



# CONTINUOUS GLUCOSE MONITORING SYSTEM

## Quick Start Guide







## Quick Start Guide

**Congratulations on making the Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System part of your life!**

The Dexcom G5 Mobile CGM System allows you to see real-time continuous sensor glucose readings every five minutes for up to seven days. These readings can help you find trends and patterns in your glucose levels, allowing you to see where your glucose levels have been, which direction they are headed, and how fast they are rising or falling.

Use this guide, along with the Dexcom G5 Mobile Tutorial, to help you set up and start using your Dexcom G5 Mobile CGM System. If you need help with your system, call your local Dexcom representative.

Before you begin and anytime you have questions, review the Dexcom G5 Mobile CGM System User Guide.

**WARNING:** Review all Contraindications, Warnings, Precautions, and detailed procedures in the user guide before using the Dexcom G5 Mobile CGM System.

# Using Dexcom G5 Mobile CGM System for Treatment Decisions

A BG meter value is only a number.

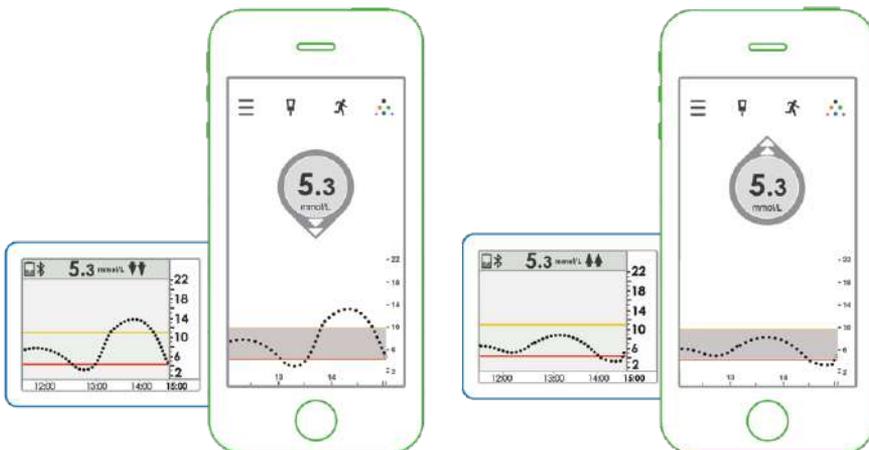
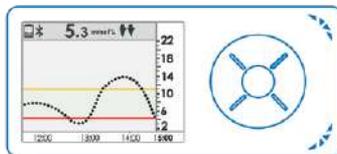
A Number is Not Enough.

Your trend graph provides information regarding the speed and direction of your glucose. It is not all about the number.

If this was your meter reading, what would you do?



