- Trend screen
- Menu selection screen

Navigation Wheel:

- Select
  - Button in the middle of the navigation wheel

        - Center button does not say “Select”
    - Press to
        - Turn on receiver
        - Select options/features
        - Accept changes
        - Move forward through menus/features
- Up/Down
    - Scroll through trend screens
    - Highlight menu items
    - Change values
- Left
    - Go back to last item or screen
- Right
    - Go to next item or screen

Initial Setup of the Dexcom G5 Mobile Receiver

Press *Select* to turn receiver on.

The first screen you see is the startup screen with ascending green bars. Once complete, a setup wizard guides you through the initial setup steps. Do not be alarmed if your receiver buzzes or makes other sounds during this process.

After your initial setup is complete, you will not see the setup wizard again. Your settings can always be adjusted using menu options.

How you complete your initial setup differs between the receiver and your smart device; however, the data is the same.

Setup Wizard Prompts:

- Language
- Time/Date
- Transmitter Serial Number
    - Back of transmitter
    - Back of transmitter’s box
- Setting Low Alert
- Setting High Alert

Before starting a session, you may want to check the receiver’s battery level. If it is less than half, go to Chapter 14, for charging instructions.

Initial Receiver Setup

Step	What you see	What you do
Initial Screens		
1		**Press** *Select* to turn receiver on.
2		**Wait**.
Language		
3		Select language. **Press** *Up/Down Arrow* to choose desired language. **Press** *Select* button to set the highlighted language.
Time/Date		
4a		Set time format. Time formats available are 24 Hour or AM/PM (12-hour). **Press** *Up/Down Arrow* to choose desired time format. **Press** *Select* button to confirm changes to time format.

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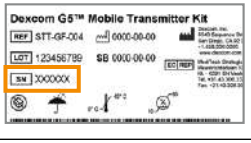
Time/Date		
4b		**Press** *Up/Down Arrow* to change year. **Press** *Right Arrow* to move forward. **Press** *Up/Down Arrow* to change month. **Press** *Right Arrow.* **Press** *Up/Down Arrow* to change day. **Press** *Right Arrow* to move to time. **NOTE**: Format is YYYY/MM/DD.
4c		**Press** *Up/Down Arrow* to change hour. **Press** *Right Arrow.* **Press** *Up/Down Arrow* to change minutes. (Optional for AM/PM) **Press** *Right Arrow.* (Optional for AM/PM) **Press** *Up/Down Arrow.* **Press** *Select* to save and close. **NOTE:** After initial setup, if battery is drained, receiver will vibrate once and you will need to reset date and time.
Transmitter		
5a		**Turn** *transmitter box* **upside down** to locate SN number. **NOTE**: This picture is representational only, transmitter SN may be placed in a different location.
5b		If transmitter package is not available: • SN is on transmitter's back **NOTE**: Picture is representational only, your transmitter may look different.

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Transmitter		
5c		**Press** *Up/Down Arrows* to select and enter transmitter SN. **Press** *Right Arrow* to move to next digit. **Press** *Select* to save and close.
Setting Low Alert		
6a		System default is at 4.4 mmol/L. **Press** *Select* to save at present levels and close.
6b		To change value: **Press** *Up/Down Arrows* to change value at 0.1 mmol/L increments. **Press** *Select* to save and close.
Setting High Alert		
7a		System default is at 11.1 mmol/L. **Press** *Select* to save at present levels and close.
7b		To change value: **Press** *Up/Down Arrows* to change value at 0.1 mmol/L increments. **Press** *Select* to save and close.

These steps are enough to get you going; now you can start your sensor session!

Summary

Now You Can:

- Create a Dexcom username and password
- Download the Dexcom G5 Mobile App
- Set app up with the recommended settings
- Successfully set up your Dexcom G5 Mobile Receiver

What Is Next?

Now you have completed setting up your app and/or the receiver, your next step is starting a sensor session.

No matter what monitoring method you choose, starting a sensor session is the same:

1. Inserting the sensor.
2. Inserting the transmitter.
3. Pairing the transmitter to your device.
4. Two hour sensor warmup.
5. Initial calibrations.

Chapter 5

Let Us G5! The Basics:

Starting a Sensor Session: Inserting Sensor, Transmitter, and Starting Your Session

5.1 Overview

Now that your display devices are set up, you are ready to begin a sensor session. If this is your first time inserting a sensor, you may want to watch the Dexcom G5 Mobile sensor insertion video to get a better understanding of the process.

The Dexcom G5 Mobile sensor insertion video is available by two ways:

1. Through the App
2. USB card in your Dexcom G5 Mobile Receiver package

After inserting the sensor, start the sensor warmup on your smart device and receiver. The sensor warmup takes approximately two hours; during this time your body is getting used to the new sensor, allowing for more accurate sensor glucose readings. Once the two hour sensor warmup has passed, you enter two back-to-back fingerstick measurements to calibrate the sensor's glucose readings with your fingerstick measurements (Calibration is covered in the next chapter).

Make sure you give yourself enough time to finish the startup session. Remember your smart device's *Bluetooth* needs to pair with transmitter, adding up to 30 minutes. The good news is you do not need to sit around waiting: as long as you have your display device near, you can go about your day running errands, gardening, personalizing the Dexcom G5 Mobile settings, whatever you choose during that time frame.

Keep your display device(s) handy during the warmup period—it shows how much time has passed, notifying you with beeps and an icon when your sensor session is ready for its initial calibrations.

After this chapter you will be able to:

- Identify sensor applicator features
- Properly prepare for sensor insertion
- Choose the best location to insert your sensor
- Correctly insert your sensor

- Prepare transmitter for placement
- Correctly attach transmitter to sensor
- Outline what happens during the sensor warmup
- Identify countdown icon

5.2 Prepping for Sensor Insertion

Before inserting a sensor, make sure you have everything you need. Some items are included in the Dexcom G5 Mobile CGM System's packages, others are not.

Items Included in Your Dexcom G5 Mobile Packages

For sensor insertion, you need the sensor and transmitter.

Inside Sensor Box

What you see	What it is
	Sterilized sensor pouch with important label information. **Check** *expiration date*. Do not use if it is past the expiration date.
	Single use sensor applicator.

Knowing what each applicator piece does helps you successfully insert your sensor. Chapter 3 gave you overview of the sensor applicator.

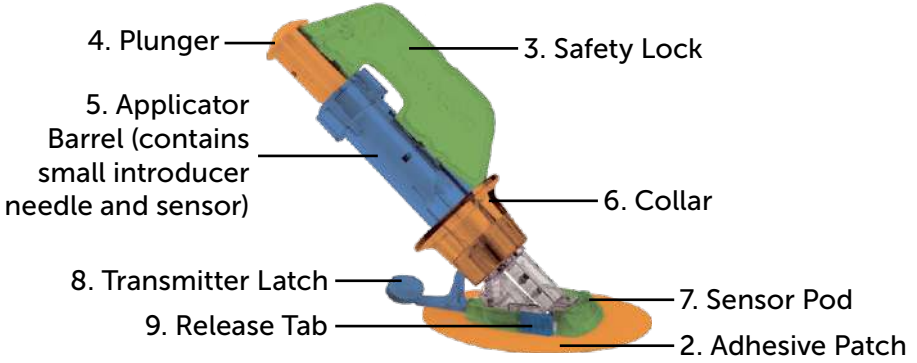

Figure 3. Dexcom G5 Mobile Sensor Applicator and Pod

The following table reviews the sensor applicator components in order of use.

Order of use	Name	What it does
1	Sensor Pouch	Sterilized for your protection. Open to remove applicator and sensor.
2	Adhesive Patch	Holds the sensor/transmitter in place on your skin.
3	Safety Lock	Prevents plunger from inserting sensor until you are ready.
4	Plunger	Inserts sensor wire into your body.
5	Applicator Barrel	Contains small insertion needle and sensor wire. Disposable, for single use only.
6	Collar	Collar removes insertion needle. Helps remove applicator barrel once sensor wire is inserted.

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Order of use	Name	What it does
7	Sensor Pod	Holds sensor wire in place under skin. Holds transmitter.
8	Transmitter Latch	Locks transmitter into sensor pod.
9	Release Tab	Allows you to remove applicator barrel from sensor pod.

Transmitter Box

What you see	What it is
	Bottom of box with important label information. Keep box until transmitter battery dies. **NOTE**: Picture is representative only; your transmitter box may look different.
	Reusable transmitter. **NOTE**: Picture is representative only; your transmitter may look different.

In the previous chapter, you entered your transmitter SN into your display devices and made sure your smart device and/or receiver connected with the transmitter. You will not be able to start a sensor session if your transmitter is not paired with your receiver and/or smart device.

Not included in packages:

1. Alcohol wipes
2. *Your* blood glucose meter
3. *Your* test strips

Before starting, check your blood glucose meter; make sure it is in good working order following manufacturer's directions and the meter's date and time match your display device's date and time.

Make sure test strips have not expired and work with your meter.

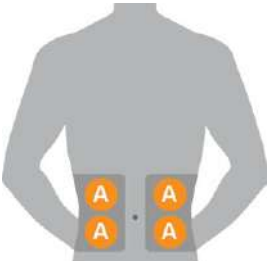
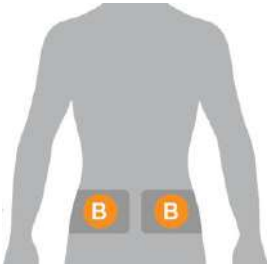
Before removing the sensor applicator out of its sterile pouch, determine the best place to insert your sensor.

5.3 Choosing Your Insertion Site

Choose a place on your belly (or if user is between the ages of 2 and 17, also the upper buttocks) to insert the sensor; the site should be either above or below your belt line. The best areas are usually flat, "pinchable," and free from where rubbing can occur (along the waist band, seat belt strap, or where you lie when sleeping).

For more help on ideal sensor insertion sites, contact your healthcare professional.

Insertion Sites

Location	Where it is
	Front of body (belly area) for ages 2 years and above
	If user is between the ages of 2 years and 17: Back of body (Upper buttocks)

Do:

- Remove the sensor and applicator from its sterile package only at time of use
- Place at least 8 cm from your insulin pump infusion set or injection site

- Shave the area so the adhesive patch sticks securely (if needed)
- Make sure area is clean and free of lotions, perfumes, medications

Do Not:

- Use same site repeatedly for sensor insertion
- Use same site for 2 sensor sessions in a row
- Use sites where bones are close to the surface of your skin (for example, ribs or hip bones)

If you have concerns about the sensor pod not sticking, before inserting your sensor, you can make the sensor site stickier to help ensure the sensor pod does not peel.

Optional Site Preparation

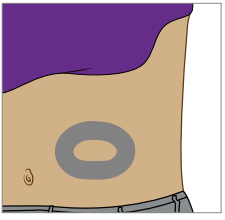
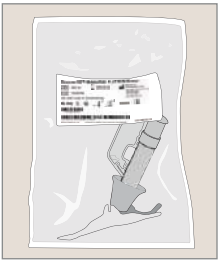
Use optional skin adhesives (Mastisol™, SkinTac™) as part of your insertion site preparation to help keep your sensor pod attached. Apply the skin adhesive after you selected and cleaned your insertion site. Use circular motions and create an oval, making sure you do not get any skin adhesive in the middle. Let the oval dry based on skin adhesive manufacturer's instructions. Once dry, your skin may feel slightly sticky.

See Step 3 in the next table for directions.

NOTE: Contact your healthcare professional for specific questions regarding the use of medical tape, barrier wipes, and/or other adhesives as it relates to your use of Dexcom CGM.

5.4 Inserting Your Sensor

You have collected all of the needed items to begin a sensor session, viewed the tutorial, reviewed the sensor applicator and prepped the sensor pod site. You are now ready to insert your sensor!

Step	Picture	What you do
Preparation		
1		**Wash** and **dry** your hands.
2		**Clean** *insertion site* with alcohol wipe. Let dry.
3		**Optional Step:** Skin Adhesive **Create** an *oval* on the skin. • Do not get any skin adhesive inside the circle • Let skin adhesive dry • Insert sensor on clean skin at the center of the circle
4		**Check** *pouch*: Is it damaged or already opened? • If yes, do not use **Remove** *sensor applicator* from sterile pouch. **Closely inspect** *sensor*, check it has not been damaged. **Keep** *sensor packaging* until sensor session is complete.

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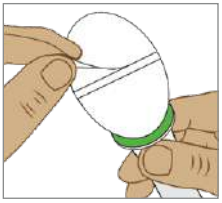
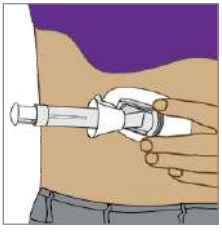
Attaching Sensor Pod		
5		**Pull** *adhesive backing tabs.* **Do not touch** *sticky adhesive patch.*
6		**Place** *sensor* horizontally, not vertically, on skin. **Move** fingers around *adhesive patch's top* several times to secure tape.
Inserting Sensor Wire		
7		**Hold** *applicator barrel.* **Pull** *safety lock* out.
8		**Place** fingers of one hand on edges of *adhesive patch.* **Pinch** up your skin at the tips of the *white adhesive.*

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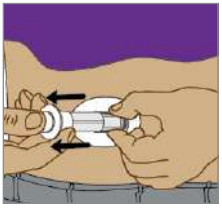
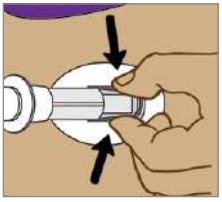
Inserting Sensor Wire		
9		**Place** two fingers directly *above* collar to steady applicator barrel. **Place** thumb on the *white plunger*. **Push** *plunger* completely down the applicator barrel. You should hear 2 clicks. **NOTE:** Finger placement is important for correct insertion.
Removing Applicator Barrel and Collar		
10		**Move** two fingers from *above* collar to *below* collar. Keeping your thumb as a base on the white plunger. **Pull** *collar* all the way back towards your thumb. You should hear 2 clicks. **NOTE:** Finger placement is important for correct needle removal.
11		**Hold** *transmitter latch* down against your body. **Squeeze** *ribbed release tabs* on the sides of sensor pod.

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Removing Applicator Barrel and Collar		
12		**Move** *applicator barrel* forward and out, away from your body. Follow local ordinances when disposing the applicator.
		**What is left?** 1. Sensor pod 2. Transmitter latch

You have successfully inserted the sensor!

At this point, you should have two items attached to your belly:

1. The sensor pod
2. The transmitter latch

Having problems?

If it is the first time inserting a sensor, you may have questions or need help. If you do, please contact your local Dexcom representative.

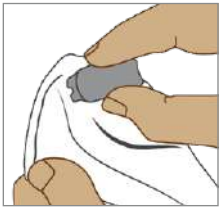
The next step is attaching your transmitter to the sensor pod.

5.5 Attaching Your Transmitter

Now that you have inserted your sensor, you need to attach your transmitter.

Since the transmitter is reusable, you do not need a new one every time you start a sensor session. Keep your current session's transmitter box. The bottom label has important information you may need after you have inserted the transmitter. Once the transmitter has been attached, you cannot remove it until your session is over. Chapter 7 reviews when and how to remove your transmitter.

Before inserting your transmitter, check you entered the correct transmitter SN into your display device. Chapter 4 covers entering transmitter's SN number.

Step	Picture	What you do
1		**Remove** *transmitter* from box. **Keep** box. **Save** *safety latch* from sensor applicator (helps remove transmitter once sensor session is over). **Get** alcohol wipe.
2		**Wipe** *back of transmitter* with alcohol wipe. **Let dry** for 2-3 minutes. **Do not** let the back of transmitter touch your skin. **Do not** scratch transmitter's back, this can harm the waperproof seal. **Do not** touch metal dots on transmitter's bottom.
3		Flat side down. **Slide** *transmitter's small end* under the sensor pod lip located in front of pod's ribbed tabs, away from *transmitter latch*.
4		**Keep** finger on *transmitter* holding it in place. **Push** *transmitter latch* up and forward over the transmitter's wide end with your other hand. You should hear 2 clicks.

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Step	Picture	What you do
5		**Is transmitter secure?** Before removing transmitter latch, verify transmitter is securely in place. Make sure none of the transmitter's sides popped out of the sensor pod. If not completely snapped in, you may have a bad connection and it will not be water tight.
6		**Hold** *sensor pod sides* with one hand. **Twist** *latch* **away** from your body with other hand. **Remove** *latch*. **Do not** remove *transmitter* while sensor pod is attached to skin.

You are almost done starting your sensor session!

Inserting the sensor, attaching the transmitter, and the two hour sensor warmup are the same regardless whether you use the receiver or app.

The remaining steps vary from app to receiver:

1. Letting your device know you need to start the sensor warmup.
2. Following your warmup countdown.

5.6 Loose Sensor Pod

The sensor pod should stay on your skin using its own adhesive; however, due to normal wear and tear, it may peel up.

If the patch peels up after insertion, use medical tape (such as Blenderm™, Tegaderm™, Smith & Nephew IV3000®, 3M™ tape) for extra support.

- Tape over white adhesive patch on all sides for even support
- Do not tape over the transmitter or any the sensor pod's plastic parts
- Do not tape under sensor pod
- Do not leave any substance on the skin where you insert the sensor

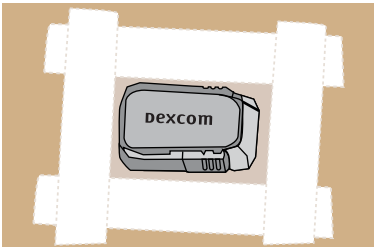

Figure 4. The Right Way to Use Tape for Extra Support

5.7 Starting Your Sensor Session

If you choose to use both the receiver and the app, each system requires individual setups (see Chapter 4).

After pairing the transmitter to your device(s), inserting your sensor, and attaching the transmitter to the sensor pod, your next step is telling your device(s) you want to start a sensor session. Transmitters are reusable; pairing is required only when using a new transmitter.

During the warmup period, neither device will provide any sensor glucose readings. Your sensor glucose readings begin after the two hour sensor warmup has passed and you entered the initial two calibration BG values into either the smart device or the receiver.

We will first review starting the sensor session for the app.

Dexcom App: Starting a Session

Step	What you see	What you do
1		**Wait** for *Successful Pairing* notification. **Tap** *green checkmark* in black square.

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Step	What you see	What you do
2		**Tap** *Sensor Warmup* circle to start your two hour sensor warmup. **NOTE:** You will NOT get any sensor glucose readings, Alarm/Alerts during your two hour sensor warmup period. Use fingerstick glucose values from your blood glucose meter to make treatment decisions during this warmup period.
3		**Wait**. Screen provides countdown to sensor warmup. The orange dashes darken as the countdown moves forward. **Keep** *smart device* within six meters of transmitter during the sensor warmup period.
4a		**Locked screen** *Initial calibration* prompt tells you when warmup is complete. Chapter 6 covers calibrating.

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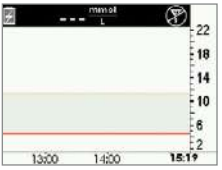
Step	What you see	What you do
4b		*Initial calibration* prompt tells you when warmup is complete. Sensor warmup is complete. You are ready to calibrate!

Receiver: Starting a Session

Step	What you see	What you do
1		**Press** *Select* to turn on receiver.
2		From trend graph, **press** *Select* to go to *Main Menu*.

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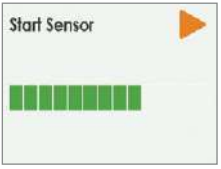
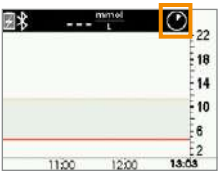
Step	What you see	What you do
3		**Press** *Down Arrow* to highlight *Start Sensor.* **Press** *Select* to start new sensor session. **NOTE:** After sensor starts, *Start Sensor* option disappears.
4		"*Start Sensor*" progress bar confirms two hour sensor warmup. Keep your receiver within six meters during the warmup period.
5		Receiver returns to the trend graph screen.
6		**Make sure** *receiver* and *transmitter* are communicating. **Check** *receiver* 10 minutes after starting for *Bluetooth* icon. • Solid: Connected • Blinking: Searching for connection • No *Bluetooth* Icon: No connection
7		**Wait.** Screen provides countdown of the two hour sensor warmup.

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Step	What you see	What you do
8		Sensor warmup is complete. You are ready to calibrate!

5.8 Receiver *Bluetooth* Tips

Your transmitter and receiver begin communicating once you start a sensor session. After approximately 30 minutes, if the *Bluetooth* symbol is solid, and not blinking, your transmitter and receiver are talking to each other.

- If blinking, *Bluetooth* is looking for your transmitter
  - Make sure your transmitter and receiver are within six meters of each other

If the *Bluetooth* icon is not on the receiver and the *Signal Loss* icon appears in the receiver's upper right corner of the status bar, they are not communicating.

No Communication Between Transmitter and Receiver

Step	What you see	What you do
1		**Check** correct transmitter SN is in receiver. • SN is on the label on bottom of transmitter box **Press** *Select* to go to *Main Menu*.

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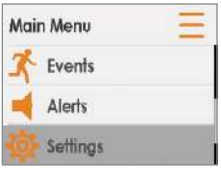
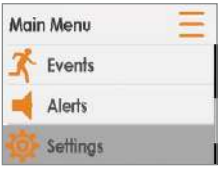
Step	What you see	What you do
2		**Press** *Down Arrow* to *Settings*. **Press** *Select*.
3		**Press** *Down Arrow* to *Transmitter*. **Press** *Select*.
4		**Press** *Select*.
5		**Check** correct transmitter SN is in receiver. • SN is on the label on bottom of transmitter box **Compare** SN in receiver to SN on transmitter box. If correct, contact your local Dexcom representative. **Press** *Select* to exit screen.
If Wrong SN Entered		
6		**Press** *Left Arrow* twice to go to *Main Menu*.

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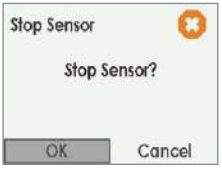
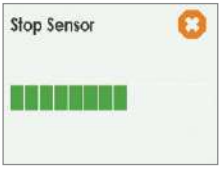
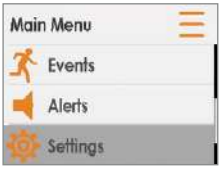
If Wrong SN Entered		
7		If sensor session has started, to correct transmitter SN, you must stop the sensor session. **Press** *Down Arrow* to *Stop Sensor*. **Press** *Select*.
8		**Press** *Select* to stop session.
9		**Wait** for sensor session to end.
10		From *Main Menu*: **Press** *Down Arrow* to *Settings*. **Press** *Select*.
11		**Press** *Down Arrow* to *Transmitter*. **Press** *Select*.

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If Wrong SN Entered		
12		**Highlight** *Transmitter SN*. **Press** *Select*.
13		**Enter** correct SN using *Up/Down Arrow*. **Press** *Up/Down Arrow* to select and enter transmitter SN. **Press** *Right Arrow* to move to next digit. **Press** *Select* to save and close. **Press** *Left Arrow* twice to return to *Main Menu*.
14		Start Sensor Session. **Press** *Up/Down Arrow* to highlight *Start Sensor*. **Press** *Select* on *Start Sensor*.

5.9 Sensor Session Warmup

The sensor takes about two hours to adjust to your body. While you are in the sensor warmup period, you can customize your settings. Chapter 11, steps you through how to personalize your Dexcom G5 Mobile CGM System's display devices.

Once the sensor warmup is complete, you are ready to enter your initial calibrations! The next chapter shows you how.

Summary

Now You Can:

- Identify sensor applicator features
- Properly prepare for sensor insertion
- Choose the best location to insert your sensor

- Correctly insert your sensor
- Prepare transmitter for placement
- Properly attach transmitter to sensor
- Outline sensor warmup
- Identify countdown icon

What Is Next?

The next chapter guides you through the calibration steps.

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Chapter 6

Let Us G5! The Basics:
Calibration

6.1 Introduction

In the previous chapter, you learned how to insert your sensor, transmitter, and start a new sensor session. You are now ready to begin your last step before getting your sensor glucose readings: Calibration.

This chapter reviews not just your initial calibration, but also update calibrations required throughout your sensor session.

After this chapter, you will be able to:

- Provide calibration overview
  - Define calibration
  - Explain the importance of calibration
  - Identify steps to ensure a successful calibration
- Recognize steps in taking accurate blood glucose measurement
  - Identify the correct blood glucose site for calibrations
  - Prepare finger for fingerstick measurement
- Determine if you should/should not calibrate
  - Recognize when you can enter fingerstick measurement for calibration
  - Recognize when you should not enter the fingerstick measurement for calibration
  - Determine if you need to calibrate outside of the normal calibration requirements
- Initiate startup calibration
- Perform update calibrations
- Correctly enter your fingerstick measurement
  - Dexcom G5 Mobile App
  - Dexcom G5 Mobile Receiver
- Identify calibration errors

6.2 Calibration Overview

What Is a Calibration?

As you learned earlier, the sensor glucose readings come from measuring the glucose fluids found between your cells (interstitial fluids). Although blood and interstitial fluids are similar, sensor glucose readings can be different between your fingerstick and your CGM. Calibration provides a comparison, or measurement, between your meter's fingerstick measurement and the sensor's glucose readings, allowing alignment between the sensor and meter.

Your BG meter 'teaches' the sensor your glucose values through calibration. Just like a clock can need adjusting – calibrations allow your CGM to adjust to your body.

Why Is Calibrating Important?

Calibrations are a must to make sure the CGM system is performing at its best.

By calibrating when the system notifies you that a calibration is due, the Dexcom G5 Mobile CGM System uses your meter's BG value to make sure the sensor glucose readings remain accurate throughout your session.

How Do I Calibrate?

Take a fingerstick measurement from your meter, and simply enter the meter's BG value into your display device. This chapter lets you know what precautions you need to take before taking your BG meter value, then entering your data. Up to now, you entered information such as Alerts, transmitter SN, etc., separately for the receiver and smart device. Calibration is different.

If you enter your meter's BG value into your receiver, it takes about five minutes for your sensor glucose readings to begin. In approximately ten minutes, you can view the readings in the other display device.

How Often Do I Calibrate?

There are three primary "must do" calibration events, each with its own prompts:

1. Two initial calibrations once your warmup session is complete.
2. Update calibrations done twice daily, once every 12 hours.
3. When you are prompted.

Do not enter your BG values in both devices, enter either into your app or the receiver. If you receive a calibration prompt outside of your scheduled calibration schedule, either the system

does not accept your most recent calibration or your meter's BG value is very different from the sensor's glucose reading.

Do not worry about keeping track of the time between calibrations, the system will prompt you when you are ready for another.

6.3 When to Calibrate

Calibrating on a regular schedule aligns your sensor glucose readings with your meter's BG values. Without calibrations, your sensor may be inaccurate, and as a result, so will your display device's sensor glucose readings, Alerts, and prompts, etc.

There are important times when you *must* calibrate:

1. Initial or Startup Calibration: two hours after you insert your sensor.
2. 12 Hour Update: every 12 hours after two hour startup calibration.
3. When system prompts you.

With calibration prompts, your sensor and display device help you keep your calibration schedule on track. If your BG values are not between 2.2-22.2 mmol/L, the system will not accept your calibration. Wait until you are within the 2.2-22.2 mmol/L range before entering your BG values.

Initial Calibration: Sensor Startup Completed

1. At prompts (see next table) enter two back-to-back fingerstick measurements into just one device.
2. No need to do initial calibrations twice.
    a. Calibration data flows between the receiver and your app.
    b. Five minute reporting delay between devices.
3. First maintenance calibration is 12 hours after your second initial calibration.

Update Calibration

1. Enter one fingerstick measurement every 12 hours.
2. Display devices provides calibration prompts.
3. You may be prompted to enter additional fingerstick measurements as needed.

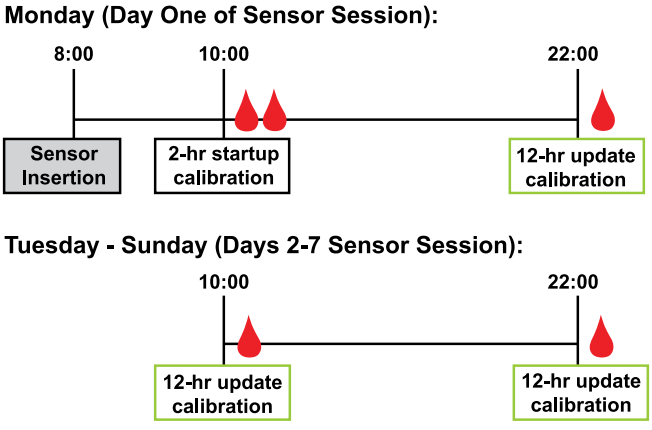

Figure 5. Example Minimum Calibration Schedule During Seven-Day Sensor Session

6.4 Calibration Prompts

Sensor Session Startup Calibration Prompts

Once your two hour sensor startup is complete, your display device tells you it is time to enter the first of your two back-to-back startup calibrations. Once the system has accepted your BG values, your sensor glucose readings begin. If you do not enter your BG values right away, the system reminds you every 15 minutes. Remember, only use your BG meter for calibrations, and never enter values from your CGM.

Startup Calibration Prompts

Device	What you see	What it means	What you do
First Calibration			
Smart Device: Notification		Sensor warmup is complete. Ready for first of two initial calibrations.	Follow steps in Section 6.5 and 6.6. Immediately prepare for next calibration.
Smart Device: In App			
Receiver			

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Device	What you see	What it means	What you do
Second Calibration			
Smart Device: Notification		Sensor accepted first calibration. Ready for second BG meter value.	Repeat steps in Section 6.5 and 6.6. Next calibration in 12 hours.
Smart Device: In App			
Receiver			

Your sensor glucose readings begin in approximately five minutes once the device(s) accepts your calibrations.

Update Calibration Prompts

Once your startup calibration is done, your update calibration schedule begins.

The steps to enter your update calibrations are the same as your initial calibration, including only entering values in one display device. The only difference is, with update calibrations, you enter your BG meter value just once.

Like the reminders you received with your initial calibration, if you do not enter your BG meter values right away, the system prompts you every 15 minutes.

Update Calibration Prompts

Device	What you see	What it means	What you do
Smart Device: Notification		Enter update calibration. If prompt does not go away: • System did not accept calibration • BG values are very different from sensor glucose readings	Follow steps in Sections 6.6 and 6.7.
Smart Device: In App			
Receiver			

Tap *message* to clear prompt on your smart device, and to clear a prompt on your receiver, **press** *Select*.

Sound/Vibration Prompts

In case you cannot look at your screen, both the smart device and receiver provide, with the exception of your regular 12 hour update calibration, beep/vibration prompts to let you know it is time to calibrate or if there was a system calibration error.

For more information on setting your sound/vibration prompts and how to clear them, please see Chapter 10.

Smart Device
Calibration prompts will alert you with a triple beep if your smart device is not *muted* or on *Do Not Disturb*.

Receiver
The receiver alerts you with an initial vibration for calibration prompts. If not cleared, you receive a vibrate/beep every five minutes until confirmed.

6.5 Preparing for Calibration

Your sensor depends on you to help make its sensor glucose readings accurate. If you do not prepare properly for the calibration, your sensor may not provide you with the most accurate sensor glucose readings.

Eight Steps to Successful Calibration:

Do:

1. Wash and dry your hands before taking a fingerstick measurement.
2. Always use the same meter you routinely use to measure your blood glucose.
    a. Blood glucose meter and strip accuracy vary between meter brands.
    b. Switching within a session might cause sensor glucose readings to be less accurate.
3. Follow meter's instructions exactly when taking your fingerstick measurement.
4. Verify test strips are current and, if required, coded correctly with meter.
5. Check: Is *Bluetooth* active?
6. Use fingerstick BG values only.
    a. Other sites are not as accurate.
    b. Must enter within five minutes of taking BG meter value.
    c. Enter exact BG value from your meter for each calibration.

Do Not:

7. Do not take paracetamol/acetaminophen containing medication during your session.
    a. See your healthcare professional to better understand how long paracetamol/acetaminophen is active in your body.
8. Do not calibrate if your BG values are under 2.2 mmol/L or over 22.2 mmol/L.
    a. If BG value is outside of this range, the system does not understand these values and will not calibrate.
        i. You must wait until your blood glucose is in the range to calibrate.

Be safe—if blood glucose is low, first treat low blood sugar, and then calibrate.

6.6 Ready? Set? Calibrate!

You have followed the eight steps, have a valid BG value from your meter, and your display device keeps alerting you: Calibrate! Calibrate! Calibrate!

Remember:
You do not have to take a fingerstick measurement for each display device when calibrating, once you enter the reading into one, data is sent to the other within five minutes.

Next are steps to enter your calibrations using the app, followed by the steps for entering your calibrations into the receiver.

Calibrate With Your Dexcom G5 Mobile App

Step	What you see	What you do	Additional info
1		**Tap** *circle.*	**Initial calibration:** Enter two back-to-back BG meter values. **Update calibration:** Enter one BG meter value.

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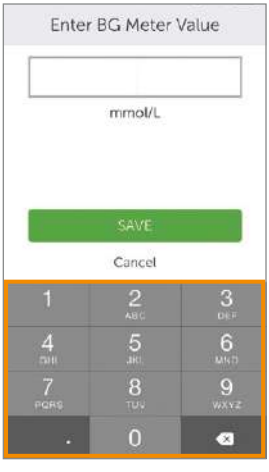
Step	What you see	What you do	Additional Info
2		**Enter** *BG meter value* using number pad. **Tap** *Save*.	
3		**Verify** value is correct. **Tap** *Save*. If not correct: **Tap** *Cancel*. **Reenter** correct value.	Double-check your numbers. Entering wrong BG values can affect the sensor's accuracy.

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Step	What you see	What you do	Additional Info
4		**Tap** *circle* to enter your second BG value. Follow steps 2-3 and enter second reading.	
5		Meter icon has no calibration prompt. Calibration accepted.	Your calibration was successful.

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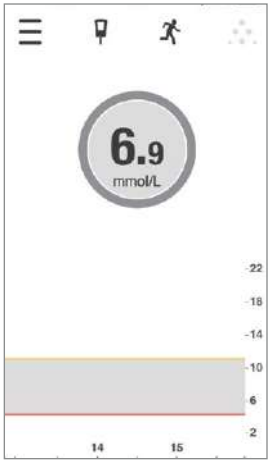
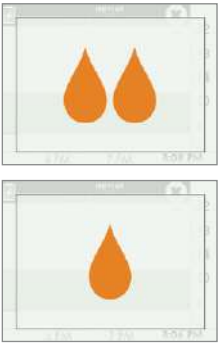
Step	What you see	What you do	Additional Info
6		**Wait** for next calibration prompt in 12 hours.	Default Home Trend screen. Calibration accepted.

Calibrate With Your Dexcom G5 Mobile Receiver

Step	What you see	What you do	Additional Info
1		**Press** *Select* to turn on receiver. **Press** *Select* again for Main Menu.	You will not see calibration prompts when receiver screen is black.

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Step	What you see	What you do	Additional Info
2		**Press** *Up/Down Arrow.* **Highlight** *Enter BG.* **Press** *Select.*	
3		**Press** *Up/Down Arrow* to change numbers. **Stop** at meter's BG value. **Press** *Select.*	Sensor default reading is 6.7 mmol/L. If sensor glucose reading is within the last 15 minutes, screen will show sensor's actual reading.
4a		Verify BG value is correct. If correct: **Press** *Select.*	If Select is not pressed: • Receiver times out • BG level is not recorded
4b		Verify BG value is correct. If incorrect: **Press** *Right Arrow* to Cancel. **Press** *Select.* **Reenter** BG value.	Cancel and reenter BG value. Fingerstick measurement must be within five minute window.

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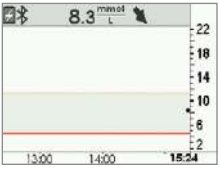
Step	What you see	What you do	Additional Info
5		**Wait**.	"Thinking" screen. BG value is accepted.
6		Immediately take another meter reading. Enter meter's BG Value.	First calibration accepted. Time for second calibration.
7		**Wait** for next calibration prompt in 12 hours.	Default trend screen. Calibration(s) accepted.

6.7 Calibration Errors

Before or during your calibration process, your display device may show error prompts. If the prompts do not go away after 15 minutes, refer to Chapter 16, Troubleshooting.

Device	What you see	What it means	What you do
Smart Device: In App		Sensor cannot calibrate now.	**Wait** 10-15 minutes. **Retake** fingerstick measurement at prompt. **Enter** BG value.
Receiver			
Smart Device: In App		System did not accept recent calibration.	Additional calibration needed immediately. **Calibrate**. No sensor glucose readings.
Receiver			

Approximately five minutes after entering your second BG meter value, your display device(s) will start providing sensor glucose readings and glucose level trends. While each display device may have different ways of presenting sensor glucose readings and trends, the meanings are the same.

Fingerstick measurements entered into one device will be available in the other approximately ten minutes after entering data.

Summary

Now You Can:

- Calibration Overview
  - Define calibration
  - Explain the importance of calibration
  - Identify steps to ensure a successful calibration
- Recognize the steps required to take an accurate blood glucose level
  - Identify the best blood glucose site for calibrations
  - Prepare finger for fingerstick measurement
- Determine if you should/should not calibrate
  - Recognize when you can enter BG meter values
  - Recognize when should not enter the BG meter values
  - Determine if you need to calibrate outside of the normal calibration guides
- Initiate startup calibration
- Perform maintenance calibrations
- Correctly enter your fingerstick measurement
  - Dexcom G5 Mobile App
  - Dexcom G5 Mobile Receiver
- Identify calibration errors

What Is Next?

In the next chapter, you will learn how to end a typical seven day sensor session, what to do if you need to end your sensor session early, along with removing the transmitter and determining if you need to replace it.

Chapter 7

Let Us G5! The Basics:

Ending Your Sensor Session and Transmitter Session

7.1 Introduction

Dexcom G5 Mobile sensor sessions last seven days. This chapter reviews what you should expect when your session is about to expire, as well as removing the sensor and transmitter. It also covers how to determine if you need to end your session early.

After this chapter, you will be able to:

- Identify replace sensor prompts at the end of a seven day sensor session
- Recognize when you have to end a sensor session early
- Successfully end a sensor session early
    - Identify how you can prevent sensor session failures
- Remove your sensor pod with transmitter attached
- Separate transmitter from sensor pod
- Determine if transmitter can be used for another sensor session

To keep up with your glucose trends, it is important to begin a new sensor session as quickly as possible. After a sensor session ends, the sensor stops taking your sensor glucose readings. You will not get your trends, nor will you get any Alarm or Alerts.

7.2 Ending Your Sensor Session

There are different ways your session might end.

The most common is your sensor's typical seven-day time frame ended. The second is ending the sensor session early. You may end a session early based on a personal decision, or on rare occasions, the receiver or app detects sensor issues and prompts you to end the session.

Let us review ending a normal session first, later in this chapter we will review the prompts for ending the session early.

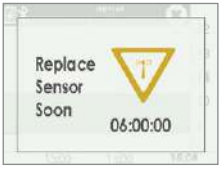
Ending Your Seven-Day Sensor Session

Just like other prompts, your sensor session ending prompts need clearing:

- App
  - **Tap** *screen*
- Receiver
  - **Press** *Select*

End of Seven-Day Sensor Session Prompts

Ending Sensor Session Prompts

Device	What you see	What it means
At Six Hours		
Smart Device: Notification		Prompts begin when sensor session has only six hours left. Clock will count down until session has ended. Continue to get sensor glucose readings.
Smart Device: In App		
Receiver		

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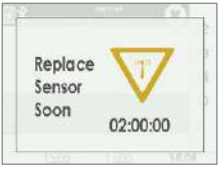
Device	What you see	What it means
At Two Hours		
Smart Device: Notification		Two hours remain on your current sensor session. Continue to get sensor glucose readings.
Smart Device: In App		
Receiver		

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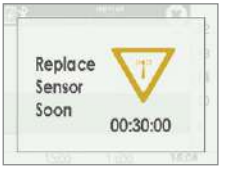
Device	What you see	What it means
At Thirty Minutes		
Smart Device: Lock Screen		Thirty minutes remain. Continue to get sensor glucose readings.
Smart Device: In App		
Receiver		

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<table>
<tr><th>Device</th><th>What you see</th><th>What it means</th></tr>
<tr><td colspan="3">Session Ended</td></tr>
<tr><td>Smart Device:
Notification</td><td> 
</td><td rowspan="3">Session has ended.
App
Tap screen’s “?” for steps to:
• Remove sensor
• Insert new sensor
Receiver
Press Select to clear.</td></tr>
<tr><td>Smart Device:
In App</td><td> 
</td></tr>
<tr><td>Receiver</td><td> 
</td></tr>
</table>

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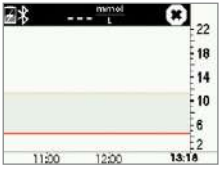
Device	What you see	What it means
Session Stopped		
Smart Device: Notification	N/A	Sensor session has stopped. **App** • No sensor glucose readings • Prompts for new session **Receiver** • Straight line ○ No sensor glucose readings
Smart Device: In App		
Receiver		

Sound/Vibration Prompts

In case you cannot look at your screen, both the smart device and receiver provide beep/vibration prompts to remind you your sensor session will end in 30 minutes, it has just ended, or if your sensor failed and you need to start a new session.

For more information on setting your sound/vibration prompts, please see Chapter 9.

Smart Device
Your smart device prompts you with a triple beep. If not cleared, you receive the triple beep twice, five minutes apart.

Receiver
The receiver alerts you with an initial vibration prompts. If not cleared, you receive a vibrate/beep twice, five minutes apart.

Once a sensor session has expired, you are ready to start your new session! If you are not sure what to do, the app will provide instructions, or you can refer to the Quick Start Guide, tutorial, or go to Chapter 5 in this User Guide.

Ending Your Sensor Session Early

For personal reasons, you may want to force quit a sensor session early (for example, you are getting an MRI and need to remove sensor pod).

Or, occasionally the app or receiver may detect something is wrong with your sensor and let you know it is stopping the current session.

This may be caused by a number of reasons:

1. Unresolved calibration issues
2. Error symbol does not go away
3. Wait symbol does not go away
4. Sensor is coming out of the body (for example, the adhesive is peeling off)

You will receive error prompts leading to a new sensor session. If you see error prompts, always contact your local Dexcom representative.

When your display device has system errors, you may not receive any sensor glucose readings and you should not calibrate.

Prompts to End Sensor Session Early

System Prompts

Device	What you see	What it means
Smart Device: Notification		Sensor issues detected. Session ends automatically. No: • Sensor Glucose Readings • Alarm/Alerts Replace sensor.
Smart Device: In App		
Receiver		

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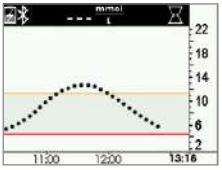
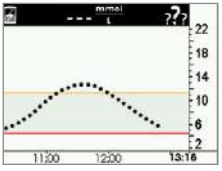
Device	What you see	What it means
Smart Device: Notification		Wait up to three hours while the system autocorrects. Check transmitter—is it properly inserted into sensor pod? Make sure you have not taken paracetamol/acetaminophen. If not corrected after three hours: • Contact your local Dexcom representative
Smart Device: In App		
Receiver		
Smart Device: Notification		Wait up to three hours while the system autocorrects. Check transmitter—is it properly inserted into sensor pod? Make sure you have not taken paracetamol/acetaminophen. If not corrected after three hours: • Contact your local Dexcom representative
Smart Device: In App		
Receiver		

The Dexcom G5 Mobile CGM System knows when a typical seven day sensor session is over, automatically ending the session in each display device. However, if you need to end the session early, you need to let the system know by manually stopping the sensor session.

While the end result is the same (ending a sensor session), the steps differ between the app and receiver. If you are using both, no need to stop the sensor session in each: the other display will see the session has stopped.

Let us first look at how to end a sensor session in the app, then the receiver.

App: Ending a Sensor Session Early

Step	What you see	What it means	What you do
1		Go to *Main Menu.*	**Tap** *Main Menu* icon.
2		Ends sensor session. During session: • *Stop Sensor* option appears Not in active session: • *Start Sensor* option appears	**Tap** *Stop Sensor.*

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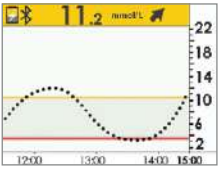
Step	What you see	What it means	What you do
3		Blue "?" icons provide additional information.	**Tap** *Stop Sensor.*
4		Confirms sensor session has ended. Ready for new session.	**Remove** sensor. **Insert** new sensor. **Tap** *green circle* when ready for new session.

Receiver: Ending a Sensor Session Early

Step	What you see	What it means	What you do
1		Go to Main Menu.	**Press** *Select.*

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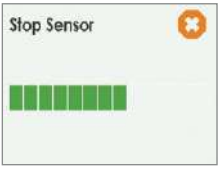
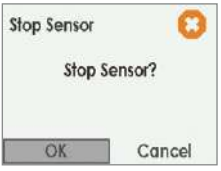
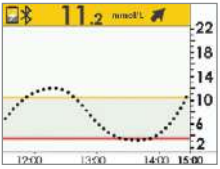
Step	What you see	What it means	What you do
2		Ends sensor session. During session, *Stop Sensor* option appears.	**Press** *Down Arrow* to *Stop Sensor*. **Press** *Select*.
3		Thinking screen.	**Wait**.
4		Confirms you want to stop sensor. Return to Main Menu.	**Press** *Select*.
5		Ready to start a new session. Not in active session, *Start Sensor* option appears.	**Remove** sensor. **Insert** new sensor. **Press** *Start Sensor* when ready for new session.

Temporary Shutdown Receiver

You can temporarily shut down the receiver. When shut down, your receiver and transmitter no longer communicate and you will not get any Alarm or Alerts although your sensor session remains active.

Shutting down the receiver does not extend your sensor session past the seven days; it only stops the receiver from communicating with the transmitter. Your sensor session will stop seven days after you started the session.

Step	What you see	What it means	What you do
1		Go to *Main Menu.*	**Press** *Select.*
2		*Shutdown* Confirmation screen appears.	**Press** *Down Arrow* to *Shutdown.* **Press** *Select.*
3		**Press** *Select.*	Confirms you want to shut down. Shuts down receiver.

Press *Select* to turn receiver back on.

It may take up to 20 seconds for receiver to turn back on. Once turned on, your sensor session readings begin. Remember, while your receiver is in *Shutdown mode*, you will not get any sensor glucose readings.

Preventing Sensor Failures

Sensor failures can happen when your display device does not receive your sensor's glucose readings. While it is rare to have a sensor failure, there are preventative steps you can take.

Help prevent sensor failures by checking:

1. Sensor has not expired.
2. Transmitter is snapped securely in sensor pod.
3. Sensor pod is not dislodged or adhesive is not peeling.
4. Nothing is rubbing against sensor pod (for example, seat belts).
5. You selected a good insertion site (see Chapter 5).
6. Insertion site is clean and dry before sensor insertion.