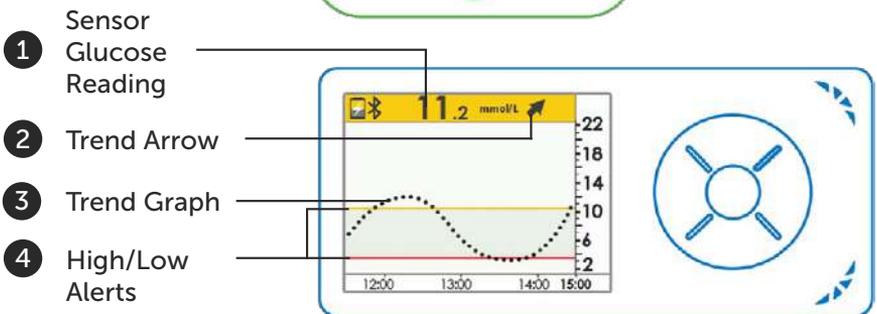
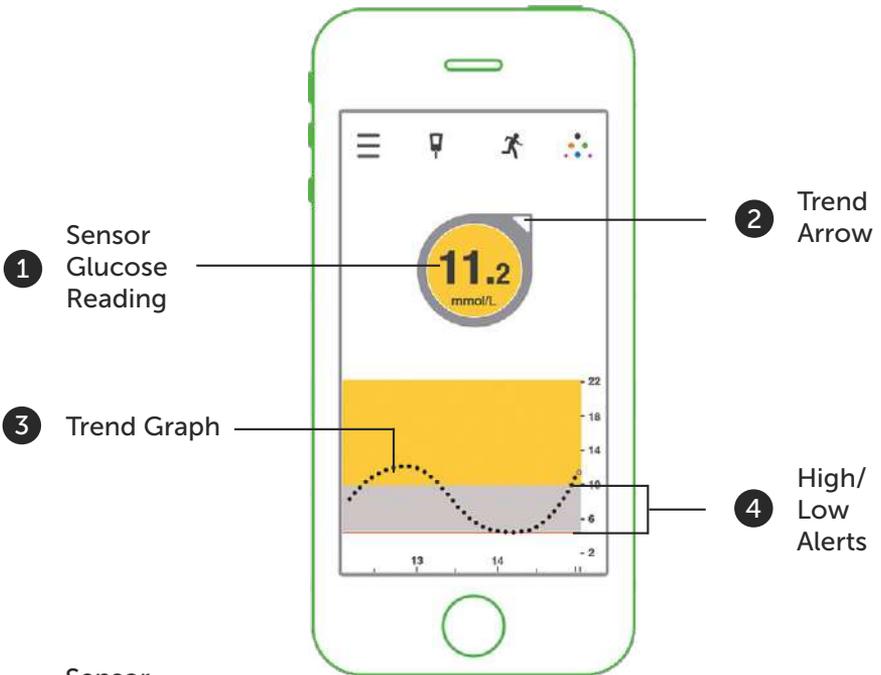
If you saw this instead, would you have responded differently?



A 5.3 mmol/L value rapidly falling is different than a 5.3 mmol/L rapidly rising

# Making Treatment Decisions

Look at the following four items before making a treatment decision:



You need to look at all four items before you make a treatment decision based on your Dexcom CGM. If you do not use all four, you may make an incorrect treatment decision.

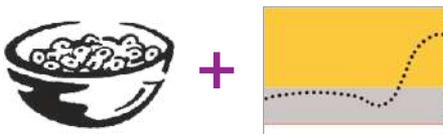
## Do's of CGM Treatment Decisions

- Base treatment decisions on the 4 key items - sensor glucose readings, trend arrow, trend graph, and Alarm/Alerts
- Be proactive - look at your CGM often
- Work with your health care professional to develop a management plan
- Learn what works best from past treatment decisions
- Base treatment decisions on a trend. A trend is **at least three** sensor glucose readings within the last 15 minutes (each dot is a 5 min. sensor glucose reading).



You would not see a trend arrow if you only have 1 reading

## Do Not's of CGM Treatment Decisions



**High Carbs + Meal Spike  
= Normal**

Watch and wait. Do not over-react.

- Do not take multiple insulin doses too close in time
- Do not over-react to sensor information

## Do Not's of CGM Treatment Decisions (cont.)



- Do not use CGM for your treatment decisions if your sensor glucose readings do not match past experience --- use your BG meter
- Do not use CGM for your treatment decisions if symptoms do not match sensor glucose readings --- use your BG meter



- Do not make treatment decisions if there is no trend arrow



- Do not use CGM for your treatment decisions if you took paracetamol/acetaminophen --- use your BG meter

Refer to your user guide for more information on using your Dexcom G5 Mobile CGM System for treatment decisions.

# System Overview

Your Dexcom G5 Mobile CGM System is made up of the following:

## 1. Sensor and Applicator



- The sensor is inserted using the applicator
- Small sensor that measures sensor glucose levels just below the skin
- Worn for up to seven days
- The sensor and applicator are disposable after use

## 2. Transmitter



- Placed into the sensor pod
- Wirelessly sends sensor glucose information to either your Dexcom G5 Mobile App, your receiver, or both
- Reusable during three month battery life

## 3. Display Device(s)



The Dexcom G5 Mobile App (app) on your smart device\* and/or your receiver (optional in some countries) can be used as your display device.