The app and receiver are ready for a new session; however, before you can start a new sensor session, you need to end the current sensor session, along with removing the old sensor and transmitter.

7.3 Remove Sensor Pod and Transmitter

Remove Sensor Pod

Think of the transmitter as being part of the sensor pod. Do not remove the transmitter before removing the sensor pod from your body.

To remove the sensor pod:

1. Gently peel sensor pod adhesive patch from skin.
    a. Sensor wire comes out with sensor pod.
2. Separate the transmitter from the sensor pod.
3. Discard the sensor pod following your local waste management regulations for disposing blood contacting parts (sensor and applicator).

Remove Transmitter From Sensor Pod

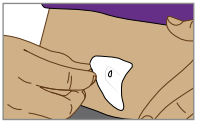
Remember your transmitter is reusable. With a battery life of 90 days, use the same transmitter over a number of sensor sessions. You will receive prompts as you near the end of its battery life.

Before reusing the transmitter in your new sensor session, separate it from the old sensor pod.

You can detach transmitter two ways:

1. Use safety lock (see With Safety Lock table). You removed this from the applicator barrel at the beginning of the session.
2. Manually spread out tabs holding transmitter in sensor pod (see Without Safety Lock table).

With Safety Lock

Step	Picture	What you do
1		**Grasp** end of *adhesive patch*. **Peel** *adhesive patch* up and away from your body to remove *sensor pod* and *transmitter*.

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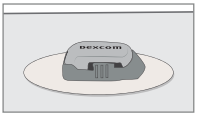
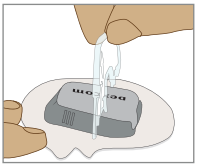
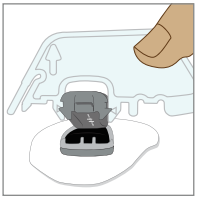
Step	Picture	What you do
2		**Put** *sensor pod* on flat surface.
3		**Place** *safety lock's* jagged edge: • Over transmitters wide edge • In between open slots on sensor pod's sides
4		**Lift up** *safety lock*.

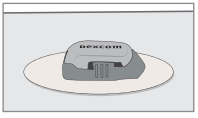
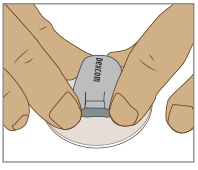
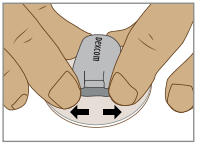
If you no longer have the safety lock, do not worry! You can use your fingers to remove the transmitter from the old sensor pod.

After removing your sensor, and taking the transmitter out of the sensor pod, you are ready to begin a new sensor session. The transmitter's battery is good up to three months. If you have not received your final seven day transmitter battery life warning, you can reuse the transmitter for your next session.

Remember:

1. Never use same spot repeatedly for sensor insertion.
2. Never use same site for 2 sensor sessions in a row.

Without Safety Lock

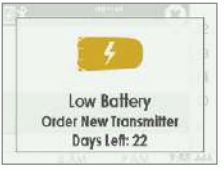
Step	Picture	What you do
1		**Grasp** end of *adhesive patch*. **Peel** *adhesive patch* up and away from your body to remove *sensor pod* and *transmitter*.
2		**Put** *sensor pod* on flat surface.
3		**Grasp** *sensor pod's* wide end with two hands and **place** fingers in side's open slots.
4		**Pull** *tabs* away from transmitter.

7.4 End of Transmitter Battery

How do you know if your transmitter's battery will last through your next session?

System messages help you determine if your transmitter's battery will last through your next seven day session. Starting at three weeks to the end of its battery life, the messages countdown the transmitter's battery until it has only seven days. If the transmitter battery has seven days or less remaining, you will not be able to start a new session.

Transmitter Battery Messages

Device	What you see	What it means
Smart Device: Notification		Battery will expire in three weeks.
Smart Device: In App		
Receiver		

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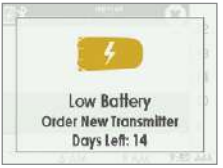
Device	What you see	What it means
Smart Device: Notification		Battery will expire in two weeks. Order a new transmitter.
Smart Device: In App		
Receiver		

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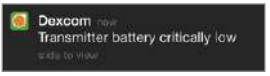
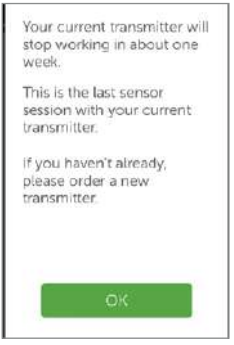
Device	What you see	What it means
Smart Device: Notification		One week warning. Last sensor session with current transmitter.
Smart Device: In App		
Receiver		

To make sure you have a transmitter that is ready for a new sensor session, you may want to reorder a new one by contacting your local Dexcom representative at your first low battery prompt.

Sound/Vibration Prompts

In case you cannot look at your screen, both the smart device and receiver provide beep/vibration prompts to tell you your transmitters battery is low or the transmitter failed.

For more information on setting your sound/vibration prompts and how to clear them, please see Chapter 8.

Smart Device

Your smart device prompts you with a triple beep. If not cleared, you receive the triple beep twice, five minutes apart.

Receiver

The receiver alerts you with an initial vibration prompts. If not cleared, you receive a vibrate/beep twice, five minutes apart.

Summary

Now You Can:

- Identify replace sensor prompts at the end of a seven day sensor session
- Recognize when you have to end a sensor session early
- Successfully end a sensor session early
    - Identify how you can prevent sensor session failures
- Remove your sensor pod with transmitter attached
- Separate transmitter from sensor pod
- Determine if transmitter can be used for another sensor session

What Is Next?

Congratulations, you have the basics down!

You can set up your app and receiver, start a sensor session, calibrate, along with ending your sensor session and when to replace your transmitter. But the Dexcom G5 Mobile CGM System can do much more.

In the next part, Part 3: Next Steps, you will learn how to get the most out of your Dexcom G5 Mobile CGM System.

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3

NEXT STEPS - GETTING THE MOST OUT OF YOUR DEXCOM CGM

- Reading Trend Graph Screens and Recognizing Trends
- Events
- Alarm and Alerts
- Sounds for Alarm, Alerts and System Messages

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Chapter 8

Next Steps:

Home Screen, Rate of Change Arrows, and Errors

8.1 Introduction to Home Screens

In the previous chapter, you learned about calibrations: why they are important and how to do them. Within five minutes of your final calibration your sensor glucose readings begin!

In this chapter, you will learn three things. First, reading the home screen, second, identifying your sensor glucose readings and trends: What do they mean? What is the best way to use trend information? And third, what you do if you are not getting your sensor glucose readings.

The purpose of this chapter is not to tell you how to react to your trends, but to help you recognize where your glucose was and where it is going. Your healthcare professional can help you with your questions on what actions to take based on your glucose trends.

After this chapter, you will be able to:

- Recognize home screen icons
- Locate sensor glucose reading
- Explain sensor glucose target range
- Recognize the importance of gray, yellow, and red colors
- Identify low/high glucose alert levels on your trend graph
- Describe when you receive a High or Low sensor glucose reading
- Change trend graph views
- Cite differences between rate of change arrows
- Recognize error messages

8.2 Overview of Home Screen

Regardless of your display device, the home screen shows your current sensor glucose value, glucose trend, rate of change arrow, and CGM system status. While the screen does look different between the receiver and smart devices, their information and color coding are the same.

No matter how you hold it, the receiver's view does not change; the Dexcom G5 Mobile App has two ways to view data based on how you hold your smart device:

1. Vertically in portrait: 3-hour trend information with task bar.
2. Horizontally in landscape: 1, 3, 6, 12 or 24 hour trend information without task bar.

This section first familiarizes you with the app's home screen, then with the receiver's home screen. In other chapters, you will see how to use the icons or use the navigation wheel to enter data or make system changes.

App Home Screen

The app's home screen has two main sections:

- Task Bar: Allows you to change settings, enter data, etc.
- Glucose Information: Reflects sensor glucose readings and trends.

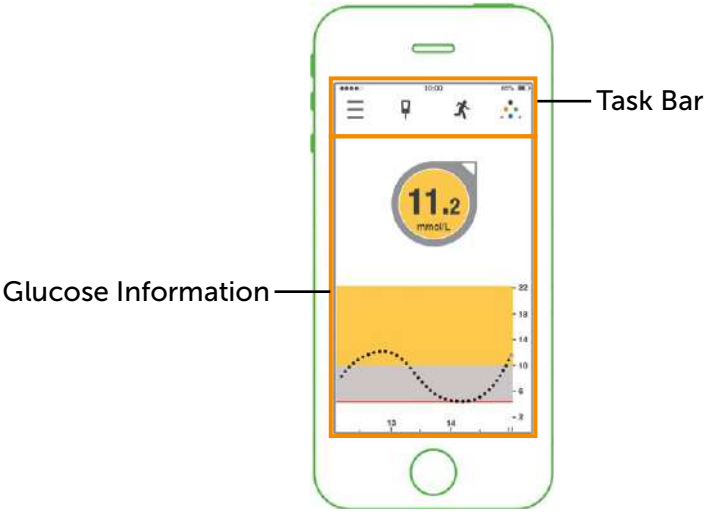
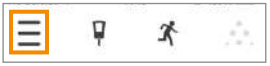
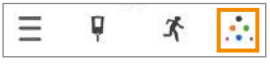
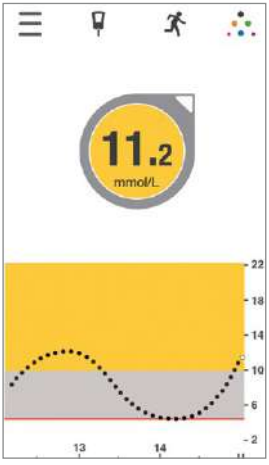
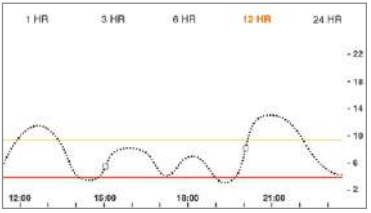
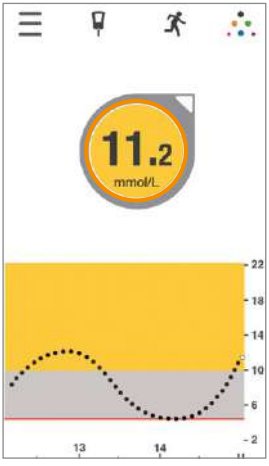
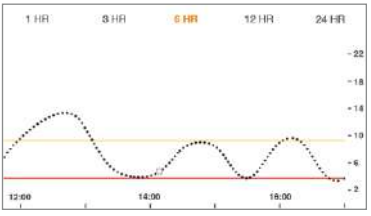


Figure 6. App Home Screen on Smart Device

Task Bar

App	Name	What it means	What you do
Task Bar: Complete Tasks			
	Main Menu	Goes to other options.	**Tap** to access: • Alerts • Settings • Help • Start/Stop Sensor
	BG Meter with red circle and number	Calibration Prompt.	**Tap** *icon* and enter fingerstick BG value (see Chapter 6).
	BG Meter without red circle	No need to calibrate.	Do nothing.
	Events	Enter different events capturing activities affecting your glucose.	**Tap** *icon* to enter data for: • Carbs • Insulin • Exercise • Health (See Chapter 9).
	Dexcom Share	Dexcom Share is only available on the app. Gray icon means Share is not active.	**Tap** *icon* to activate. See Share/Follow user manual for full instructions.
	Dexcom Share	Once activated, Dexcom Share icon is colored.	**Do nothing.** **Tap** *icon* to access Dexcom Share.

Glucose Information

App: Portrait	App: Landscape	What it means
		**Home Screen** In Landscape mode, tap on the trend view you want to see at the top of the screen: 1, 3, 6, 12, or 24 historical trend views.
		Number: Most recent sensor glucose reading. Shown in millimoles per liter (mmol/L). 1. Yellow: At or above target 2. Gray: Within range 3. Red: At or below target

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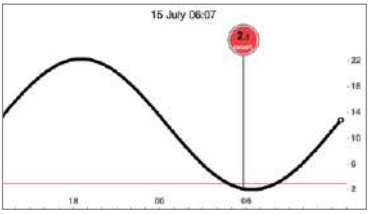
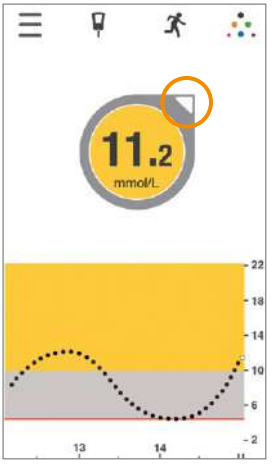
App: Portrait	App: Landscape	What it means
N/A		**Historical Readings** **Turn** smart device to *Landscape* mode. **Tap** *time*, shows timeframe's sensor glucose reading. **Slide** finger across screen to view rest of day's sensor glucose readings. Each dot represents a sensor reading taken every five minutes.
	N/A	**Rate of Change Arrow** Direction and number of arrows show sensor glucose change rate.

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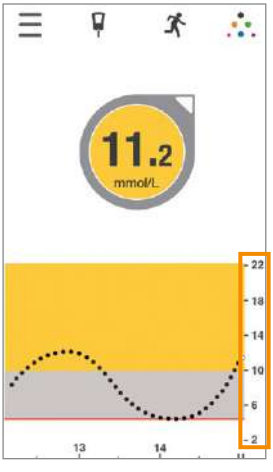
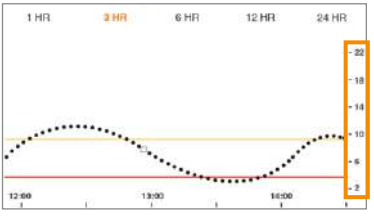
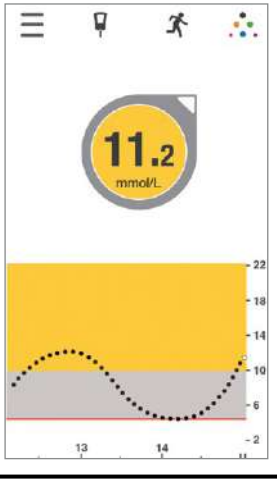
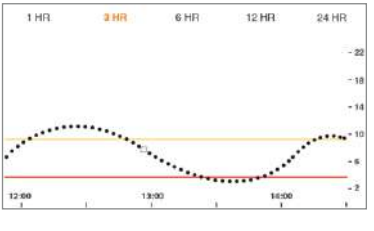
App: Portrait	App: Landscape	What it means
		**Sensor Glucose Reading Range** Shows between 2.2-22.2 mmol/L.
		**Within Glucose Range and Alert Levels** 1. Yellow Bar: High Alert level 2. Gray Background: Within range (Portrait only) 3. Red Bar: Low Alert level

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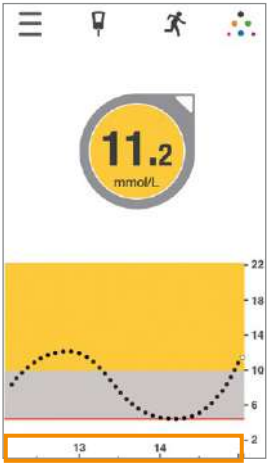
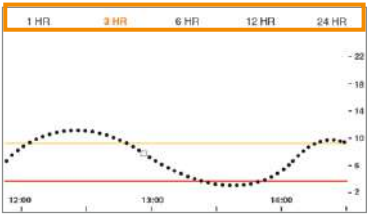
App: Portrait	App: Landscape	What it means
		**Trend Graph Time Frame** Default is most recent 3 hours. **Turn** smart device to *Landscape* mode for most recent 1, 3, 6, 12, and 24 hour readings.

More Ways to See Your App

Let us look at other ways to view your CGM information.

These features are not available for all devices and countries.

Swipe for CGM

See your CGM data with a swipe, even if the device is locked. Error symbols and messages do not show in the following views. Open the app to check your system status.

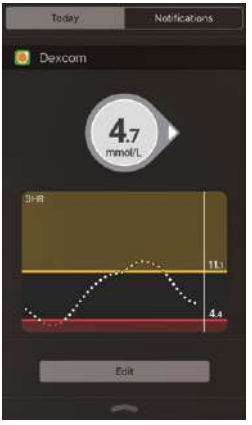
Today View (Apple Only)

Add Dexcom CGM to your Today view.

Setup

1. Open the Today view. See your smart device instructions for detail.
2. Scroll down and tap Edit.
3. Add the Dexcom entry.

Now check your CGM anytime with a swipe across your screen.



Quick Glance (Android Only)

Quick Glance shows your CGM in the notification area. Swipe down from the top edge of your screen to view.

Tap Quick Glance to open the app. You may have to unlock your device first.

This option is on by default. To turn off, go to Menu > Alerts > Quick Glance.

Figure 7. Quick Glance

Smart Watches

See your CGM information and get CGM notifications on your watch.

Suggested Smart Watch Use and Settings

Using a smart watch with your system may change how you receive Alarm and Alerts.

- Your smart watch will only communicate with your smart device, not the Dexcom G5 transmitter. You will not receive sensor readings or Alarm/Alerts on your watch unless it is connected with your smart device.
- Set your device settings to send notifications to both your smart device and smart watch.
- Do not disable or block notifications from the app.
- **Make sure that you understand how notifications are received once you pair a watch.**

When you wake your smart watch, it updates your current CGM data from your smart device. There may be a brief delay before your watch shows current information.

Apple Watch (iPhone Only)

View your CGM information on your Apple Watch.

Setup

To add Dexcom to the watch, use the Watch app located on your smart device.

See your watch instructions to learn about adding apps.

Notifications

By default, your notifications only show on your Apple Watch when paired, and not your smart device. Change your Watch app settings to make them show on both.

Clear Notifications

To clear your Dexcom notifications, open the app on your smart device.

Android Wear (Android Only)

View your CGM data on your Android Wear watch with the Dexcom watch face.

Figure 8. Dexcom watch face

Setup

1. Press and hold on the current watch face.
2. Scroll to the Dexcom watch face.
3. Tap to set.

See your watch instructions for details.

Notifications

When your app sends a notification your smart watch vibrates and the notification shows on both the watch and paired smart device.

Always wear your watch to make sure you don't miss an Alarm or Alert. If you remove the watch and leave it paired you may miss an Alarm or Alert.

Clear Notifications

To clear a notification, swipe left and tap OK. This is equal to opening the app and tapping OK.

Receiver Home Screen

Unlike your smart device screens, the receiver's screen is not interactive; all prompts are for information only. To make changes or enter data in the receiver, **press** *Select* and go to the Main Menu.

The receiver's home screen has two main sections:

1. Status Bar
    a. Status Bar reflects glucose trends, readings, status of receiver's system (for example, battery level).
2. Glucose Information Trend Graph
    a. Reflects sensor glucose readings and trends.

This section will get you familiar with the receiver's home screen. In other chapters, you will see how to use the navigation wheel to enter data or make system changes.

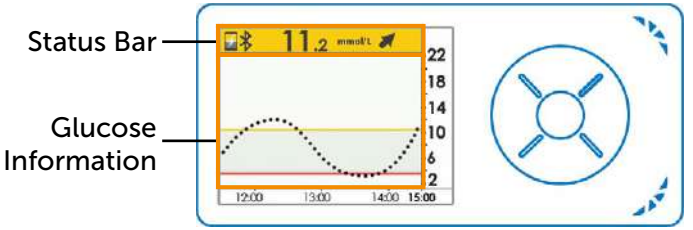
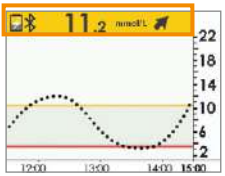
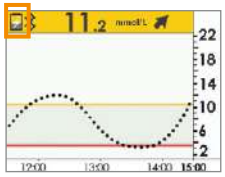
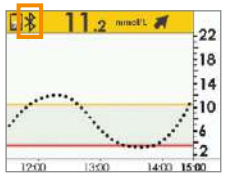


Figure 9. Home Screen on Receiver

Status Bar

Receiver	Name	What it does	What you do
	Status Bar	Provides at a glance information about the receiver, system, or you. Icons will change based on current data.	Review and take appropriate action.
	Battery	Shows battery level.	When low, **plug** *micro USB cable* into receiver. **Plug** *USB* into the adapter and then into electrical outlet.
	*Bluetooth*	Shows *Bluetooth* connection is working.	Do nothing. Receiver's *Bluetooth* is always on.

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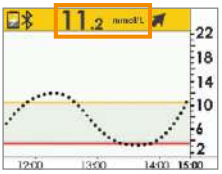
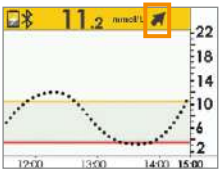
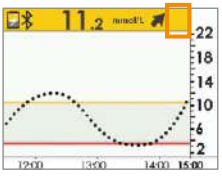
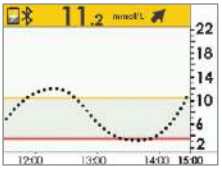
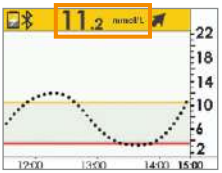
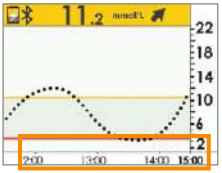
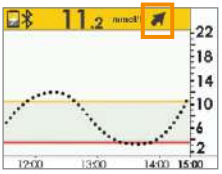
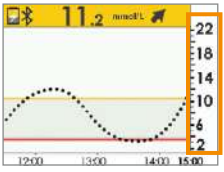
Receiver	Name	What it does	What you do
	Sensor Glucose Reading	Shows most recent sensor glucose reading. Color of status bar changes: • Yellow: At or above target • Gray: Normal range • Red: At or below target	Take appropriate action.
	Trend Arrow	Shows direction and speed your glucose is changing.	Review and take appropriate action (see Chapter 12).
	Status Area	Far right. Error icons and calibration prompts.	Take appropriate action.

Glucose Information

Receiver	What it does
	Home screen.
	Number: Most recent sensor glucose reading. Shown in millimoles per liter (mmol/L). Color of status bar changes: • Yellow: At or above target • Gray: Normal within range • Red: At or below target
	**Historical Readings** Default is most recent 3 hours. **Press** *Up/Down Arrows* to access 1, 3, 6, 12, or 24 hour trend views.
	**Rate of Change Arrow** Direction and speed of your glucose changes.
	**Sensor Glucose Reading Range** Shows between 2.2-22.2 mmol/L.

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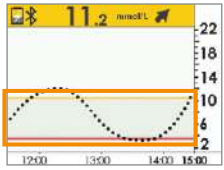
Receiver	What it does
	Glucose target range Alert settings. • Yellow Bar: High Alert setting • Gray Fill: Normal range • Red Bar: Low Alert setting

Now you are familiar with the basic layout of the trend graph screen, can locate readings, identify color-coding, and view time frames. Let us take a closer look at the rate of change arrows.

8.3 Rate of Change Arrows

Not sure of how your sensor glucose readings are trending?

Rate of change arrows show the speed and direction of your glucose trends based on the last several sensor glucose readings. Arrows and the trend graph help you know when to take action before you are too high or too low.

However, before doing anything, think about your most recent insulin dosing, food intake, overall trend graph, and your current BG value. Do not overreact to the arrows when making treatment decisions (see Chapter 12). The arrows do not reflect your latest reading; they reflect a combination of recent readings.

Rate of Change Arrows

App	Receiver	What your glucose is doing
	→	Glucose is steady. Not increasing/decreasing more than 0.06 mmol/L per minute or up to 0.9 mmol/L in 15 minutes.
	↗	Glucose slowly rising 0.06-0.1 mmol/L each minute or up to 1.7 mmol/L in 15 minutes.
	↑	Glucose rising 0.1-0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes.
	↑↑	Glucose rapidly rising more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes.
	↘	Glucose is slowly falling 0.06-0.1 mmol/L each minute or up to 1.7 mmol/L in 15 minutes.
	↓	Glucose is falling 0.1-0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes.
	↓↓	Glucose is rapidly falling more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes.
	No arrow 	You are not getting any sensor BG readings. System cannot calculate the speed and direction of your glucose change.

There are a number of reasons why you may not get rate of change arrows:

- You just started your sensor session
- No sensor glucose readings over the last few minutes

8.4 Error Messages

Sometimes the transmitter, or sensor, or display devices are not communicating, causing you not to get your sensor glucose readings or rate of change arrows. Each device notifies you when there is an issue; however, the notifications look different. You will not be able to make treatment decisions using your CGM if your *Bluetooth* is off or if you have signal loss.

Before the system can move forward, you need to address the error.

App

1. **Open** *app.*
2. **Read** message
3. **Tap** *Question Marks* for more information and follow steps as appropriate.

Receiver

1. **Press** *Select* to clear message.

You will not get any sensor glucose readings or rate of change arrows on either display device until the error is resolved. Check with your BG meter to monitor your glucose during these error periods.

Error Messages

<table>
<tr><th colspan="2">What you see</th><th>What you do</th></tr>
<tr><td colspan="3">Bluetooth is Out of Range</td></tr>
<tr><td>Smart Device: Notification</td><td> 
</td><td rowspan="3">Make sure there are no obstructions, such as a wall or water between your transmitter and your display device.
Move within six meters of display device.
Wait up to 30 minutes while transmitter restores communication.
Smart device:
1. Restart smart device.
If error remains:
1. Open your device's Bluetooth settings.
2. Delete all Dexcom entries.
3. Pair your transmitter.</td></tr>
<tr><td>Smart Device: In App</td><td> 
</td></tr>
<tr><td>Receiver</td><td> 
</td></tr>
<tr><td colspan="3">Bluetooth Off</td></tr>
<tr><td>Smart Device: Notification</td><td> 
</td><td rowspan="3">Smart device:
1. Exit app.
2. Tap Settings.
3. Tap Bluetooth.
4. Turn Bluetooth on.</td></tr>
<tr><td>Smart Device: In App</td><td> 
</td></tr>
<tr><td>Receiver</td><td>N/A; Bluetooth is always on.</td></tr>
</table>

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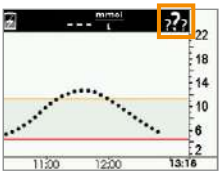
Not Getting Sensor Glucose Reading		
Smart Device: Notification	N/A	**Check**—Are you: • Within six meters of your display device? • In your two hour warmup period? • Outside of your calibration schedule? • In a sensor session?
Smart Device: In App	N/A	
Receiver		
System Found Temporary Sensor Issue		
Smart Device: Notification	N/A	Do not calibrate. System may correct problem on its own and display sensor glucose readings again. If prompt stays for three hours: Contact your local Dexcom representative.
Smart Device: In App		
Receiver		

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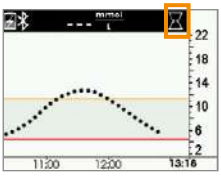
<table>
<tr><th colspan="3">Transmitter and Sensor Not Communicating</th></tr>
<tr><td>Smart Device: Notification</td><td>N/A</td><td rowspan="3">Wait three hours while the transmitter tries to fix the error.
Do not enter calibrations during this time.
Make sure your transmitter is properly inserted into the sensor pod.
If not corrected:
Contact your local Dexcom representative
Remove sensor
Insert new sensor</td></tr>
<tr><td>Smart Device: In App</td><td>  </td></tr>
<tr><td>Receiver</td><td>  </td></tr>
<tr><th colspan="3">Calibration Required</th></tr>
<tr><td>Smart Device: Notification</td><td>  </td><td rowspan="3">Error in calibrating.
Enter another BG meter value.</td></tr>
<tr><td>Smart Device: In App</td><td>  </td></tr>
<tr><td>Receiver</td><td>  </td></tr>
</table>

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<table>
<tr><th colspan="3">Calibration Error</th></tr>
<tr><td>Smart Device:
Notification</td><td>N/A</td><td rowspan="3">Wait 15 minutes.
Enter a BG meter value.</td></tr>
<tr><td>Smart Device:
In App</td><td> 
</td></tr>
<tr><td>Receiver</td><td> 
</td></tr>
<tr><th colspan="3">Display Devices and Transmitter not Communicating</th></tr>
<tr><td>Smart Device:
Notification</td><td> 
</td><td rowspan="3">Wait 10 minutes.
Move display device and transmitter within six meters of each other without obstruction (walls or water).
Wait up to 30 minutes.
Smart device:
1. Restart smart device.
If error remains:
1. Open your device's Bluetooth settings.
2. Delete all Dexcom entries.
3. Pair your transmitter.</td></tr>
<tr><td>Smart Device:
In App</td><td> 
</td></tr>
<tr><td>Receiver</td><td> 
</td></tr>
</table>

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App Notifications are Disabled		
Smart Device: In App		Notifications from the app are blocked. **Enable** notifications in your smart device settings. See your smart device instructions.

If error messages do not go away after you followed necessary steps, and you are not getting sensor glucose readings, contact your local Dexcom representative.

Now You Can:

- Recognize home screen icons
- Locate sensor glucose reading
- Explain glucose target range
- Recognize the importance of gray, yellow, and red colors
- Identify low/high alert glucose setting lines
- Describe when you receive a High or Low sensor glucose reading
- Change Trend Graph Hours view
- Cite differences between rate of change arrows
- Recognize error messages

What Is Next?

By now you have a pretty good understanding how your trends look on the different display devices, but did you know what you do can affect your trends and patterns? It is important to track actions or well-being, to better understand what you do or how you feel can change your trends.

In the next chapter, you will learn how to enter Events in the Dexcom G5 Mobile CGM System.

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Chapter 9

Next Steps:

Daily Events Affect Your Glucose Trends and Patterns

9.1 Introduction

Your daily activities can impact your glucose trends and patterns. In the previous chapter, you learned how to read your glucose trend screens; in this chapter, you learn how to enter situations, or "Events." By tracking Events, you can determine how certain actions or circumstances affect your glucose levels, helping you make treatment decisions.

After this chapter, you will be able to:

- Define Event
- Describe each Event
- Create Events
  - Dexcom G5 Mobile App
  - Dexcom G5 Mobile Receiver
- Recognize Event markers on the Dexcom G5 Mobile App
  - Describe how Event markers are different in portrait and landscape view
- Describe how to view Events entered via your receiver
- View Event markers on your smart device

9.2 What Is an Event?

Did you take a walk after lunch today? Did you go out with your co-workers after work and have a beer? Are you feeling stressed? Did you catch your kid's sniffles? How much insulin did you take for your dinner meal? These are all Events that can raise or lower your blood sugars.

An Event is an action or situation affecting your glucose levels. With the Dexcom G5 Mobile CGM System, you have the ability to enter your daily Events, helping you track their effect on your glucose trends. Once entered into the smart device or receiver, Events can be viewed in Dexcom reports. The reports help you review how each Event influenced your glucose trends.

You can use the reports with your healthcare professional to create a game plan in managing your diabetes.

Even though they differ on how to enter an Event and time, the app and receiver have the same Event categories and subcategories. Later in this chapter, you will learn how to enter Events in each device. You can use the reports with your healthcare professional to create a game plan in managing your diabetes.

Event Categories

There are four main Event categories:

1. Carbs
2. Insulin
3. Exercise
4. Health

The fourth category, Health, has more options:

- Illness
- Stress
- Feel High
- Feel Low
- Cycle
- Alcohol

The following table provides more detail on each type of Event.

Events Menu

Device	What you see	What it means	What you do
Carbs			
Smart Device: In App		How many grams did you just eat? Receiver's screen reflects last number entered.	Enter Carb grams per snack or meal, up to 250 grams.
Receiver			

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Device	What you see	What it means	What you do
Insulin			
Smart Device: In App		Receiver's screen reflects last number entered.	Enter insulin units for each dose, up to 250 units. Cannot enter type of insulin, only dosage.
Receiver			

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Device	What you see	What it means	What you do
Exercise			
Smart Device: In App		Defaulted at 30 minutes.	Select each exercise's intensity level and duration. Enter intensity and duration. Type of exercise is not an option.
Receiver			

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Device	What you see	What it means	What you do
Health			
Smart Device: In App		General well being.	Enter different health Events (see following Health Events Menu table).
Receiver			

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Device	What you see	What it means	What you do
Event Time			
Smart Device: In App		Event time.	For each separate Event, enter date/time Event began.
Receiver			

As mentioned in the last table, Health has a series of Events. These tell the system how you are feeling, if you had a drink, if you are having low or high BG symptoms, etc. You select the Event: no amounts are entered, just date and time.

Health Events Menu

Device	What you see	What it means
Health Main Menu		
Smart Device: In App		Use Health Main Menu to access selections.
Receiver		

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<table>
<tr><th>Device</th><th>What you see</th><th>What it means</th></tr>
<tr><td colspan="3">Health Events</td></tr>
<tr><td>Smart Device: In App</td><td> 
</td><td rowspan="2">Illness
Have a cold, flu, or any other temporary illness affecting your well-being?

Stress
Are you under stress? Feeling anxious?

High Symptoms
Feel high BG symptoms?

Low Symptoms
Feel low BG symptoms?

Cycle
Have you started your menstrual cycle?

Alcohol
Had a glass of wine, beer, or cocktail?</td></tr>
<tr><td>Receiver</td><td> 


</td></tr>
</table>

You can have multiple Events in a single day, or even during the same time frame and enter them all in at the same time. As an example, you are running late because of traffic (Stress) and quickly swing by a restaurant to get lunch (carbs of 85 grams) before meeting some friends.

For your convenience (and safety!), no need to stop everything and enter your Events as they are happening. When you have a moment, you can enter your Events retroactively in your app or receiver.

Events are meant to be entered as individual occurrences: do not enter daily totals, enter each Event separately.

In the next section, you will learn how to enter Events, first in your smart device, then into the receiver.

9.3 Entering Events

You probably will enter Events in the display device you use most often; however, you should know how to enter Events into each.

First, let us look at how to enter Events in a smart device, then in the receiver.

When using Dexcom Share, you can allow your Followers see your Event entries. For more Dexcom Share information, please see the Share/Follow user manual for full instructions.

Enter Events: Smart Device

In the Dexcom G5 Mobile App, Events are just a tap away! The Event icon, a running man, is on the app's home screen's task bar in portrait mode (remember, you do not have the task bar in landscape).

Entering Events for Carbs, Insulin, Exercise, and Health's categories follow the same steps. If you can enter a Carb Event, you can enter an Insulin Event. To enter Events, we will use the above scenario. The following table shows how to enter Carb (restaurant lunch) and Stress (traffic jam) Events.

Entering Events: Dexcom G5 Mobile App

Step	What you see	What you do
Enter Carb Event		
1		**Tap** *Running Man*.

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Enter Carb Event		
2		**Tap** *Carbs*.
3		Add up all carb grams from lunch. **Enter** "85" using keypad. **Tap** *Done*.

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Enter Carb Event		
4		**Tap** *Event Time*.
5		**Scroll** and **select** date and time. **Tap** *Done*.

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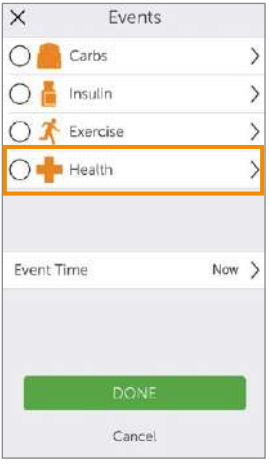
Enter Carb Event		
6		**Tap** *Save* or *Cancel*.
Enter Stress Event		
7		**Tap** *Running Man*.
8		**Tap** *Health*.

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Enter Stress Event		
9		**Tap** *Stress*. **Tap** *Done*.
10		**Tap** *Event Time*.

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Enter Stress Event		
11		**Scroll** and **select** date and time. **Tap** *Done*.
12		**Tap** *Save* or *Cancel*.

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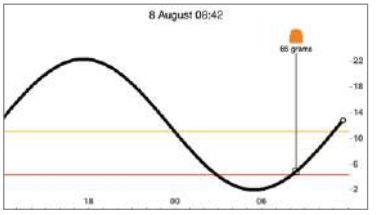
Enter Stress Event		
13		**Turn** to landscape.

The receiver and app do not talk to one another. If you enter an Event only into the receiver, while the information will appear on Dexcom reports, you will not get an Event marker on your app's trend screen.

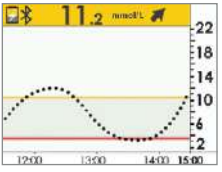
The app has Event markers on its screen, the receiver does not.

There may be times when you want or need to enter Events on the Dexcom G5 Mobile Receiver.

Enter Events: Dexcom G5 Mobile Receiver

While the Event data is the same between display devices, the flow is not the same, including how to enter the Event's date and time. The following table reviews how to enter the same Carb/Stress Event data from the previous scenario: Carbs at 85, and a Stress Event.

Entering Events: Receiver

Step	What you see	What you do
Enter Carbs Event		
1		Default screen **Press** *Select* to go to *Main Menu*.

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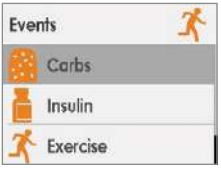
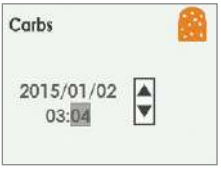
Enter Carbs Event		
2		**Press** *Down Arrow* until *Events* is highlighted. **Press** *Select*.
3		**Highlight** *Carbs*. **Press** *Select*.
4		Add up all carb grams from lunch. **Arrow** up to "85." **Press** *Select*.
5		**Press** *Left/Right Arrows* to change time and date. • Left: Backwards • Right: Forward **Press** *Select*.
6		Confirmation screen. **Press** *Select*.

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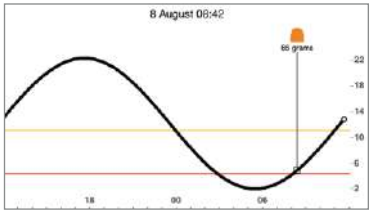
Enter Health Event		
7		**Press** *Down Arrow* until *Health*.
8		**Press** *Down Arrow* to *Stress*. **Press** *Select*.
9		**Press** *Left/Right Arrows* to change time and date. • Left: Backwards • Right: Forward **Press** *Select*.
10		**Verify** information is correct. **Press** *Left/Right Arrows* to highlight field. **Press** *Up/Down Arrows* to change numbers. **Press** *Select* to save.

9.4 Viewing Events

Events entered into your receiver can only be viewed on a Dexcom report; there are no markers on your receiver's screen.

On your smart device, turn to landscape to view your Event markers. A single small square marks all Events. Slide your finger across the screen or tap the square to get your Event's information.

What you see	What it does	What you do
	**Landscape Only** Show Event details.	**Landscape Only** • **Tap** *square* • **Slide** finger across screen

Once you have allowed your Share Follower's access to your Trend screen, they too will be able to view your Events. For more information on Follow, see your Share/Follow user manual.

Summary

Now You Can:

- Define Event
- Describe each Event
- Create an Event
  - Dexcom G5 Mobile App
  - Dexcom G5 Mobile Receiver
- Recognize Event Markers on the Dexcom G5 Mobile App
  - Describe how Event Markers are different in portrait and landscape view
- Describe how to view Events entered via your receiver

What Is Next?

In the next chapter, you will learn about your trend's Alarm and Alerts helping you monitor you glucose levels. You will also learn how you know when your system loses its signal and stops communicating.

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Chapter 10

Next Steps:
Alarm and Alerts

10.1 Introduction

Monitoring your glucose trends is critical in managing your diabetes. But what happens if you are driving, in a meeting, at the movies, and cannot or, do not want to, keep looking at your display device?

The Dexcom G5 Mobile CGM System understands there are times when you cannot look at your receiver or smart device; however, you still need to know of actionable glucose trends or if you are not getting your sensor glucose readings.

This chapter reviews the sensor glucose Alarm and Alerts based on your sensor glucose readings, allowing you to proactively manage your glucose trend levels and make sure your transmitter is communicating with your display device.

In the next chapter, you will learn how to customize the Alarm and Alerts.

After this chapter you will be able to:

- Define an Alarm
- Define an Alert
- Identify the different types of Alerts
- Describe the difference between an Alarm and an Alert
- Recognize different Alarm/Alert prompts and sounds
- Determine if signal loss is preventing you from getting an Alarm or Alert
- Describe recommended app settings
- Successfully clear an Alert notification
    - Dexcom G5 Mobile App
    - Dexcom G5 Mobile Receiver

Your trending information is one of the greatest benefits of the Dexcom G5 Mobile CGM System. It is important to focus on your glucose readings, trends and rate of change arrows.

10.2 What Are Alarm and Alerts?

As part of managing your diabetes, you learned how to read your Trend screen and how to enter Events. In this chapter, you will learn how Alarm and Alerts can keep you safe from severe lows or highs. Use them as a call to action when making treatment decisions.

Depending on your display device, you can customize how you receive your Alarm or Alerts.

What Is an Alarm?

While there are a variety of Alerts, there is just one Alarm, the Urgent Low Alarm (Alarm) is set at 3.1 mmol/L. The Alarm will repeat every 5 minutes until you clear the Alarm (see Chapter 11 on how to customize the sounds). If you clear the Alarm and your sensor glucose readings do not go over 3.1 mmol/L in the next 30 minutes, you get another Alarm.

Unlike Alerts, the Urgent Low Alarm setting cannot be changed or turned off. Think of it as a safety net: your glucose level is dangerously low—Pay attention now!

What Are Alerts?

An Alert is a message telling you your glucose levels or CGM system need attention.

- Low/High glucose Alerts tell you when your sensor glucose readings are outside your target glucose ranges. Think of them as an FYI: You need to know what is happening
- Rising/Falling Alerts tell you your glucose levels are changing quickly. Their default settings are Off (see Chapter 11 on how to turn them on)

Depending on display device settings, Alerts message you with vibrations (vibrations not available on all smart devices), visual prompts, sounds, or a combination.

Unlike the Alarm, you can customize your different Alert's target range (Chapter 11).

During your initial setup, you establish your low and high alert levels. As mentioned before, this chapter is a review of the Alarm and Alerts, recommended smart device settings, and the receiver's default Alert settings.

Chapter 11 will show you how to change their settings: customize glucose levels prompts, how you are notified, and in some cases, how often you get notified. The following are the defaults.

Default Alerts

Low/High Alerts

Your Low/High Alerts have the same color coding as your trend graph screen:

1. Red: Glucose levels are below your low threshold
    a. Default setting of 4.4 mmol/L
2. Gray: Glucose levels are within your high/low Alert levels
    a. No Alerts
3. Yellow: Glucose levels are above your high threshold
    a. Default setting of 11.1 mmol/L

Rise Rate/Fall Rate/Repeat/Signal Loss Alerts

Rise Rate and Fall Rate Alerts warn you when your glucose levels are changing rapidly, either down or up, and look similar to the rate of change arrows. Repeat Alerts let you know if your sensor glucose readings continue to be above or below your Alert levels.

Glucose Level Alerts

1. Rise Rate
    a. Default setting is Off-No Alert
    b. Need to change settings to receive Rising Alert
2. Fall Rate
    a. Default setting is Off-No Alert
    b. Need to change settings to receive Falling Alert
3. Repeat
    a. Default setting is Off-No Alert
    b. Need to change settings to receive Repeat Alert

Signal Loss Alert

Signal Loss tells you when you and the transmitter are too far from your display device or something is blocking your transmitter signal, causing you not to get sensor glucose readings. The default setting for Signal Loss is On.

Now you have the basics for the Dexcom G5 Mobile's Alarm/Alerts feature. Next, you will learn about each Alarm/Alert in more detail.

10.3 Reading Alarm and Alerts

When you fall within an Alarm or Alert target range, your display device tells you. As mentioned in previous chapters you will not get any Alarm or Alerts within five minutes of calibration.

Let us first review how the information is presented visually across the devices. While the Alarm/Alerts prompts look different on the display devices, they reflect the same information.

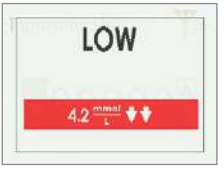
After prompts we will separately review the vibration and audible Alarm/Alerts for app and receiver.

Alarm and Alerts look different based on your display device, but reflect the same information.

Urgent Low Glucose Alarm

Device	What you see	What it means
Smart Device: Notification		Sensor glucose reading at or below 3.1 mmol/L. Shows last glucose value. Arrows reflect rate of change.
Smart Device: In App		
Receiver		

Low/High Glucose Alerts

Device	What you see	What it means
Smart Device: Notification		Sensor glucose reading at or below your low Alert level. Shows most current sensor glucose reading. Arrows reflect rate of change. Can be set to repeat between 15 minutes to 4 hours.
Smart Device: In App		
Receiver		

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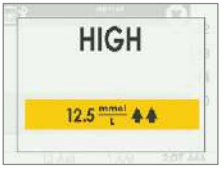
Device	What you see	What it means
Smart Device: Notification		Sensor glucose reading at or above your high Alert level. Shows most current sensor glucose reading. Arrows reflect rate of change. Can be set to repeat between 15 minutes to 4 hours.
Smart Device: In App		
Receiver		

Rise Rate/Fall Rate Alerts

Device	What you see	What it means
Smart Device: Notification		Sensor glucose readings rising quickly. Number of arrows shows how fast it is rising: • One arrow: 0.11 mmol/L/min • Two arrows: 0.2+ mmol/L/min
Smart Device: In App	 	
Receiver		

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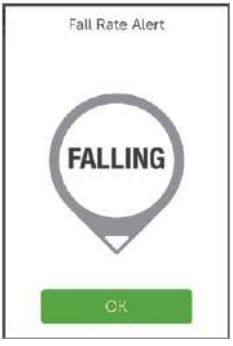
Device	What you see	What it means
Smart Device: Notification		Sensor glucose reading falling quickly. Number of arrows shows how fast it is falling: • One arrow: 0.11 mmol/L/min • Two arrows: 0.2+ mmol/L/min
Smart Device: In App	 	
Receiver		

Signal Loss Alert

Device	What you see	What it means
Smart Device: Notification		Your receiver or smart device and transmitter are not communicating. You will not receive an Urgent Low Alarm or glucose Alerts.
Smart Device: In App		
Receiver		

10.4 App: Alarm/Alert Suggested Settings

Your smart device settings may override the app settings. To make sure your alarm and alerts can notify you with sound, unmute your smart device and turn off *Do Not Disturb*.

Every now and then, check your smart devices speakers to make sure you can hear your alarm or alerts.

See your smart device instructions to learn how to change its settings. Use the following with your CGM system:

- ***Bluetooth:*** Your transmitter talks to your app with *Bluetooth* wireless technology. *Bluetooth* is designed for wireless communication between devices (unlike Wi-Fi®, which wirelessly connects devices to the Internet). **Make sure your smart device *Bluetooth* is on.** If not, you will not get Alarm/Alerts or CGM information.