- Displays your sensor glucose readings  
Allows you to set and receive Alarm/Alerts
- Your display device and transmitter must be kept within 6 meters of each other

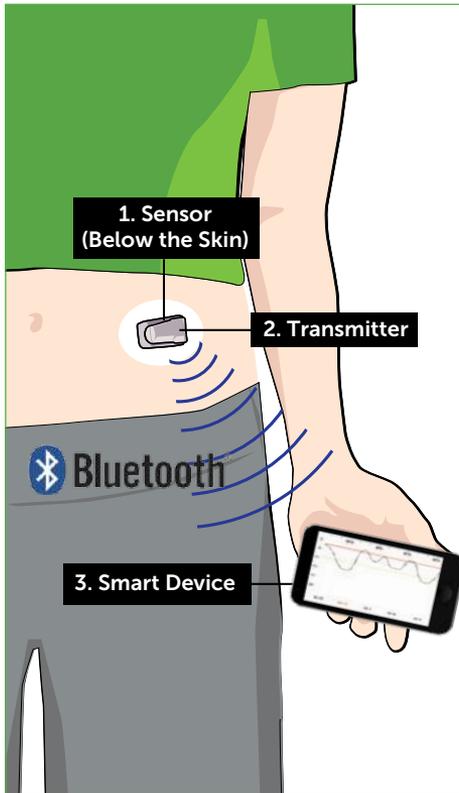
\*The app is not available for all smart devices and countries. Check [dexcom.com/compatibility](http://dexcom.com/compatibility) for details. Your smart device screens may look slightly different than shown.

# Choose Your Display Device

To set up your Dexcom G5 Mobile, first choose the display device(s) you want to receive your CGM data and alerts. You have three choices, the next pages will help you make your decision.

- **Your smart device only**
- **Your receiver only (optional in some countries)**
- **A combination of both**

## Smart Device Only



Your **transmitter** sends sensor glucose information directly to your **smart device** using **Bluetooth®** wireless technology.

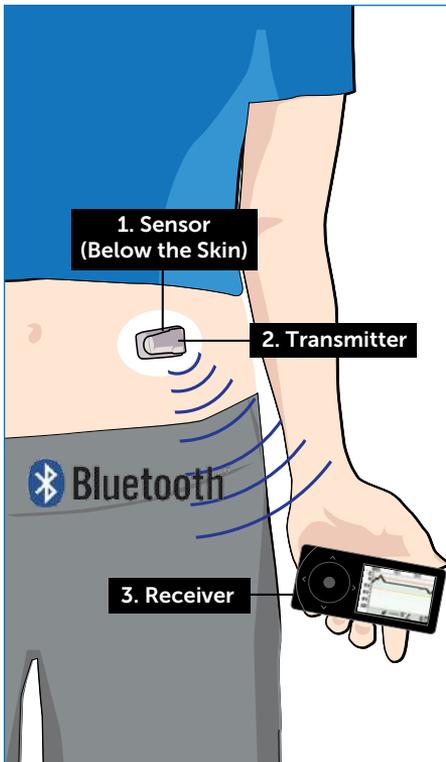
**Bluetooth** on your smart device must be **ON** in order to receive CGM data and alerts.

Things to consider if choosing your smart device only:

- Smart device settings like Mute and Do Not Disturb may override your app settings, blocking alerts from making sound
- If you have headphones or other audio accessories connected, alerts sounds may only be heard on the accessory

For app setup see page 10.

## Receiver Only



Your **transmitter** sends sensor glucose information directly to your **receiver** using *Bluetooth*.