- **Notifications:**
  - If you don't enable Dexcom app notifications during setup, you won't get any Alarm/Alerts.
  - Make sure your smart device settings allow Dexcom app notifications to show on your lock screen.
- **Battery:** The app must always be running in the background and may drain your smart device battery. Keep the battery charged.
- **Update manually:** Automatic updates of the app or your device operating system can change settings or shutdown the app. Always update manually and verify correct device settings afterward.
- **Compatibility:** Before upgrading your smart device or its operating system, check dexcom.com/compatibility.
- **Time:** Don't change your smart device time because it can make the time on the trend screen wrong and the app may stop displaying data.
- **Memory/Storage:** If your smart device's memory or storage is full, your app may shut itself off. Routinely close open apps that are not in use and delete files you do not want or use.
- **Signal Loss:** The Signal Loss Alert is by default on. When "On", you will always know if your transmitter and smart device are communicating. When "On" and if there is a signal loss, you will receive a Signal Loss Alert. If signal loss occurs, you will not receive an Urgent Low Alarm or glucose Alerts.

The receiver (optional only in some countries) is a stand-alone medical device and used solely to monitor your glucose trends. If you are concerned about missing an Alarm/Alert (for example, due to smart device settings, app shutting off due to lack of memory or storage, low smart device battery, etc.), bring your receiver with you. If your smart device is broken or lost, use the receiver until it is fixed or replaced.

10.5 Receiver: Default Beeps and Vibrations

The Dexcom G5 Mobile Receiver's Alarm/Alerts are vibrations and a beep, or a series of beeps, based on the Alarm or Alert. Beeps and vibrations are preprogrammed into the receiver, and unlike the smart device, the volume cannot be changed.

In Chapter 11 you will learn how to adjust the volume and intensity of your Alarm/Alerts, and in Chapter 12 how to use your Alarm/Alerts for treatment decisions.

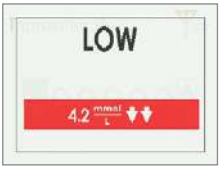
The following is a table of the receiver's default beep and vibration patterns. If you clear the Alert's initial vibration, you will not get any beeps or sounds unless you have turned on the Repeat Alert.

In the next section, you will learn how to clear the Alarm/Alerts.

Urgent Low Glucose Alarm

What you see	Beeps and vibration
	**Initial Default Alert:** Vibrates 4 times. **After 5 Minutes:** Vibrates/beeps 4 times every 5 minutes until cleared or sensor glucose readings go above Alarm level. **After 30 Minutes:** After clearing Alarm, continues to notify if sensor glucose readings remain at or below Alarm level.

Low/High Glucose Alerts

What you see	Beeps and vibration
 	**Initial Default Alert:** Vibrates 3 times. **After 5 Minutes:** Vibrates/beeps 3 times every 5 minutes until cleared. Trend screen will continue to reflect Alert until sensor glucose readings go above Alert level.

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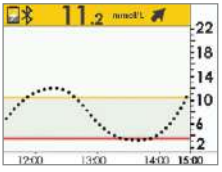
What you see	Beeps and vibration
 	**Initial Default Alert:** Vibrates 2 times. **After 5 Minutes:** Vibrates/beeps 2 times every 5 minutes until cleared. Trend screen will continue to reflect Alert until sensor glucose readings go below Alert level.

Rise Rate/Fall Rate Alerts

What you see	Beeps and vibration
 	**Initial Default Alert:** None/Off. **After Setting Change:** Vibrates 2 times, 2 sounds. **After 5 Minutes:** Vibrates/beeps 2 times every 5 minutes until cleared.

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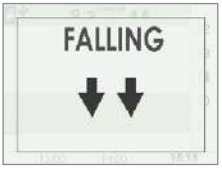
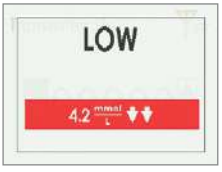
 	**Initial Default Alert:** None/Off. **After Setting Change:** Vibrates 3 times. **After 5 Minutes:** Vibrates/beeps 3 times every 5 minutes until cleared or sensor glucose reading drops below Alert level.

Low Repeat/High Repeat

What you see	Beeps and vibration
	**Initial Default Alert:** None/Off. **After Setting Change:** Vibrates 3 times. **After 5 Minutes:** Vibrates/beeps 3 times every 5 minutes until cleared. Will re-alert if sensor glucose readings drop at or below 3.1 mmol/L.
	**Initial Default Alert:** None/Off. **After Setting Change:** Vibrates 2 times. **After 5 Minutes:** Vibrates/beeps 2 times every 5 minutes until cleared.

Signal Loss Alert

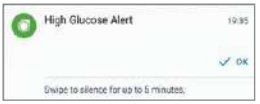
What you see	Beeps and vibration
	**Initial Default Alert:** On. **After Setting Change:** Vibrates 1 time. **After 5 Minutes:** Vibrates/beeps 1 time every 5 minutes for a total of 6 times if not cleared. After 6 times it will not alert again.

10.6 Clearing Alarm/Alerts

Alerts require you to acknowledge and clear them. How this is done depends on your display device. If using both display devices, you will need to clear each separately.

Due to their medical importance, the Alarm is more persistent. Even after acknowledging and clearing an Alarm, if your sensor's glucose readings remain at or below 3.1 mmol/L, you will continue to get an Alarm in 30 minutes.

Clearing Your Smart Device

Device	What you see	What you do
Smart Device: Notification	**Apple**  **Android** 	**Open** the *app*. **Tap** *OK* to clear.

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Device	What you see	What you do
Smart Device: In App		**Tap** *OK* to accept Alarm or Alert.

Clearing Your Receiver

What you see	What you do
	**Press** *Select*.

Once cleared, you will not receive the same Alert unless you hit the Alert's target range again. Your Alarm will repeat even after clearing if your glucose levels do not return to your target range.

Summary

Now You Can:

- Define an Alarm
- Define an Alert
- Identify the different types of Alerts
- Describe the difference between an Alarm and an Alert
- Recognize different Alarm/Alert prompts and sounds

- Determine if signal loss is preventing you from getting an Alarm/Alert
- Describe recommended app settings
- Successfully clear an Alert notification
    - Dexcom G5 Mobile App
    - Dexcom G5 Mobile Receiver

What Is Next?

Up to now, you have learned about the Alarm or Alert default settings. But what do you do if you want to decrease the High Alert glucose level threshold, or you want to continue getting a Low Alert notification if your glucose levels do not improve, even though you cleared the message?

How do you make your Alarm/Alerts fit your needs?

Chapter 11

Next Steps:

On the Go With G5: Customizing Your Alarm/Alerts

11.1 Introduction

The receiver and app come with default glucose Alert level settings, but they may not reflect the glucose level that works best for you.

Perhaps you are at a party and can only clear an Alert, yet want to make sure your Alert repeats, or continues, until you are able to take corrective measures. Maybe you would like to get a Rising/Falling glucose Alert, but their settings are off by default. How do you turn them on?

In this chapter, you will learn how to personalize your Alarm and Alerts tones and glucose levels.

Afterwards, you will be able to:

- Customize your Low/High Alerts
  - Dexcom G5 Mobile App
  - Dexcom G5 Mobile Receiver
- Adjust Alarm sound notification
- Use receiver's Advanced Alerts
  - Low/High Repeat
  - Rise/Fall Alerts
  - Signal Loss

Each display device has customization options; however, the setup flow is different.

Before making any changes to your Alert's levels, talk with your healthcare professional.

First, let us take a look at personalizing your app Alarm and Alerts, and then we will review the same process for the receiver.

11.2 Changing App Alarm and Alerts

App Screen Overview

The Alerts Main Menu lists all customizable Alerts and Alarm and their current settings. Part of your initial setup included setting your Low/High Alerts. In this chapter, you will learn how to change them.

Before learning how to change your settings, let us review the app's Alerts Main Menu screen.

Customizing Alerts: App Alarm/Alerts Screen Overview

Step	What you see	What you do	What it means
1		**Tap** *Main Menu* icon.	Access Main Menu.
2		**Tap** *Alerts*.	Access Alerts Main Menu.

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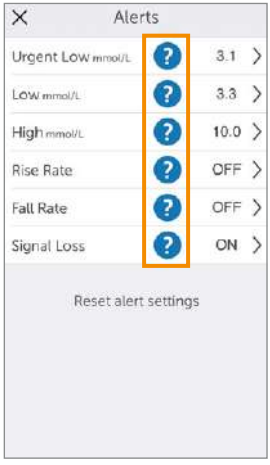
Step	What you see	What you do	What it means
3		**Tap** *Alarm/Alert* you want to change.	All customizable Alarm and Alerts. Current Alert settings. All alerts have: • *On/Off* switch • *Notify me* options • *Sound* options
4		**Tap** *"?"* for Alarm/Alert information.	"?" explains: • Each Alarm/Alert • Message options • Recommended settings

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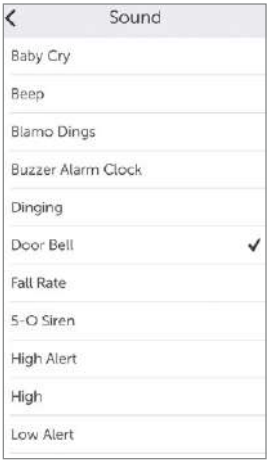
Step	What you see	What you do	What it means
5		**Tap** *Sound* to change sound.	Urgent Low Glucose Alarm: • Preset at 3.1 mmol/L and cannot be changed • *Repeat* preset at 30 minutes and cannot be changed • *Sound* is the only change option

Steps to Customize App Alarm/Alerts

Although the results will vary depending on what Alarm or Alert you are customizing, the steps to change your Alarm or Alert are the same:

From app's Main Menu:

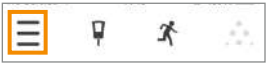
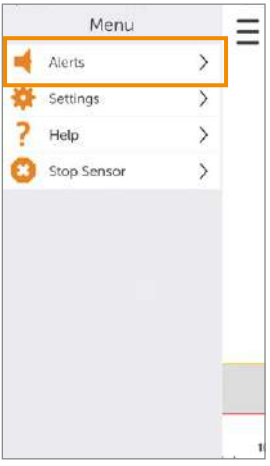
1. Tap *Alerts*.
2. Tap the *Alert* you want.
    a. Tap *On* or *Off* switch to turn on desired Alerts.
3. Tap *Notify me*.
    a. Change the Alert glucose level (mmol/L).
    b. Scroll selection wheel, find your desired Alert level.
        i. Tap to highlight.
        ii. Tap *Save*.
4. Tap *Repeat*.
    a. Change the amount of time you want between your High/Low Alerts if your sensor glucose readings continue to be low or high.
        i. Scroll selection wheel, find your desired Alert level.

ii. Tap to highlight.
iii. Tap *Save*.

5. Tap *Sound*.
   a. Assign a different sound to each Alarm or Alert.
      i. Scroll selection wheel, find your desired sound.
      ii. Tap to highlight.
      iii. Tap *back arrow*.

In this following example, we'll change the High Alert level from 11.1 mmol/L to 10.5 mmol/L, repeating every hour if you continue to stay high, with a Door Bell sound.

Customizing Alerts: App

Step	What you see	What you do	What it means
Access Alerts Main Menu			
1		**Tap** *Main Menu* icon.	Access Main Menu.
2		**Tap** *Alerts*.	Access Alerts Main Menu.

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Changing an Alert			
3		**Tap** *High mmol/L*.	Access High Alert settings (mmol/L).
4		**Check** *High Alerts* is On. • On - Orange • Off - Gray	Shows High Alert options and current settings.

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Changing an Alert			
5		If Off: *On* **Slide** to On. • On - Orange • Off - Gray	Will not get Alerts if Off.
6		**Tap** *Notify Me Above*.	Change High Alert (mmol/L).

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Changing an Alert			
7		**Scroll** selection wheel. **Stop** at 10.5.	Change glucose level from current level (mmol/L).
8		**Tap** *Save*.	Saves new High Alert glucose level (mmol/L). Returns to *High Glucose Alert* screen options. *Notify Me Above* set at 10.5 mmol/L.

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Changing an Alert			
9		**Tap** *Repeat*.	Changes how often your High Alert repeats after initial Alert and confirmation. Repeats only if you are above your high glucose level. Default is *Never*. **Tap** *Repeat* to change.
10		**Scroll** selection wheel. **Stop** at 1 hour.	Changing the current repeat setting. Can select in five minute steps (range 15 minutes-4 hours).

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Changing an Alert			
11		**Tap** *Save*.	Saves your new repeat timing. Returns to *High Glucose Alert* screen options. *Repeat* shows how often you will get notified.
12		**Tap** *Sound*.	Customize Alert sound.

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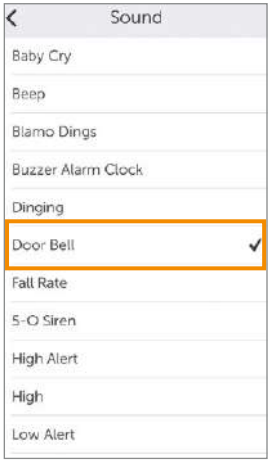
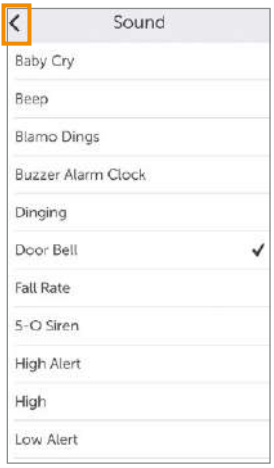
Changing an Alert

13		**Tap** *Doorbell.* **Tap** *Sound* again to hear sound sample. **NOTE:** Sounds shown are representational only, your smart device options may be different.	Changes current sound setting.
14		**Tap** *Back Arrow.* **NOTE:** Sounds shown are representational only, your smart device options may be different.	Saves your new Alert sound. Return to High Glucose Alert Menu.

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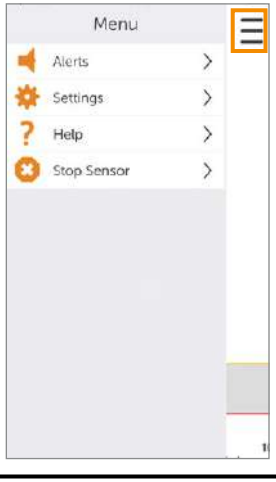
Return to Trend Screen			
15		**Tap** *"X"*.	Return to Main Menu.
16		**Tap** *Menu* icon Or **Swipe** right.	Return to trend screen.

Any changes to the app will not carry over to the receiver. If using both, make the same changes in the receiver you made in your smart device. If you do not, you may miss an Alarm or Alert.

11.3 Changing Receiver Alarm and Alerts

You will notice a flow difference between the app and the receiver when personalizing your Alarm/Alerts. With the app, all Alert adjustments are made from one screen, whereas in the receiver, you make changes in different screens.

Unlike the app, you change your receiver's tones (known as Profiles) through a number of different screens in the Profiles menu.

Profiles

Profiles determine the sound and volume of your Alarm and Alerts.

As mentioned in the previous chapter, the receiver uses a series of beeps/vibrations for an Alarm or Alert. The receiver does not have the same variety of tones as the app; however you can adjust their volume. While the receiver does not have a silent mode, selecting *Vibrate* will replace audible beeps with quiet vibrations. The only exception is the Alarm: the urgent low Alarm cannot be turned off.

Changes made in *Profiles* are applied to all of the receiver's Alarm/Alerts. If you choose *Soft* (see next table), all Alerts are in Soft mode. In Chapter 10, you learned how many beeps each Alarm/Alert has.

Normal is the default setting for your receiver sound Profiles.

Attentive uses a rising or falling melody instead of beeps.

The receiver first vibrates when sending you an Alarm or Alert. If you clear the Alert at the first vibration by pressing the *Select* button on your navigation wheel, you will not get any Alarm/Alert tones. If you would like to continue to get your Alarm or Alert after clearing, later in this chapter you will learn about setting up Repeat Alerts.

HypoRepeat is very similar to the *Normal* Profile, but keeps repeating the fixed low alarm every 5 seconds until your sensor glucose value rises above 3.1 mmol/L or you confirm by pressing the *Select* button.

The next table lists the different sound Profiles, starting with the quietest, working its way up to the loudest.

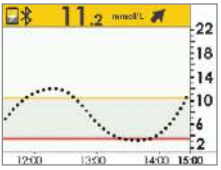
Alarm/Alert Sound Profiles

Icon	Profile name	Notification description
	Vibrate	Vibration only. Only sound is your receiver vibrating. Vibrate is not available for the Alarm.
	Soft	Lower volume beeps.
	Normal	Medium volume beeps. Default Profile.
	Attentive	No beeps. • Rising melody for High and Rising Alerts • Dropping melody for Low and Falling Alerts
	HypoRepeat	Medium volume beeps. Urgent low Alarm only. Repeats fixed low alarm every 5 seconds until sensor glucose reading rises above 3.1 mmol/L or is confirmed.
	Try It	Sample *Profile* setting before selecting.

After choosing your sound profile, changing it is just a few steps away! Change your Profile throughout the day depending on what lays ahead: In a meeting? Select *Vibrate*. Going to a ball game after work? Select *Attentive*.

The next table shows how to change a sound Profile, then sample how it sounds.

Customizing Sound Profiles: Receiver

Step	What you see	What you do	What it means
1		**Press** *Select*.	Go to Main Menu.
2		**Press** *Down Arrow*. *Profiles* on second screen.	Second Main Menu screen.
3		**Press** *Up/Down Arrow*. **Stop** at *Profiles*. **Press** *Select*.	Profiles adjusts volume of Alarm/Alerts.
4		**Press** *Up/Down Arrow*. **Stop** at desired *Profile*. **Press** *Select*.	Choose sound *Profile*.

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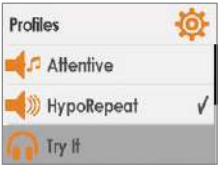
Step	What you see	What you do	What it means
5		Sample sound: **Press** *Down Arrow.* **Stop** at *Try It.* **Press** *Select* to have the sound play. Exit Profiles: **Press** *Left Arrow.*	Selected *Profile* check marked.
6	N/A	**Repeat** steps 2-5 to change Profile. To Exit: **Press** *Left Arrow* to *Main Menu.*	Repeat as needed.

Profiles allow you to change your Alarm and Alerts tones. The Alerts menu gives you options for personalizing your glucose level Alerts, repeating Alerts, turning your Rising/Falling Alerts on, and turning on your Signal Loss Alert.

Alerts Main Menu

Low/High Alert option lets you adjust your Low/High Glucose Alert level (mmol/L).

Advanced gives you options to turn on Low/High Repeat, Rise/Fall Alerts and Signal Loss Alert.

Low/High Repeat

In the previous chapter, you learned clearing an Alert stops it from repeating. If you want to continue to be re-alerted until your glucose levels are back in your target range, turn on the *Repeat* option.

Rise/Fall Rate

Your trend screen provides visual cues letting you know your sensor glucose readings are falling or rising rapidly.

Constantly looking at your screen may not be practical. You can customize your Rise/Fall Alert with vibrations or beeps letting you know when your glucose is rising or falling (0.1 mmol/L/min or 1.7 mmol/L up or down in 15 minutes) or rising or falling rapidly (0.2 or more mmol/L/min or 2.5 mmol/L or more up or down in 15 minutes).

The default setting for Repeat and Rise/Fall Rate is *Off*.

It is important you discuss your alert settings with your healthcare professional.

Signal Loss

Signal Loss Alert tells you when your transmitter and receiver are not communicating. Set the Signal Loss and get alerted if your sensor glucose readings have stopped due to a signal loss anywhere from 20 to 200 minutes.

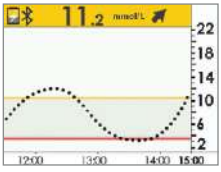
The default setting for Signal Loss is *On*.

Steps to Customize Receiver Alarm/Alerts

Using the same example from changing your app Alerts, let us change the receiver's High Alert notification level from 11.1 mmol/L to 10.6 mmol/L, repeating every 60 minutes.

Follow the same steps turning on the Rise/Fall Alerts, and adjusting your Low Alerts.

Customizing Alerts: Receiver

Step	What you see	What you do	What it means
Change High Alert Level			
1		**Press** *Select*.	Go to Main Menu.

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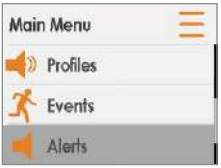
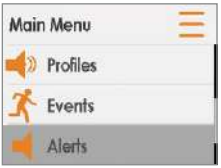
Change High Alert Level			
2		**Press** *Down Arrow.* **Stop** *at Alerts.*	Alerts option from the Main Menu.
3		**Press** *Select.*	Enter Alerts menu option.
4		**Press** *Up/Down Arrow.* **Stop** at *High Alert.* **Press** *Select.*	Alerts' option menu. Lists different Alerts: High/Low/Advanced (Repeat, Rise/Fall, Signal Loss) Alerts.
5		**Press** *Down Arrow.* **Stop** at *Level.* **Press** *Select.*	Alert's current settings. Change your current High Alert level.
6		**Press** *Down Arrow.* **Stop** at 10.6 mmol/L.	Current setting **Use** *Up/Down* arrows to change your High Alert level (mmol/L).

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Turn Repeat On			
7		**Press** *Select.* To exit: **Press** *Left Arrow.*	Saves new High Alert level. Return to Alerts Menu.
8		**Press** *Down Arrow.* **Stop** *at Advanced.*	Alerts Menu. Choose Advanced to get to Repeat Alert.
9		**Press** *Select* on *Advanced.*	Enter Advanced Alert options.
10		**Arrow** to *High Repeat.* **Press** *Select.*	Main Advanced screen. Set Repeat Alerts. Turn On Rise/Fall Rate Alerts.
11		**Press** *Up/Down Arrow.* **Stop** at 60 minutes. **Press** *Select.*	Initial screen shows current repeat minutes. Change time frame in 5 minute increments.

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Turn Repeat On			
12		**Press** *Select*.	Change *Repeat* time for High Alert.
13		To exit: **Press** *Left Arrow*.	Change completed. Return to *Alerts Menu*.

It does not matter which device you first use to customize your Alarm/Alert settings, key is making sure you make the same changes in both or you may miss an Alarm or Alert.

Summary

Now You Can:

- Customize your glucose trend Low/High level notifications
  - Dexcom G5 Mobile App
  - Dexcom G5 Mobile Receiver
- Adjust Alarm tones
- Set up receiver's Advanced Alerts
  - Low/High Repeat
  - Rise/Fall Rate
  - Signal Loss

What Is Next?

Believe it or not, you are becoming a pro at using your Dexcom G5 Mobile CGM System! You have set up the app and receiver, started a session, calibrated, followed your glucose trends, paid attention to your Alarm/Alerts, prompts, and ended a session!

Other than monitoring your blood glucose sensor readings and their trends, how else can you use your Dexcom G5 Mobile CGM System? In the next chapter, you will learn what you need to know when using your CGM system for treatment decisions.

Chapter 12

Next Steps!

Using the Dexcom G5 Mobile CGM System for Treatment Decisions

12.1 Introduction

In previous chapters, you learned how to track your trends. With your sensor glucose readings and trend arrows, you can monitor where your glucose has been and where it is heading.

You also learned how Alarm/Alerts can help you determine if you need to take any proactive actions or treatment decisions. As an example, a half hour ago you got a low glucose Alert and drank some orange juice. Now you just got a high Alert. What would you do? What would you look at? How would you determine your treatment? Could you use your Dexcom G5 Mobile CGM System sensor glucose readings to make a treatment decision?

Prior to the Dexcom G5 Mobile CGM System, you had to take a fingerstick with your BG meter before making any treatment decisions.

Dexcom G5 Mobile changes all that! When asked if you could make treatment decisions based on your Dexcom G5 Mobile CGM System readings, the answer is now “Yes I can!”

This chapter reviews what you need to know when making treatment decisions based on your Dexcom G5 Mobile CGM System and the information it provides.

After this chapter, you will be able to:

- List the four Dexcom G5 Mobile CGM System keys needed to make a treatment decision
- Explain how many sensor glucose readings you need for treatment decisions
- Explain the importance of your Alarm/Alerts in treatment decisions
- Describe the role Trend Arrows have in your treatment decisions
- Summarize when you should not make treatment decisions based on your Dexcom G5 Mobile CGM System

- Determine the best treatment decision for your situation using Dexcom CGM
- Recall key points in developing your diabetes management plan when talking with your healthcare professional
- Recite the "Do's and Do Not's" of treatment decisions based on Dexcom G5 Mobile CGM System

12.2 Importance of Dexcom G5 Mobile CGM System Information for Treatment Decisions

A BG meter value is only a number. It does not show you the big picture including the speed and direction of your glucose, or its trend over time.

The BG meter cannot show you where you were 20 minutes ago, nor can it tell you if your glucose is rapidly falling or rising. As an example, your fingerstick may say 6.0 mmol/L; you are happy because you are within your target range and do not take any preventable measures. What your fingerstick will not tell you is, while you may be at 6.0 mmol/L at this moment, your glucose is rapidly falling, resulting in a decrease of 3.0 mmol/L or more in the next 30 minutes. In 30 minutes, you may be 3.0 mmol/L or less.

Device	What you see	What it means	What you do
BG Meter		Blood glucose is 6.0 mmol/L.	**Nothing:** In your target range.

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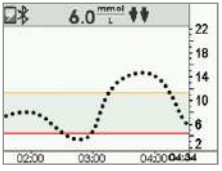
Device	What you see	What it means	What you do
Smart Device: In App		Sensor glucose value is 6.0. It is rapidly falling. If trend continues, glucose value may be 3.0 mmol/L or less in 30 minutes.	**Quick Action:** Determine best treatment decision to prevent a serious low glucose event.
Receiver			

At 6.0 mmol/L you decided not to make any preventive measures. Would you do anything different if you knew you will be 3.0 mmol/L or less in only 30 minutes? A single number is not enough. Your Dexcom G5 Mobile CGM System helps you make treatment decisions based on your glucose trends, including its speed and direction of change. You can proactively decide what to do, or what not to do, helping prevent low and high glucose levels.

By looking at your display device often, you see how your Events, actions, and past treatment decisions affect your sensor glucose readings. Using your Dexcom G5 Mobile CGM System as the basis of your treatment decisions, you can learn how to avoid overacting to highs between meals or taking more insulin than you should.

When developing your management plan, ask your healthcare professional about how insulin acts in the body including when it starts working, when it peaks, and how long it works.

In the next section, you will discover what four key parts help you make a treatment decision and control your glucose based on your Dexcom G5 Mobile CGM System information.

12.3 Making Treatment Decisions

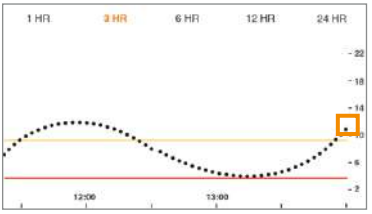
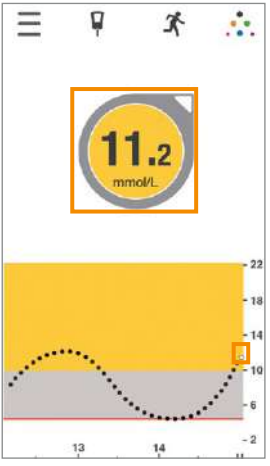
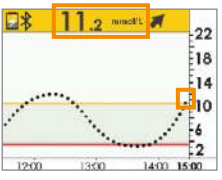
Your symptoms may not always match your sensor glucose readings. In this situation, use your BG meter, not your Dexcom G5 Mobile CGM System to make your treatment decisions.

When using your Dexcom G5 Mobile CGM System, there are four CGM keys in the treatment decision process. If you do not use all four, you will not have all the needed information, causing you to make an incorrect treatment decision.

1. Sensor Glucose Readings
2. Trend Graph
3. Trend Arrow
4. Alarm/Alerts

Using all of these, and working with your healthcare professional, you are on your way to successfully using your Dexcom G5 Mobile CGM System for diabetes treatment decisions.

The Dexcom G5 Mobile CGM System Keys

Device	What you see	System keys
Smart Device: In App, Landscape		**1) Sensor Glucose Reading** Most recent sensor glucose reading.
Smart Device: In App, Portrait		
Receiver		

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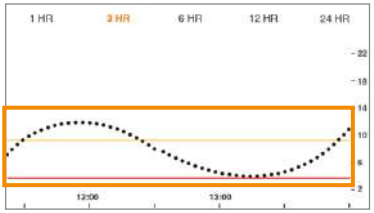
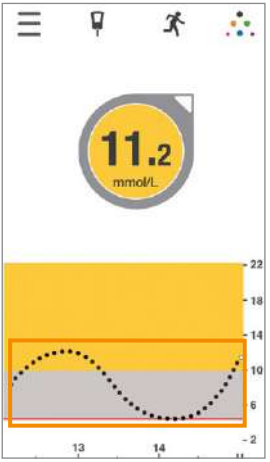
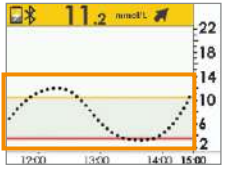
Device	What you see	System keys
Smart Device: In App, Landscape		**2) Trend Graph** Shows your past sensor glucose readings.
Smart Device: In App, Portrait		
Receiver		

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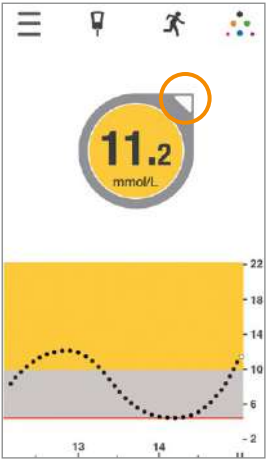
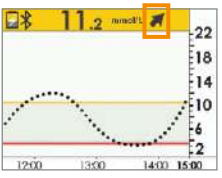
Device	What you see	System keys
Smart Device: In App, Landscape	N/A	**3) Change Arrows** Current sensor glucose speed and direction of change arrows.
Smart Device: In App, Portrait		
Receiver		

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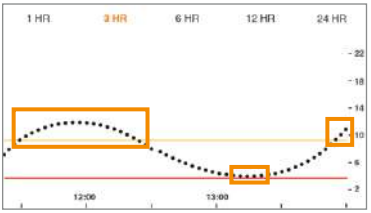
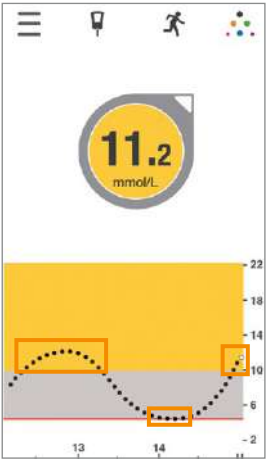
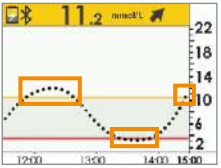
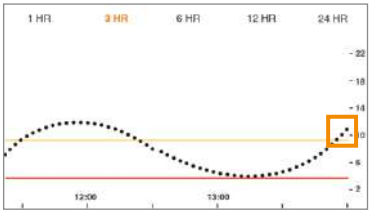
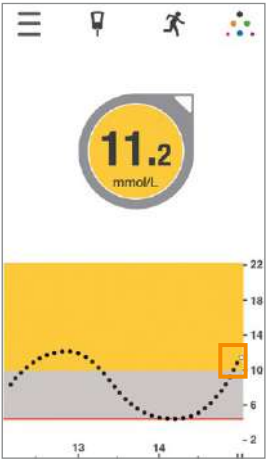
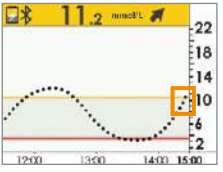
Device	What you see	System keys
Smart Device: In App, Landscape		**4) Alarm/Alerts** High and Low Glucose Alarm/Alert triggers.
Smart Device: In App, Portrait		
Receiver		

Sensor Glucose Readings

Make sure you have at least three consecutive readings within the last 15 minutes prior to making a treatment decision.

Earlier in Chapter 8 you learned each dot on your home screen represents a single sensor glucose reading reported once every five minutes. Do not make any decisions based on your Dexcom G5 Mobile CGM System if there is a gap between the last three dots or you do not have any trend arrows.

Device	What you see	System keys
Smart Device: In App, Landscape		Three dots in a row mean three uninterrupted readings. Make treatment decision based on your management plan.
Smart Device: In App, Portrait		
Receiver		

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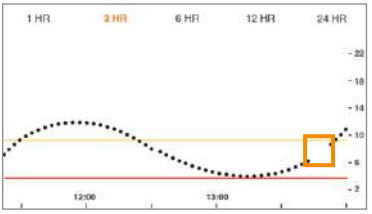
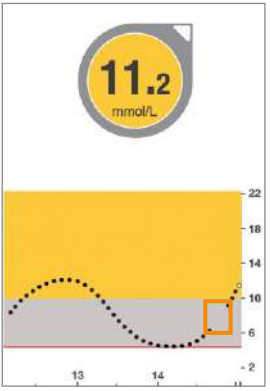
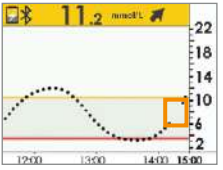
Device	What you see	System keys
Smart Device: In App, Landscape		No trend arrows or gaps between dots mean you do not have 15 minutes of uninterrupted readings. Do not make a treatment decision based on CGM readings.
Smart Device: In App, Portrait		
Receiver		

Trend Graph

Chapter 8 shows how the trend graph gives you an at-a-glance look at your sensor glucose readings. The trend graph lets you see where you have been. Trend arrows show where you are going, and how fast you are getting there. No trend arrow? That means you are not getting sensor BG readings. Check your trend graph screen before making a treatment

decision—verify you have at least three uninterrupted readings within the most recent 15 minute period.

With your smart device turned to landscape mode, the trend graph shows you how different Events (Chapter 9) affect your glucose trends. You learn how your body and glucose reacts over time to carbs, stress, insulin, etc.

Trend Arrows

Also in Chapter 8, you learned about how arrows help you recognize the speed and direction of your sensor glucose readings.

Through experience, you can learn how to act based on your arrows and make treatment decisions accordingly. The trend arrows, not just the sensor glucose reading, help you determine the best plan of action. Your Dexcom G5 Mobile CGM System provides more than just a single number, it provides the speed and direction of your glucose, and how your glucose is trending.

Remember—be patient, it takes time for your insulin to work. Do not "insulin stack" by giving too much insulin, too often, in a too short period of time.

If there are no trend arrows on your trend screen, do not make a treatment decision based on your Dexcom G5 Mobile CGM System information. Trend arrows are one of the four keys in making your treatment decisions based on your Dexcom G5 Mobile CGM System information.

The next table gives you a general overview on how you can use Dexcom G5 Mobile CGM System trend arrows in treatment decisions. Your healthcare professional can help you develop a treatment plan based on your trend arrows.

What you see	Possible actions based on sensor glucose reading's trend arrows		
Arrows	Low Glucose	High Glucose	Target Glucose
	No arrows/no sensor glucose readings. Use BG meter, not Dexcom G5 Mobile CGM System, to make treatment decision.	No arrows/no sensor glucose readings. Use BG meter, not Dexcom G5 Mobile CGM System, to make treatment decision.	No arrows/no sensor glucose readings. Use BG meter, not Dexcom G5 Mobile CGM System, to make treatment decision.

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What you see	Possible actions based on sensor glucose reading's trend arrows		
Arrows	Low Glucose	High Glucose	Target Glucose
	May need to eat a snack or a fast-acting carbohydrate.	May adjust insulin to correct a high sensor glucose reading to reach target range. Do not take multiple insulin doses too close together in time. Think about your trend graph and recent Alarm/Alerts.	Based on last meal or insulin dose, may need to take insulin or eat a snack to stay within target. Do not take multiple insulin doses too close together in time.
	**Watch** and *wait.*	May adjust insulin to correct a high sensor glucose reading to reach target range. Do not take multiple insulin doses too close together in time. Think about your trend graph and recent Alarm/Alerts.	Based on last meal or insulin dose, may need to take insulin to stay within target. Do not take multiple insulin doses too close together in time.

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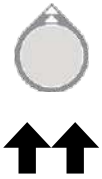
What you see	Possible actions based on sensor glucose reading's trend arrows		
Arrows	Low Glucose	High Glucose	Target Glucose
	**Watch** and *wait.* Make sure you did not overtreat for a low.	May adjust insulin to correct a high sensor glucose reading to reach target range. Do not take multiple insulin doses too close together in time. Think about your trend graph and recent Alarm/Alerts.	If not taken with a recent meal or snack, may take insulin to stay within target range.
	**Watch** and *wait.* Make sure you did not overtreat for a low.	May adjust insulin to correct a high sensor glucose reading to reach target range. Do not take multiple insulin doses too close together in time. Think about your trend graph and recent Alarm/Alerts.	May need to take insulin to stay within target. Do not take multiple insulin doses too close together in time.

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What you see	Possible actions based on sensor glucose reading's trend arrows		
Arrows	**Low Glucose**	**High Glucose**	**Target Glucose**
	May need to eat a snack or fast-acting carbohydrate. Was last insulin dose too high or activity too strenuous?	Based on last insulin dose or activity, may need to watch and wait to reach your target range. Think about your trend graph and recent Alarm/Alerts.	May need to eat a snack or fast-acting carbohydrate.
	May need to eat a snack or fast-acting carbohydrate. Was last insulin dose too high or activity too strenuous?	Based on last insulin dose or activity, may need to watch and wait to reach your target range. Think about your trend graph and recent Alarm/Alerts.	May need to eat a snack or fast-acting carbohydrate.
	May need to eat a snack or fast-acting carbohydrate. Was last insulin dose too high or activity too strenuous?	Based on last insulin dose or activity, may need to watch and wait to reach your target range. Think about your trend graph and recent Alarm/Alerts.	May need to eat a snack or fast-acting carbohydrate.

Alarm/Alerts

With previous Dexcom CGM generations, an Alarm or Alert prompt typically meant you had to take a fingerstick measurement to determine what action to take. With the Dexcom G5 Mobile CGM System, by paying attention to your sensor glucose readings, trend graph, trend

arrows, and Alarm/Alerts, you have all the information you need. No fingerstick is required to make a treatment decision!

Make the appropriate treatment decision based on the sensor glucose reading trends and take action. Now, upon hearing an Alarm or an Alert, instead of grabbing your meter, grab an orange juice or insulin if needed.

Use Alarm/Alerts as your safety net and a call for action. You heard an Alarm or Alert? Chances are you need to make a treatment decision quickly.

Your healthcare professional can help you determine where to set your Low and High Alerts. Set optional Alert features to repeat an Alarm/Alert if you continue to be high or low over time, or set an Alert letting you know your sensor glucose readings are rising or falling.

The Signal Loss Alert is by default on. When "On", you will always know if your transmitter and display device are communicating. When "On" and if there is a signal loss, you will receive a Signal Loss Alert. When signal loss occurs, you will not have received three sequential sensor glucose readings in the last fifteen minutes, and will not be able to use your Dexcom G5 CGM for treatment decisions.

Chapter 10 reviews all of the Alarm and Alerts, Chapter 11 shows how to customize them to best fit your needs.

Now that you know the four Dexcom G5 CGM System keys needed to make treatment decisions, how do you come up with a personal guidelines for your management plan?

12.4 Creating Personal Guidelines

Working closely with your healthcare professional, create a management plan using your Dexcom G5 Mobile CGM System as the foundation of your treatment decisions.

Your Healthcare Professional Is Your Partner

Your healthcare professional can assist you with determining your personal glucose target ranges, how to reach them, help you set your Low/High Alert levels, any additional Alerts to use, and how to best use the Dexcom G5 Mobile CGM System in your daily diabetes management.

They are your partner in personalizing your diabetes management plan and treatment decisions.

Creating a Management and Treatment Plan

When deciding on your management plan and how to use your Dexcom G5 Mobile CGM System to make treatment decisions, talk with your healthcare professional. Your diabetes management and treatment decision plan is based on many factors:

- Your target glucose goals
- Using Dexcom G5 Mobile CGM System information in treatment decisions
- How to treat or prevent lows
- How to treat and prevent highs
- Preventing stacking insulin

The next section provides a closer look at what to talk about with your healthcare professional.

Determine Your Goals

Working with your healthcare professional and determine your target glucose range.

- Setting target glucose ranges helps in planning your treatment decisions
- Target glucose range impacts your response to current glucose reading
- Responses may vary throughout the day as your situation changes

Treatment Decisions

Your healthcare professional can guide you in correctly using your Dexcom G5 Mobile CGM System information when making treatment decisions.

- Make sure you are getting the full picture. Never use your Dexcom G5 Mobile CGM System for treatment decisions if in the last 15 minutes you do not have three consecutive sensor glucose readings on the trend graph, or you are missing a trend arrow. See Section 12.3 for more information
- Your healthcare professional can help you determine what actions to take with the different trend arrows, in particular the rapidly rising or falling trend arrows. Your first thought after seeing double arrows may be to take immediate action, however, depending on your most recent activity or meals, sometimes the best thing to do is just watch and wait
- Discuss different scenarios with your healthcare professional including when it may be best for you to take more insulin, or eat a fast-acting carbohydrate, or do nothing except be patient and watch and wait
- Learn how to be proactive and not reactive. It is always better to prevent a low or high glucose episode. You do not want to panic and overact to your sensor glucose

readings or trend arrows. Talk with your healthcare professional about how to best make decisions before your situation becomes a crisis
- When your sensor glucose readings do not match how you feel, take a fingerstick blood glucose measurement. Use your BG meter value to determine your treatment decision, not your sensor glucose reading
- Recognize the importance of looking at your display device often, what to look for, and learn how past treatment decisions or actions affect your sensor glucose readings
- Your Alarm/Alerts are helpful management tools. With the support of your healthcare professional, determine your Alarm/Alerts settings and what you should do when you get an Alarm/Alert. Talk about other Alerts you can use in your management plan:
    - Rise Rate Alert
    - Fall Rate Alert
    - Repeat High Alert
    - Repeat Low Alert
    - Out of Range Alert

Prevent and Treat Lows

The highest risk of insulin treatment is low blood glucose. With your healthcare professional, learn how to stay within your target range by preventing lows.

- Create a plan for preventing or responding to low glucose
- Include a conversation about how long you should wait after treating a low glucose episode before eating more fast-acting carbohydrates. Just like insulin, it takes time for carbohydrates to raise your blood glucose and to see changes in your trend graph
- Knowing your plan may reduce the risk of a rebounding high after a low

Prevent and Treat Highs

Your healthcare professional can help you use your Dexcom G5 Mobile CGM System trends information to prevent or treat high glucose levels. Talk with them to learn how to improve your meal insulin dosing decisions and timing of insulin dose.

Ask:

- When (if ever) would you take insulin before you eat?
- Does your treatment decision change if your blood glucose is climbing or falling rapidly?
- How much insulin covers your meal or snack?
- How much insulin should you take to correct a high glucose reading?
- How much will one unit of rapid-acting insulin lower your glucose?

- How using your Dexcom G5 Mobile CGM System can improve your meal insulin dosing decisions
  - Timing of insulin injection or bolus on your insulin pump
  - Adjust amount of insulin based on your trend arrow
- How to avoid stacking your insulin
  - How much time should you wait between insulin doses?
  - Timing of your insulin action
  - When does insulin start working? When is it at its strongest and how long does it work?

While the topics above are not all inclusive, they are a great way to start the conversation with your healthcare professional!

12.5 Do's and Do Not's of CGM Treatment Decisions

Being able to use your Dexcom G5 Mobile CGM System to make treatment decisions helps you manage your diabetes. Before doing anything, make sure you follow these "Do's and Do Not's":

Do

- Do use CGM for treatment decision only if you have three sequential sensor glucose readings within the last 15 minutes
- Do review your Dexcom G5 Mobile trend screen often
- Do look at your trend arrows often
- Do use optional Alerts
- Do work with your healthcare professional to develop a management plan
- Do learn what works best from past treatment decisions
  - What worked?
  - What did not?

Do Not

- Do not use Dexcom G5 Mobile CGM System for treatment decisions if symptoms do not match sensor glucose readings—use BG meter
- Do not overreact to sensor information
- Do not take multiple insulin doses too close in time
- Do not dose off of Dexcom G5 Mobile CGM System if you took paracetamol/acetaminophen
- Do not make a Dexcom G5 Mobile CGM System based treatment decision if there are no trend arrows

At this point, you should know when you can and when you cannot make a treatment decision based on your Dexcom G5 Mobile CGM sensor glucose readings. Now let us go back to the questions at the beginning of the chapter and see what you would do!

12.6 You Decide!

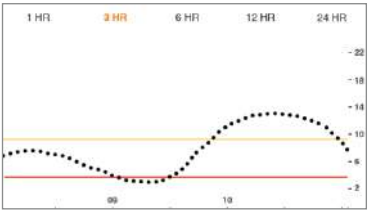
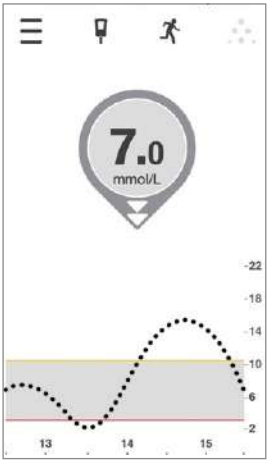
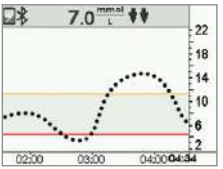
You learned earlier treatment decisions should be based on more than a single sensor glucose reading-you need to look at the whole picture, not just a number. For additional information, go to your Dexcom G5 Mobile CGM System tutorial.

These next scenarios are examples only. While there is a "correct" answer, as you know no situation is black and white. Your treatment decisions are based on numerous factors, so always consult your healthcare professional when learning how to make treatment decisions using your Dexcom G5 Mobile CGM System.

What would you do?

- An hour ago, you drank some orange juice to treat a low glucose reading
- You are about ready to sit down for dinner and get a Rapidly Falling Alert

Using information on this home screen, what treatment decision would you make?

In app: Landscape	In app: Portrait	Receiver
		

Your Options

You have a number of options to choose from; which one do you think is best?

A. Adjust insulin to correct for a low pre-meal glucose
B. Eat fast-acting carbohydrates and adjust insulin to correct for a low pre-meal blood sugar. Consider taking less insulin based on your immediate plans since your trend arrow is going down
C. Eat your meal but do not take any insulin
D. Eat fast-acting carbohydrate to treat the current sensor glucose reading and delay your meal. Do not take any more insulin

If you chose “B”, you are correct!

Based on your target glucose range and how you manage a low glucose, you may need to reduce the amount of insulin needed to cover the food you are about to eat.

Taking fast-acting carbohydrates and get you to your target glucose range and you would still need to take insulin to cover your meal but you might consider taking less insulin for your dropping glucose.

Let us take at a look at why “B” was the best answer.

“A” does not take into consideration you are recovering from a low and have treated with fast-acting carbohydrates. You are still dropping and your glucose is not stable.

“C” Your glucose is dropping and you are below your target range. However, depending on your meal and planned activities, you may still need to take some insulin to prevent a high glucose after your meal.