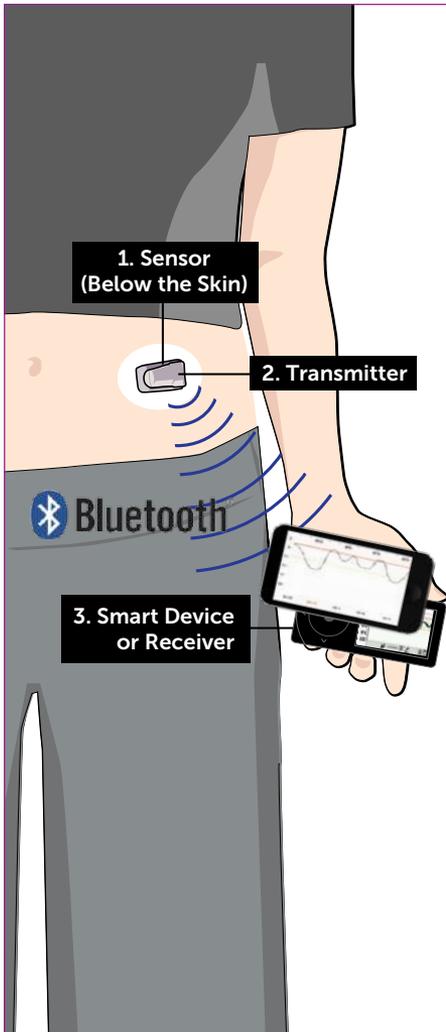
Things to consider if choosing your receiver only:

- Using the receiver as a display device may be optional in some countries
- Your receiver is a dedicated medical device
- Use when you cannot take your smart device
- No need to worry about phone settings
- Battery lasts at least three days
- You will not have access to Dexcom Share™\*

\* Dexcom Share allows you to share your sensor glucose information with Followers.

**For receiver setup see page 18.**

## Smart Device and Receiver



Your **transmitter** sends sensor glucose information directly to your **app** and/or your **receiver**, at the same time, using *Bluetooth*.

Your app and receiver do not “talk” to each other.

You can choose to use both devices at once or switch between devices.

Things to consider if choosing both devices:

- Use your app during daily activities where you already take your smart device
- Use your receiver during activities where your smart device may not be allowed (work or school)
- If you carry both devices, you will receive alerts and must acknowledge alerts on both devices

For app setup see page 10.

For receiver setup see page 18.



## Setting Up Your App

A



Install the Dexcom G5 Mobile App from your app store.

B



Sign Up

Log in to the app (with your existing Dexcom account) or sign up for a new account.



## Setting Up Your App (cont.)

Once you log in, this screen displays and the app guides you through the setup process.



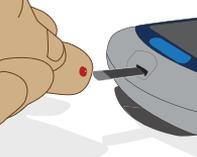
This takes about 20 minutes and includes:

- Setting your high and low alerts
- Adjusting your device settings
- Entering your transmitter serial number
- Inserting your sensor and attaching your transmitter
- Pairing your transmitter with your app
- Starting your 2-hour sensor warmup



## Entering Your Initial BG Meter Values

At the end of the 2-hour warmup, you must enter two separate blood glucose (BG) meter values before sensor glucose readings begin.

- |   |   |  |
|---|---|--|
| A |    | <p>Your app alerts you when you need to enter your two BG meter values.<br/>Go to your app to enter values.</p>  |
| B |    | <p>Wash and dry your hands.</p>  |
| C |    | <p>Take a fingerstick blood glucose measurement using your BG meter.</p>   |
| D |    | <p>Tap the circle to enter your BG meter value within five minutes of obtaining the value.</p>   |
| E |  | <p>Enter the exact value from your BG meter.<br/>Tap <b>SAVE</b>.</p>  |
| F |  | <p>Repeat steps above to enter a second BG meter value from a second fingerstick.<br/>Entering two separate BG meter values will ensure an accurate reading.</p> |



## Tips for Entering BG Meter Values

### Do enter BG Meter Values:

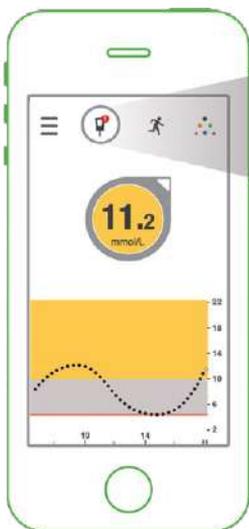
- After washing and drying your hands
- Within 5 minutes of obtaining the value from your BG meter
- Using the exact number from your BG meter
- Using only fingerstick blood glucose values
- Every 12 hours at minimum