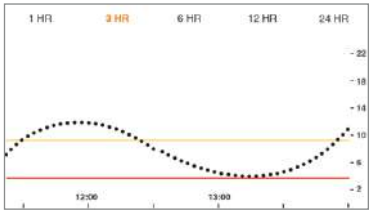
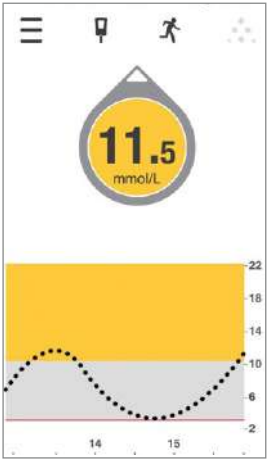
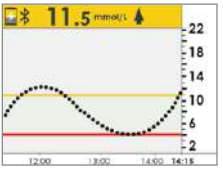
“D” Your glucose is already below target range and dropping. Fast-acting carbohydrates will raise your glucose and your normal meal should help get you to your target glucose range.

Let us look at another scenario:

You are ready to sit down for dinner, and look at your display device to check your glucose level. The trend screen shows your sensor BG reading is 8.3 mmol/L with a single arrow pointing up, so you know it is rising. After taking your normal insulin dose, you eat dinner.

About 90 minutes later, you get a High Glucose Alert.

You know your High Glucose Alert is set at 11.1 mmol/L. Looking down at your display device, you notice your sensor glucose reading is 11.5 mmol/L with a single arrow going up. Not only is your glucose high, it is also rising at around 0.06-0.1 mmol/L each minute or up 1.7 mmol/L in 15 minutes.

In app: Landscape	In app: Portrait	Receiver
		

What would you do?

A. Take insulin to lower your high glucose reading based on your correction factor. Since your trend arrow is going up, you are even thinking about taking more insulin than your usual correction dose
B. Watch and wait. Take no insulin. The insulin you took for your meal may still have not reached its full effect and you do not want to stack insulin
C. Eat fast-acting carbohydrate to treat your sensor glucose value and do not take any more insulin
D. Consider taking a small correction dose because your glucose is still trending up. You know the insulin you took at dinner may not have fully kicked in but your blood glucose is continuing to climb

If you chose “D”, you are correct!

Your blood glucose is still climbing but you are only taking a small extra dose, understanding that the meal insulin dose you took before your meal is still working.

Let us take a look at why “D” was the best answer:

“A” does not consider how long it takes insulin to work. The insulin you took before your meal may continue to work for 3-4 hours. So, taking a “full” extra dose of insulin, a short

time after your meal insulin, is “stacking” insulin, and could result in a low glucose. Talk to your healthcare professional about the dangers of stacking insulin.

“B” may be a correct answer, as the insulin you took 2 hours ago is still working. However, as your glucose is still rising, the dose you took may not have been enough. Your healthcare professional can help you decide when to take small correction insulin dosages.

“C” would be better if your glucose was going down rapidly, but since your glucose is already high and rising, eating some fast-acting carbohydrates would not be the right answer.

General Guidelines

During your daily life with diabetes, it is important to learn from your treatment decisions. What worked, getting you back to your target glucose range or did not work, keeping you from reaching your target glucose range. Think about why you were high or low.

For lows:

- Did you take too much insulin for a meal or snack?
- Did you take too much insulin to correct for a high glucose level?
- Did your exercise lower your glucose levels?
- Did you drink any alcohol?
- Did you accurately count carbohydrates?
- Did you take too much insulin in too close a time period?

For highs:

- Did you take too little insulin for a meal or snack?
- Did you take too little insulin to correct a high glucose level?
- Did your mood or stress levels change?
- Did you think about what medications you are on?
- Did you accurately count carbohydrates?
- Did you give insulin earlier to help to avoid post-meal high glucose levels?

These are just a few things to think about when learning how to make treatment decisions. Your healthcare professional can help you personalize your specific diabetes management and treatment plan. Keep notes and share them with your healthcare professional.

Now You Can:

- List the four keys needed to make a treatment decision using your Dexcom G5 Mobile CGM System
- Recognize how many sensor glucose readings you need in making a treatment decision
- Explain the importance of your Alarm/Alerts in treatment decisions
- Describe the role Trend Arrows have in treatment decisions

- Summarize when you should not make treatment decisions based on your Dexcom G5 Mobile CGM System
- Determine the best treatment decision for your situation using Dexcom G5 Mobile CGM System
- Recognize key points to talk with your healthcare professional when developing your diabetes management plan
- Recite the "Do's and Do Not's" of treatment decisions based on Dexcom G5 Mobile CGM System

What Is Next?

The next chapters begin our fourth part of the user guide: information you need to know, but unlike the previous chapters, typically not part of your day-to-day Dexcom G5 Mobile CGM System experience.

The next part, Part 4: Everything Else G5, reviews the warranty, how to take care of the Dexcom G5 Mobile components, technical specifications, troubleshooting information, and symbols on system components and packages.

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4

EVERYTHING ELSE G5

- Warranty
- Maintenance
- Technical Information
- Troubleshooting
- Package Symbols

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Chapter 13

Everything Else G5:
Warranty: The Fine Print

13.1 Introduction

Sometimes stuff happens. Dexcom has you covered!

The following is our warranty information outlining what we do cover, what we do not and for how long. First the receiver's limited warranty information, then the transmitter's limited warranty information.

13.2 Receiver Warranty Information

What Is Covered and for How Long?

Dexcom, Inc. ("Dexcom") provides a limited warranty to the original purchaser that the Dexcom G5 Mobile Receiver is free from defects in material and workmanship under normal use ("Limited Warranty") for the period commencing upon the date of shipment and continuing for the following specified period of time after that date ("Warranty Period"):

Dexcom G5 Mobile Receiver: **1 year**

NOTE: If you received this receiver as a replacement for an in-warranty receiver, any remaining warranty on the original receiver shall transfer to this replacement receiver, and this warranty shall be void.

What Is Not Covered?

This Limited Warranty is conditioned upon proper use of the product by the purchaser. This Limited Warranty does not cover: (a) defects or damage resulting from accident, misuse, abuse, neglect, unusual physical, electrical or electromechanical stress, modification of any part of the product, or cosmetic damage; (b) equipment that has the ID number removed or made illegible; (c) all surfaces and other externally exposed parts that are scratched or damaged due to normal use; (d) malfunctions resulting from the use of the product in conjunction with accessories, products or ancillary or peripheral equipment not furnished or approved by Dexcom; (e) defects or damage from improper testing, operation, maintenance,

installation or adjustment; (f) installation, maintenance, and service of products; or (g) equipment that has been disassembled; or (h) water damage to the receiver (receiver is not water resistant, do not get the receiver wet at any time).

What Are Dexcom's Obligations Under the Limited Warranty?

During the Warranty Period, Dexcom will replace, at Dexcom's sole option, without charge to purchaser, any defective Dexcom G5 Mobile Receiver. Purchaser must return the product to an authorized Dexcom Customer Support Department in an adequate container for shipping, accompanied by purchaser's sales receipt or comparable substitute proof of sale showing the date of purchase, the ID number of the product, and the seller's name and address. To obtain assistance on where to deliver the Dexcom G5 Mobile Receiver, contact your local Dexcom representative. Upon receipt, Dexcom will promptly replace the defective product. If Dexcom determines that any product is not covered by this Limited Warranty, purchaser must pay all shipping charges for the return of such product.

What Are the Limits on Dexcom's Warranty and Liability Obligations?

THE LIMITED WARRANTY OF DEXCOM DESCRIBED ABOVE IS EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, EITHER IN FACT OR BY OPERATION OF LAW, STATUTORY OR OTHERWISE, AND DEXCOM EXPRESSLY EXCLUDES AND DISCLAIMS ALL SUCH OTHER WARRANTIES, INCLUDING WITHOUT LIMITATION, ANY WARRANTY OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, OR NON-INFRINGEMENT. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, DEXCOM SHALL NOT BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONSEQUENTIAL, OR INDIRECT DAMAGES, HOWEVER CAUSED AND ON ANY THEORY OF LIABILITY, ARISING IN ANY WAY OUT OF THE SALE, USE, MISUSE OR INABILITY TO USE ANY DEXCOM G5 MOBILE SYSTEM. THIS LIMITATION SHALL APPLY EVEN IF DEXCOM OR ITS AGENT HAS BEEN ADVISED OF SUCH DAMAGES AND NOTWITHSTANDING ANY FAILURE OF ESSENTIAL PURPOSE OF THIS LIMITED REMEDY. THIS LIMITED WARRANTY SHALL NOT EXTEND TO ANYONE OTHER THAN THE ORIGINAL PURCHASER OF THIS PRODUCT AND STATES PURCHASER'S EXCLUSIVE REMEDY. IF ANY PORTION OF THIS LIMITED WARRANTY IS ILLEGAL OR UNENFORCEABLE BY REASON OF ANY LAW, SUCH PARTIAL ILLEGALITY OR ENFORCEABILITY SHALL NOT AFFECT THE ENFORCEABILITY OF THE REMAINDER OF THIS LIMITED WARRANTY WHICH PURCHASER ACKNOWLEDGES IS AND WILL ALWAYS BE CONSTRUED TO BE LIMITED BY ITS TERMS OR AS LIMITED AS THE LAW PERMITS.

13.3 Transmitter Warranty Information

What Is Covered and for How Long?

Dexcom, Inc. (“Dexcom”) provides a limited warranty to the original purchaser that the Dexcom G5 Mobile Transmitter is free from defects in material and workmanship under normal use (“Limited Warranty”) for the period commencing upon the date of shipment and continuing for the following specified period of time after that date (“Warranty Period”):

Dexcom G5 Mobile Transmitter: **3 months**

NOTE: If you received this transmitter as a replacement for an in-warranty transmitter, any remaining warranty on the original transmitter shall transfer to this replacement transmitter, and this warranty card shall be void.

What Is Not Covered?

This Limited Warranty is conditioned upon proper use of the product by the purchaser. This Limited Warranty does not cover: (a) defects or damage resulting from accident, misuse, abuse, neglect, unusual physical, electrical or electromechanical stress, modification of any part of the product, or cosmetic damage; (b) equipment that has the ID number removed or made illegible; (c) all surfaces and other externally exposed parts that are scratched or damaged due to normal use; (d) malfunctions resulting from the use of the product in conjunction with accessories, product or ancillary or peripheral equipment not furnished or approved by Dexcom; (e) defects or damage from improper testing, operation, maintenance, installation or adjustment; (f) installation, maintenance, and service of products; (g) equipment that has been disassembled, or (h) water damage to the transmitter beyond the specifications listed in the Dexcom G5 Mobile System User Guide, a copy of which was included with your Dexcom G5 Mobile CGM System and may be found at dexcom.com.

What Are Dexcom’s Obligations Under the Limited Warranty?

During the Warranty Period, Dexcom will replace, at Dexcom’s sole option, without charge to purchaser, any defective Dexcom G5 Mobile Transmitter. Purchaser must return the product to an authorized Dexcom Customer Support Department in an adequate container for shipping, accompanied by purchaser’s sales receipt or comparable substitute proof of sale showing the date of purchase, the ID number of the product, and the seller’s name and address. To obtain assistance on where to deliver the Dexcom G5 Mobile Transmitter, contact your local Dexcom representative. Upon receipt, Dexcom will promptly replace the defective

product. If Dexcom determines that any product is not covered by this Limited Warranty, purchaser must pay all shipping charges for the return of such product.

What Are the Limits on Dexcom's Warranty and Liability Obligations?

THE LIMITED WARRANTY OF DEXCOM DESCRIBED ABOVE IS EXCLUSIVE AND IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, EITHER IN FACT OR BY OPERATION OF LAW, STATUTORY OR OTHERWISE, AND DEXCOM EXPRESSLY EXCLUDES AND DISCLAIMS ALL SUCH OTHER WARRANTIES, INCLUDING WITHOUT LIMITATION, ANY WARRANTY OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE, OR NON-INFRINGEMENT. EXCEPT TO THE EXTENT PROHIBITED BY APPLICABLE LAW, DEXCOM SHALL NOT BE LIABLE FOR ANY SPECIAL, INCIDENTAL, CONSEQUENTIAL, OR INDIRECT DAMAGES, HOWEVER CAUSED AND ON ANY THEORY OF LIABILITY, ARISING IN ANY WAY OUT OF THE SALE, USE, MISUSE OR INABILITY TO USE ANY DEXCOM G5 MOBILE CGM SYSTEM. THIS LIMITATION SHALL APPLY EVEN IF DEXCOM OR ITS AGENT HAS BEEN ADVISED OF SUCH DAMAGES AND NOTWITHSTANDING ANY FAILURE OF ESSENTIAL PURPOSE OF THIS LIMITED REMEDY. THIS LIMITED WARRANTY SHALL NOT EXTEND TO ANYONE OTHER THAN THE ORIGINAL PURCHASER OF THIS PRODUCT AND STATE PURCHASER'S EXCLUSIVE REMEDY. IF ANY PORTION OF THIS LIMITED WARRANTY IS ILLEGAL OR UNENFORCEABLE BY REASON OF ANY LAW, SUCH PARTIAL ILLEGALITY OR ENFORCEABILITY SHALL NOT AFFECT THE ENFORCEABILITY OF THE REMAINDER OF THIS LIMITED WARRANTY WHICH PURCHASER ACKNOWLEDGES IS AND WILL ALWAYS BE CONSTRUED TO BE LIMITED BY ITS TERMS OR AS LIMITED AS THE LAW PERMITS.

Chapter 14

Everything Else G5:
Taking Care of Your Dexcom G5 Mobile CGM System

14.1 Introduction

There are not a lot of moving parts in the Dexcom G5 Mobile CGM System, so maintenance is relatively simple: keep it clean, keep display device(s) dry and protected, use accessory parts, like the USB cable, etc., given to you with the system and store according to each piece's labeling instructions.

This chapter only covers Dexcom parts (sensor, transmitter, and receiver). Follow the manufacturer's instructions when caring for your smart device.

After this chapter, you will be able to:

1. Demonstrate proper maintenance
    a. Sensor
    b. Transmitter
    c. Receiver
    d. Charge receiver's battery
2. Determine what accessories you may use
3. Clean and disinfect the system
4. Identify the best storage methods
    a. Sensor
    b. Transmitter
    c. Receiver
5. How to safely dispose of
    a. Sensor
    b. Transmitter
    c. Receiver

14.2 Basic Maintenance

Sensor

1. Keep in sterile package until ready for use.
2. Check package label for expiration date.
    a. Expiration date format is YYYY-MM-DD (year-month-day).
    b. Do not use if sensor has expired.
        i. May provide inaccurate sensor glucose readings.

Transmitter

1. Keep in box until ready for use.
    a. Do not use if damaged.
2. Transmitter is reusable, however only by the same person.
    a. Never share transmitter with anyone.
3. Between uses, clean outside of the transmitter with damp cloth or alcohol wipes. Let dry before use or storage.
4. When not in use.
    a. Protect transmitter by returning to its packaging or another safe place.
    b. Store between 0° C-45° C.

Receiver

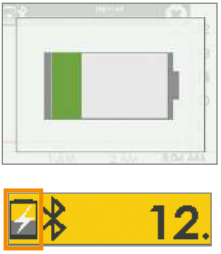
1. If receiver casing is cracked or damaged, do not use.
    a. May get an electric shock.
2. Keep receiver dry—it is only splash resistant.
    a. Do not submerge in liquid.
    b. Do not spill fluids on receiver.
3. Keep battery charged.
    a. Only use Dexcom USB charging/download cable.
4. Keep the micro USB port cover closed if not using USB cable.
    a. Prevents fluid from getting inside receiver.

Charging Receiver's Battery

The receiver's status bar lets you see its battery level and prompts you when the battery is getting low. While the receiver is being charged, you will continue to get your sensor glucose readings if the transmitter and receiver are within six meters of each other.

Your receiver package includes a wall charger with interchangeable plugs. Remove the existing plug, pushing up at its base, lifting up and away. Once the non-compatible plug is removed, slide in the correct plug for your outlet.

Each charge lasts approximately three days. If your receiver's battery was drained, after charging, you may need to reset its time and date. If this is required, the system tells you to reset and takes you to the time/date seeing screens.

Step	What you see	What it means	What you do
1		Low Battery	Charge your battery.
2		Micro USB Port	**Open** *USB port door.* **Plug** *USB cable* into port for recharging.

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Step	What you see	What it means	What you do
3		Micro USB Cable	**Plug** into *receiver* to charge battery. Do not plug into a computer port to charge. Do not use an external USB hub, it does not provide enough power to charge battery. Battery can only be charged using the adapter/wall charger. Charge battery before each new sensor session. When used in a healthcare facility, charge battery away from patient.
4		AC Power Adapter	To remove the plug from the AC power adapter, place both thumbs on the bottom of the plug and push up until the plug pops out of the adapter.

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Step	What you see	What it means	What you do
5		AC Power Adapter The AC power adapter comes with interchangeable plugs.	Install the appropriate plug for your wall outlet style by sliding the plug down onto the adapter until it snaps into place.
6		Wall Charger	**Plug** *USB cable* into *adapter/wall charger.* Plug wall charger into an electrical outlet to charge receiver's battery. Do not block access to the charger.
7		Battery Charging	Keep charging until icons are solid.

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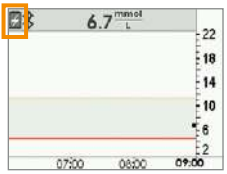
Step	What you see	What it means	What you do
8		Battery Charged	**Unplug** *wall charger* from outlet when fully charged.
9		USB Port Door	**Remove** *USB cable* from receiver. **Close** *USB port door* after removing USB to keep receiver clean and dry.

Accessories

1. Only use Dexcom-supplied parts (including cables and chargers).
    a. Use of non-Dexcom supplied parts may affect safety and performance.
2. Insert cables only as directed.
    a. Do not force cables in place.
3. Look at cables for signs of wear and tear. Do not use if worn or damaged.

There is no repair service available for any Dexcom G5 Mobile CGM System parts.

If you experience problems, contact your local Dexcom representative.

14.3 Cleaning and Disinfecting the System

Cleaning

DO NOT clean the power supply charger.

Cleaning removes dirt from the surface of the device. It does not kill bacteria or viruses. The receiver and transmitter should be cleaned whenever they are visibly dirty and between each use. You will need a soft, water-dampened cloth or an isopropyl alcohol wipe.

Cleaning the receiver or transmitter:

- Close the receiver's USB port slide cover
- Wipe the outside of the device with a slightly damp cloth or isopropyl alcohol wipe
- The receiver is not waterproof. Do not use a soaking wet cloth
- The transmitter is water resistant when snapped into the sensor pod, but do not soak the transmitter by itself in liquid
- Do not use soap, nail polish remover, or paint thinner. Only use isopropyl alcohol and water
- For cleaning, do not use wipes that contain adhesives (for example, Smith + Nephew IV Prep)
- Place the device on a clean, dry cloth and air dry for 2-3 minutes

Disinfection

Disinfection removes and destroys microorganisms and pathogens from the surface of the device.

Disinfect the receiver and transmitter periodically or whenever you suspect that blood or body fluid has come in contact with the surface of the device. If a second person, such as a healthcare professional, is helping you operate the receiver or transmitter, the device should be disinfected before the second person helps you with it.

You will need gloves, clean, dry absorbent wipes, 70% isopropyl alcohol wipes and several disinfectant wipes containing a bleach solution strength of 6500 parts per million that are indicated to kill viruses (such as Dispatch Hospital Cleaner Disinfectant Towels with Bleach or equivalent).

Preparation:

- Use precaution when handling products worn or handled by another person
- Wash hands thoroughly
- Wear personal protective equipment as appropriate (gloves, protective goggles, gowns, etc.)
- Close the receiver's USB port slide cover
- The receiver is not waterproof. Do not use a soaking wet cloth

Disinfecting the receiver or transmitter:

- Wear gloves
- Thoroughly pre-clean the surface of any visible contamination with one disinfectant wipe (wipe the front, back and all four sides of the device)

- Thoroughly wet the surface of the device with a second disinfectant wipe to wipe the front, back and all four sides of the device
- The surface should remain wet for at least 1 minute at room temperature (21º C) to ensure proper disinfection. Use additional disinfection wipes to make sure the surface stays wet for the full minute
- Dry the unit with a clean, dry absorbent wipe
- Wipe the outside of the device with a 70% isopropyl alcohol wipe to remove any disinfectant residue
- Dry the unit with a clean, dry absorbent wipe
- Place the receiver screen side facing down on a clean, dry cloth and air dry for 60 minutes
- Place the transmitter on a clean, dry cloth and air dry for 2-3 minutes
- Remove gloves and dispose of gloves as biohazard waste
- Wash hands thoroughly

14.4 Storage

Storing your Dexcom G5 Mobile CGM System correctly helps prevents system failures.

Sensor

1. Keep the sensor in its sterile packaging until you are ready to use it.
2. Store at temperatures between 2° C-25° C.
    a. Stored outside of this range may cause inaccurate sensor glucose readings.
    b. May store in refrigerator if it is within this temperature range.
    c. Sensors should not be stored in freezer.
3. Store at humidity levels between 0%-95% relative humidity.

Transmitter

1. Keep transmitter protected when not in use.
2. Store at temperatures between 0° C-45° C.
3. Store at humidity levels between 10%-95% relative humidity.

Receiver

1. Keep receiver protected when not in use.
2. Fully charge the battery before storing for over 3 months.
3. Store at temperatures between 0° C-40° C.
4. Store at humidity levels between 10%-95% relative humidity.

14.5 Checking App and Receiver Information

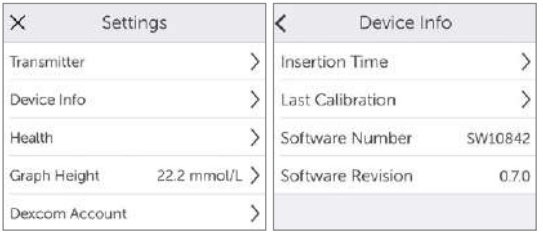
CHECKING YOUR APP & RECEIVER SOFTWARE VERSION

You can check your app or receiver for information about your CGM system at any time.

Receiver

1. From the Settings menu, **press** *Up* or *Down arrows* to scroll to "Device Info."
2. **Press** *Select*. Information about your sensor session and system will show.

App



1. From Main Menu, **tap** *Settings*.
2. **Tap** *Device Info*.

Available Information

- Insertion Time
- Last Calibration
- Transmitter Battery
- Transmitter SN
- Serial Number
- Part Number
- Part Revision
- Software Number

14.6 System Disposal

Different municipalities have different requirements when throwing away electronics (receiver and transmitter) and parts that have come in contact with blood or other bodily fluids (sensor).

Consult your area's local waste management authorities for proper disposal instructions.

Chapter 15

Everything Else G5:
Technical Information

15.1 Device Performance Characteristics

System Accuracy

The CGM System accuracy is evaluated through clinical studies[1] that compare CGM glucose values to reference glucose values. The accuracy is based on the percentage of CGM glucose readings that are within (±) 20%, 30% or 40% at glucose values above (>) 80 mg/dL (4.4 mmol/L), or within 20 mg/dL (1.1 mmol/L), 30 mg/dL (1.7 mmol/L) or 40 mg/dL (2.2 mmol/L) at glucose values at or below (≤) 80 mg/dL (4.4 mmol/L) of the reference glucose values. The Yellow Springs Instrument 2300 STAT Plus™ Glucose Analyzer (YSI) were used as the reference glucose values in these studies.

Table 1. Percentage of CGM Glucose Readings within %20/20, %30/30, or %40/40 of the YSI

Study	Number of Matched Pairs CGM-YSI	%20/20 (%20/1.1)	%30/30 (%30/1.7)	%40/40 (%40/2.2)
Adults (18 years and above)	2263	93%	98%	99%
Pediatrics (Ages 2-17 years old)	2262	91%	96%	98%

[1]For more information on the clinical study results, see website at: dexcom.com/global

15.2 Product Specifications

The Dexcom G5 Mobile CGM System is intended for use by patients at home and in healthcare facilities.

Use of accessories, transducers and cables other than those specified or provided by the manufacturer of this equipment could result in increased electromagnetic emissions or decreased electromagnetic immunity of this equipment and result in improper operation.

Do not to touch the metal connectors on the bottom of the transmitter and other open connectors on the receiver, charging cable and charger.

Hereby, Dexcom, Inc. declares that the radio equipment type Dexcom G5 Mobile CGM System is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: dexcom.com/doc

Sensor Product Specifications

Glucose Range	2.2—22.2 mmol/L
Sensor Life	Up to 7 days
Calibration	Commercially available blood glucose meter
Calibration Range	2.2—22.2 mmol/L
Storage Condition	Temperature: 2° C - 25° C Humidity: 0% - 95% RH
Sterilization	Sterile by radiation

Transmitter Product Specifications

Part Number	9438-06
Dimensions (Including Sensor Pod)	Length: 3.8 cm Width: 2.3 cm Thickness: 1.3 cm
Weight (Including Sensor Pod)	11.34 grams
Power Supply	Silver oxide batteries (not replaceable)
Operational Conditions	Ambient temperature is 10° C-42° C Humidity: 10% - 95% RH
Storage Conditions	Temperature: 0° C - 45° C Humidity: 10% - 95% RH
Operating Altitude	-396.24 to 4,206 meters
Limited Warranty	3 months
Moisture Protection	IP28: Protection against insertion of large objects and immersion in water up to 2.4 meters for 24 hours. Protection against submersion in water

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Protection Against Electrical Shock	Type BF applied part

Transmitter Performance Characteristics

Parameter	Performance Characteristic
TX/RX Frequencies	2.402-2.480 GHz
Bandwidth	1.02 MHz
Maximum Output Power	1.0 mW EIRP
Modulation	Gaussian Frequency-Shift Keying
Data Rate	1 Mbps
Data Communication Range	Six meters

This device can withstand exposure to common electrostatic (ESD) and electromagnetic interference (EMI).

Guidance and Manufacturer's Declaration – Electromagnetic Immunity

The transmitter (P/N 9438-06) is intended for use in the electromagnetic environment specified in the next table. The customer or the user of the transmitter should ensure that it is used in such an environment.

Transmitter Electromagnetic Immunity Specifications

Immunity Test	IEC 60601 Test Level	Transmitter Compliance Level	Electromagnetic Environment Guidance
Electrostatic Discharge (ESD) **IEC 61000-4-2**	± 8 kV Contact ± 15 kV Air	± 8 kV Contact ± 15 kV Air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Power Frequency (50/60 Hz) Magnetic Field **IEC 61000-4-8**	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

Receiver Product Specifications

Part Number	MT22719
Reading Frequency	Every 5 minutes
Dimensions	Length: 10.16 cm Width: 4.57 cm Thickness: 1.27 cm
TX/RX Frequencies	2.402-2.480 GHz
Bandwidth	1.22 MHz
Maximum Output Power	2.5 mW EIRP
Modulation	Gaussian Frequency-Shift Keying
Data Rate	1 Mbps
Weight	68.04 grams
Receiver Input	5V DC, 1A
Power Supply	MT21255
Communication Range	6 meters
Memory Storage	30 days of glucose data 7 days of tech support data
Re-Chargeable Battery Use	3 days
Charging Time	3 hours wall outlet The device behaves normally while being charged Do not hold the receiver while charging for over a minute There are no risks to connecting any part of the system to an MSO (Multiple Socket Outlet)
Storage/Operating Conditions	Temperature: 0° C - 40° C Humidity: 10% - 95% RH
Operating Altitude	-396.24 to 4,206 meters

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Medium Priority Alarm Audible Output	50 dBa at 1 meter
Moisture Protection	IP22: Vertically falling drops Protection against insertion of large objects and dripping water
Limited Warranty	1 year
Control Classification	Class II equipment

The warranty life of the receiver is 1 year. The service life for the accessories is noted to be up to one year. If you have difficulty reading your receiver in bright sunlight, you may need to seek a shady location. Do not connect the receiver to any equipment not specified in IFU.

Guidance and Manufacturer's Declaration – Electromagnetic Immunity

The receiver (MT22719) is intended for use in the electromagnetic environment specified in the next table. The customer or the user of the receiver should ensure that it is used in such an environment.

Receiver Electromagnetic Immunity Specifications

Immunity Test	IEC 60601 Test Level	Transmitter Compliance Level	Electromagnetic Environment Guidance
Electrostatic Discharge (ESD) **IEC 61000-4-2**	± 8 kV Contact ± 15 kV Air	± 8 kV Contact ± 15 kV Air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical Fast Transient/Burst **IEC 61000-4-4**	± 2 kV for power supply lines ± 1 kV for input/output lines	± 2 kV for power supply lines Not applicable	Mains power quality should be that of a typical commercial or hospital environment.
Surge **IEC 61000-4-5**	± 1 kV line(s) to line(s) ± 2 kV line(s) to earth	± 1 kV line(s) to line(s) Not applicable	Mains power quality should be that of a typical commercial or hospital environment.

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Immunity Test	IEC 60601 Test Level	Transmitter Compliance Level	Electromagnetic Environment Guidance
Voltage Dips, Short Interruptions and Voltage Variations on Power Supply Input Lines **IEC 61000-4-11** **IEC 60601-1-11**	0% U_T for 1 cycle 0% U_T for 0.5 cycle at 8 phase angles 70% U_T (30% dip in U_T) for 25 cycles 0% U_T for 250 cycles	0% U_T for 1 cycle 0% U_T for 0.5 cycle at 8 phase angles 70% U_T (30% dip in U_T) for 25 cycles 0% U_T for 250 cycles	Mains power quality should be that of a typical commercial or hospital environment.
Power Frequency (50/60 Hz) Magnetic Field **IEC 61000-4-8**	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.

NOTE: *U_T is the a.c. mains voltage prior to application of the test level.*

Guidance and Manufacturer's Declaration – Electromagnetic Immunity

The Dexcom G5 Mobile CGM System is intended for use in the electromagnetic environment specified in the next table. The customer or the user of the Dexcom G5 Mobile CGM System should ensure that it is used in such an environment.

System Electromagnetic Immunity Specifications

Immunity Test	IEC 60601 Test Level	Receiver Compliance Level	Electromagnetic Environment Guidance
Conducted RF **IEC 61000-4-6** **(Receiver only)**	3 Vrms 150 kHz to 80 MHz	6 Vrms	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%. Recommended Separation Distance $d = 1.2\sqrt{P}$ 150 kHz to 80 MHz $d = 1.2\sqrt{P}$ 80 MHz to 800 MHz $d = 2.3\sqrt{P}$ 800 MHz to 2.5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey[a] should be less than the compliance level in each frequency range[b]. Interference may occur in the vicinity of equipment marked with following symbol: 
Radiated RF **IEC 61000-4-3**	10 V/m at 80 MHz to 2700 MHz (AM Modulation)	10 V/m	

NOTE 1: *At 80 MHz and 800 MHz, the higher frequency range applies.*

NOTE 2: *These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.*

a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast, and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the Dexcom G5 Mobile CGM System is used exceeds the applicable RF compliance level in the table, the Dexcom G5 Mobile CGM System should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the Dexcom G5 Mobile CGM System.

b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 10 V/m.

Guidance and Manufacturer's Declaration – Electromagnetic Emissions

The Dexcom G5 Mobile CGM System is intended for use in the electromagnetic environment specified in the next table. The customer or the user of the Dexcom G5 Mobile CGM System should ensure that it is used in such an environment.

Electromagnetic Emissions Specifications

Emissions Test	Compliance	Electromagnetic Environment Guidance
RF Emissions CISPR 11	Group 1	The Dexcom G5 Mobile System uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF Emissions CISPR 11	Class B	The Dexcom G5 Mobile System is suitable for use in all establishments including domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.

Recommended Separation Distances Between Portable and Mobile RF Communications Equipment and the Receiver

The receiver is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the receiver can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the receiver as recommended in the next table, according to the maximum output power of the communications equipment. Portable and mobile RF equipment include: baby monitors, *Bluetooth* wireless headsets, wireless routers, microwave ovens, laptops with internal Wi-Fi adapters, GSM cell phones, RFID scanners and hand-held security metal detector often used by security screeners.

Minimum Recommended Distance between Other RF Transmitters and the Dexcom Transmitter/Receiver

Rated Maximum Output Power of Transmitter (W)	Separation Distance According to Frequency of Transmitter (m)		
	150 kHz to 80 MHz $d = 1.2\ P^{½}$	**80 MHz to 800 MHz** $d = 1.2\ P^{½}$	**800 MHz to 2.5 GHz** $d = 2.3\ P^{½}$
0.01	0.12	0.12	0.23

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Rated Maximum Output Power of Transmitter (W)	Separation Distance According to Frequency of Transmitter (m)		
	150 kHz to 80 MHz $d = 1.2 P^{½}$	80 MHz to 800 MHz $d = 1.2 P^{½}$	800 MHz to 2.5 GHz $d = 2.3 P^{½}$
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed in the table, the recommended separation distance (d) in meters can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacture.

NOTE 1: *At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.*

NOTE 2: *These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.*

USB Charging/Download Cable* Specifications

Input/Output	5V DC, 1A
Type	USB A to USB micro B
Length	0.914 meters

**The power supply/charger can be connected to the USB charging/download cable for charging using an AC power outlet. Misuse of the USB cable can present a strangulation risk. Isolation of system is by unplugging charger from wall.*

Power Supply/Charger Specifications

Part Number	MT21255
Class	II
Input	AC Input 100-240 Vac, 50/60Hz, 0.2A, 0.2A rms at 100 Vac
DC Output	5V DC, 1A (5.0 Watts)

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Chapter 16

Everything Else G5:
Troubleshooting

16.1 Introduction

Sensor pod not sticking? Prompt will not go away? Not getting your sensor glucose readings? Do not know when to replace your transmitter? This chapter will help you figure it out!

Troubleshooting sections are categorized by function or system component. The solutions here are meant to be brief and not all inclusive, some have audible prompts, and others do not. When more detailed answers or preventative measures are in a chapter, you will get a brief explanation here, and then get directed to the applicable chapter and section.

After looking at this troubleshooting chapter, are you still not sure what to do? Or maybe your problem is hardware (for example, receiver or transmitter failure).

If your problem is not found here, follow the steps listed on your app screen, or contact your local Dexcom representative.

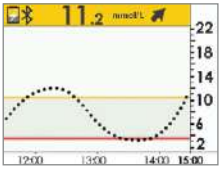
Please contact your local Dexcom representative if any of these errors continue and the instructions do not resolve the issue.

16.2 Troubleshooting

No Alarm/Alerts

Device	What you see	Problem	What you do
Smart Device: In App		Not receiving Alerts	**Check** *Alarm/Alerts*, sound and/or vibrations for notifications are *On*. **Check** your smart device is not on mute (if applicable).
Receiver			

Sensor Glucose Readings

Device	What you see	Problem	What you do
BG Meter		Sensor readings and BG meter glucose values often do not show the same	Differences are not uncommon. Readings from different body fluids reflect different numbers: **Meter** - from blood **Sensor** - from interstitial fluid. If the meter shows 4.4 mmol/L or less, CGM should read within +/- 1.1 mmol/L. If the meter shows 4.4 or above, the CGM should read +/- 20%. Example: an 11.3 mmol/L receiver reading and a 9.4 mmol/L glucose meter value = a 17% difference (this is still considered accurate). Outside of these guidelines: **Calibrate** again.
Smart Device: In App			
Receiver			

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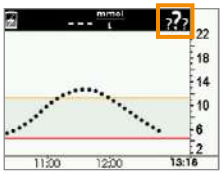
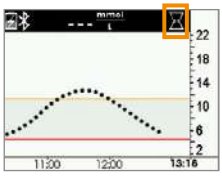
Device	What you see	Problem	What you do
Smart Device: In App		Not getting sensor glucose readings	*Do not* calibrate. **Wait** for more prompts. System may correct problem itself and continue to provide sensor glucose readings. 3 hours since last sensor reading: Contact your local Dexcom representative.
Receiver			
Smart Device: In App		Not getting sensor glucose readings	**Wait** System will often resolve itself. If this continues for an extended period of time, contact your local Dexcom representative to report error.
Receiver			

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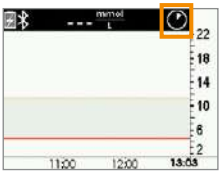
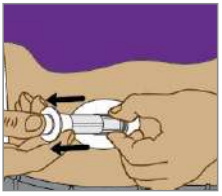
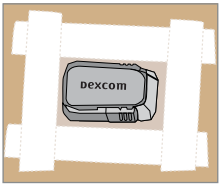
Device	What you see	Problem	What you do
Smart Device: In App		System display device and transmitter not communicating	*Do not* calibrate. **Wait** 10 minutes. **Move** *display device* and *transmitter* within six meters of each other without obstruction. **Wait** another 10 minutes. Smart device: 1. **Restart** *smart device.* If error remains: 1. **Open** your device's *Bluetooth settings.* 2. **Delete** all Dexcom *entries.* 3. **Pair** your *transmitter.*
Receiver			
Smart Device: In App		No sensor glucose readings	**Wait** up to 2 hours. System is counting down to when you do your initial calibration.
Receiver			

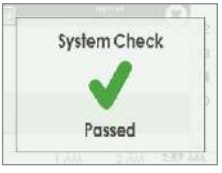
Applicator

Picture	Problem	What you do
	Safety lock stuck	**Pull** *safety lock* straight out: • Away from your body • Follow direction of safety lock *Up Arrow*
	Collar will not pull up	**Use** force when pulling the collar up. **Check** *white plunger* is completely down—flush to the applicator barrel.
	Cannot remove transmitter latch	Do not pull it straight off. **Hold** *sensor pod* with one hand. **Twist** *transmitter latch* with other hand to break transmitter latch off.

Sensor Pod Adhesive

Picture	Problem	What you do
	Sensor pod will not stick	**Put** medical tape over sensor pod's white adhesive patch (for example, Blenderm). **Do not** place tape over the transmitter.

Hardware Error

Device	What you see	Problem	What you do
Receiver		Will not turn on: Battery dead	**Charge** *receiver* using electrical outlet, not computer/laptop. Full charge may take up to five hours.
Receiver		After full charge session: Will not turn on	**Reset** *receiver.* **Connect** *receiver* to *charger.* **Insert** end of paper clip into small circular hole on receiver's back. **Push down** on paper clip. Receiver will vibrate. Processing screen appears. **Charge** *receiver.*
Receiver		Receiver Low Battery	**Charge** *receiver.*
Receiver		System Recovery	Do nothing. Receiver is able to continue to work and recover from an error. App: **Tap** *OK* to clear Alert.

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Device	What you see	Problem	What you do
Smart Device: In App		No *Bluetooth*	**Go** to smart device's *Settings*. **Make sure** *Bluetooth* is On. If problem persists, please contact device's manufacturer.
BG Meter		System will not accept calibration if outside of the 2.22-22.2 mmol/L range	**Wait** until your glucose is between 2.2-22.2 mmol/L. **Calibrate** only when your BG meter values are between 2.2-22.2 mmol/L.
Smart Device: In App		System did not accept recent calibration (see Sensor Glucose Readings troubleshooting for a possible reason) No sensor glucose readings will be displayed until error is resolved	**Wait** 15 minutes. **Enter** 1 calibration. If error screen still appears, enter 1 more BG meter value. **Wait** 15 minutes. If no sensor glucose readings appear on the display, the sensor needs to be replaced. Contact your local Dexcom representative to report error. App: Follow same instructions. **Tap** *question mark* to get more information.
Receiver			

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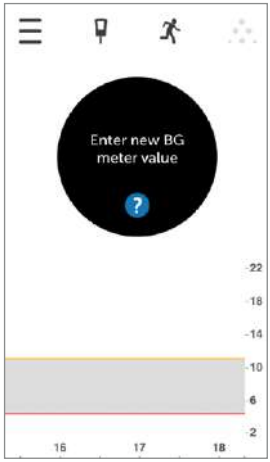
Device	What you see	Problem	What you do
Smart Device: In App		System did not accept recent calibration	**Wait** 15 minutes. **Enter** 1 BG meter value. **Wait** 15 more minutes. If error screen still appears enter 1 more BG meter value. **Wait** 15 minutes. If no sensor glucose readings appear on the display, the sensor needs to be replaced. Contact your local Dexcom representative.
Receiver			

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Device	What you see	Problem	What you do
Smart Device: In App		Transmitter not working Sensor session automatically stopped No sensor glucose readings displayed	**Contact** your local Dexcom representative. **Start checking** BG value using BG meter. App: **Tap** *OK* to clear Alert. Receiver: **Press** *Select* to clear. Will not re-alert once cleared. **Order** new transmitter.
Receiver			
Smart Device: In App		Pairing Failed	Check Transmitter SN in display device is correct. If wrong: **Stop** *sensor session*. **Re-Enter** correct transmitter SN. App: Menu > Trans SN > **Enter** correct SN Receiver: Settings > Trans SN > **Enter** correct SN If correct: **Contact** your local Dexcom representative.
Receiver			

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Device	What you see	Problem	What you do
Smart Device: In App		Transmitter Low Battery	App: **Tap** *OK* to clear Receiver: **Press** *Select* to clear. Will not re-alert once cleared. **Order** new transmitter.
Receiver			

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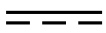
Chapter 17

Everything Else G5:
Package Label Symbols

17.1 Symbols on Package Labels

The following symbols may be found on the sensor, transmitter, and receiver package labels. These symbols tell you about the proper and safe use of the Dexcom G5 Mobile System.

Some of these symbols may not have meaning in your region, and are listed for informational purposes only. This table shows what each symbol means.

	Use By Date	LOT	Batch/Lot Number
	Caution	REF	Part/Catalog Number
	Date of Manufacture	STERILE R	Sterile by Radiation
	Do Not Reuse		Temperature Limitation
SN	Serial Number	IP28	IP28: Protection Against Insertion of Large Objects and Immersion in Water
	Class II Equipment	IP22	IP22: Protection Against Insertion of Large Objects and Dripping Water
	Alternating Current		Direct Current

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	Type BF Applied Part		Authorized Representative in the European Community
	Manufacturer		Non-Ionizing Radiation
	Humidity Limitation		Marking Certifies Device Meets European Council Directive 93/42/EEC
	European Union WEEE Directive 2012/19/EU		Do Not Use if Package is Damaged
	Electrical Equipment Designed Primarily for Indoor Use	SB	Ship By Date
	Input		*Bluetooth*
	Keep Dry		Refer to Instruction Manual/Booklet

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Glossary

A1c	Blood test used to diagnose type 1 or 2 diabetes and to gauge how well you are managing your diabetes. The A1C test result reflects your average blood sugar level for the past two to three months.
Alternative Site Testing	Using a blood sample from non-fingertip (alternate) sites such as the palm, forearm or upper arm for meter readings. Do not use alternative site testing to calibrate the Dexcom G5 Mobile CGM System; only use fingerstick measurement.
App	A self-contained program or piece of software designed to fulfill a particular purpose; an application, especially as downloaded by a user to a smart or mobile device. The Dexcom G5 Mobile App was developed as a display for continuous glucose monitoring.
Blood Glucose (BG) Value	BG is an abbreviation of blood glucose. Blood glucose value is the amount of glucose in the blood measured by a BG meter.
Blood Glucose Meter/Meter/BG Meter	A blood glucose meter is a medical device used to measure how much glucose is in the blood.
Calibration	Calibration is a comparison or measurement between your meter's fingerstick BG values, and the sensor's interstitial fluid glucose readings. Although blood and interstitial fluids are similar, glucose concentration is higher in your blood. Calibration allows alignment between your sensor and meter readings. When you calibrate, you take a fingerstick measurement from your meter then enter the value into your receiver or smart device. The system uses that value to verify the sensor glucose reading is on track.

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Continuous Glucose Monitoring (CGM)	Continuous glucose monitoring (CGM) systems use a sensor inserted under the skin to check glucose levels in interstitial fluid. A transmitter sends sensor glucose readings to a display device.
Contraindication	A safety statement outlining specific situations where the Dexcom G5 Mobile should not be used because it may be harmful to you. The risk of use clearly outweighs any possible benefit.
Hyperglycemia	High blood glucose. Same as “high” or high blood sugar. Hyperglycemia is a characterized by an excess of glucose in the bloodstream. It is important to treat hyperglycemia. If left untreated, hyperglycemia can lead to serious complications. The default high alert in the Dexcom G5 Mobile CGM System is set to 11.1 mmol/L. Consult your healthcare professional to determine the appropriate hyperglycemic setting for you.
Hypoglycemia	Low blood glucose. Same as “low” or low blood sugar. Hypoglycemia is characterized by a low level of glucose in the bloodstream. It is important to treat hypoglycemia. If left untreated, hypoglycemia can lead to serious complications. The default low alert in the Dexcom G5 Mobile CGM System is set to 4.4 mmol/L. Consult your healthcare professional to determine the appropriate hypoglycemic setting for you.
Indications	A condition making a particular treatment or procedure advisable. How, for what purposes, and under what circumstances you should use the Dexcom G5 Mobile CGM System. Indications let you know who should use the Dexcom G5 Mobile CGM System and when.

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IP	The International Electrotechnical Commission (IEC) is a nonprofit, non-governmental, international organization created to produce safety standards for electronics. One of the safety standards it designed is the Ingress Protection (IP) Marking, which classifies and rates how protected an electronic device is against dust, water, accidental contact, etc. IP ratings are numerical, with the number based on the conditions the electronic device comes across. An IP22 rating lets you know your electronic device will not allow you to stick your fingers in it and will not get damaged or be unsafe during specific testing with water dripping down.
Jailbroken	The removal of limitations and security measures set by the manufacturer on a smart device. The removal poses a security risk and data may become vulnerable. Do not use, install or run the Dexcom G5 Mobile App on a jailbroken smart device. The app may not work correctly on a jailbroken smart device.
Landscape	If your smart device is oriented sideways.
mmol/L	Millimoles per liter. The international standard unit of measuring blood glucose levels.
Portrait	If your smart device is oriented vertically.
Precaution	A safety statement regarding any special care to be exercised by you or your healthcare professional for the safe and effective use of the Dexcom G5 Mobile CGM System.
RF	Radio-frequency transmission used to send glucose information from the transmitter to the receiver or smart device.
Safety Statement	A statement of the intended uses of Dexcom G5 Mobile CGM System and relevant warnings, precautions, and contraindications.

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Sensor Session	The seven day monitoring period after inserting a new sensor. During this time frame, your glucose is being monitored and reported every five minutes, with data being sent to your display device(s).
Smart/Mobile Device	A smart/mobile device is an electronic device that is cordless (unless charging), mobile (easily transportable), connected (via Wi-Fi, 3G, 4G, etc.) that can operate to some extent autonomously. Examples of smart/mobile devices are smartphones, tablets, or phablets.
Stacking Insulin	Injecting an additional insulin dose too soon after a previous dose. This can result in low blood sugar.
Warning	A safety statement letting you know the following feature has important hazard information. Describes serious and life threatening circumstances of using the Dexcom G5 Mobile CGM System, their consequences, and how to avoid the hazard.

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