### Do not enter BG Meter Values:

- If your value is higher than 22.2 mmol/L or lower than 2.2 mmol/L
- If you see a ??? (question mark) or signal loss error on the screen
- After you have taken paracetamol/acetaminophen

## Enter Your BG Meter Value Every 12 Hours

After your initial BG meter values, BG meter values must be entered at least once every 12 hours.



The meter icon shows a red badge when a BG meter value is needed.

**WARNING:** Calibrate the G5 Mobile System at least once every 12 hours. The G5 Mobile System needs to be calibrated in order to provide accurate readings.

See the Dexcom G5 Mobile CGM System User Guide for more details.

If you get an error message, click the blue question mark and follow the instructions.



## Viewing Your Home Screen



## Where You Are

To know where you are now, look at the color and number.



Red = Low



Yellow = High



Gray = In Target



Your system can have issues or errors. These show up on your home screen as black circles with information related to the issue or error. **You will not get sensor glucose readings or alerts when a black circle is shown.** Tap the blue question mark for more information.



## Where You Are Going

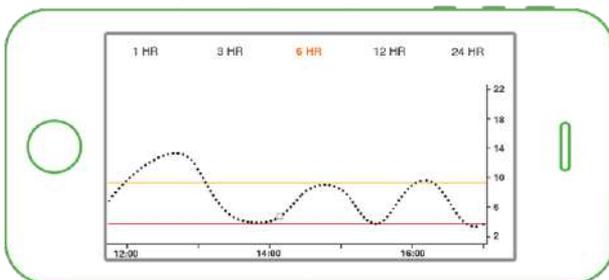
To know where you are going, look at your trend arrows. Remember it is not all about the number. Pay attention to the direction and speed of your glucose change.

	<b>Steady:</b> Not increasing/ decreasing more than 0.06 mmol/L each minute		
	<b>Slowly falling:</b> Glucose could decrease up to 1.7 mmol/L in 15 minutes		<b>Slowly rising:</b> Glucose could increase up to 1.7 mmol/L in 15 minutes
	<b>Falling:</b> Glucose could decrease up to 2.5 mmol/L in 15 minutes		<b>Rising:</b> Glucose could increase up to 2.5 mmol/L in 15 minutes
	<b>Rapidly falling:</b> Glucose could decrease more than 2.5 mmol/L in 15 minutes		<b>Rapidly rising:</b> Your glucose could increase more than 2.5 mmol/L in 15 minutes

CGM measures the mmol/L per minute, this chart calculates what that could mean per 15 minutes.

## Where You Were

To know where you were, look at your trend graph. Turn your smart device sideways for a larger view of your trend screen.





## Ending Your Sensor Session / Removing Your Sensor Pod and Transmitter

The sensor automatically shuts off after 7 days. The app alerts you at 6 hours, 2 hours, and 30 minutes before your sensor session ends.

<b>A</b>	<p>Replace sensor now. You will not receive alerts or alarms after this time, unless you replace your sensor.</p> <p> Sensor removal help</p> <p> Sensor insertion help</p>	The <b>Replace Sensor Now</b> screen will appear when it is time to remove your sensor.
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<b>B</b>		Peel the adhesive off your body like a Band-Aid®. When you peel off the adhesive, the sensor, sensor pod, and transmitter will all be removed.
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**NOTE:** Do not remove the transmitter from the sensor pod until all components are removed from your body.

<b>C</b>		Use your fingers to spread the back tabs of the sensor pod. Transmitter will pop out.
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<b>D</b>	 <p><b>Keep</b></p>	Keep your transmitter to use again with your next sensor.
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<b>E</b>	Dispose of the sensor following your local guidelines for disposal of blood-contacting components.
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## Smart Device Settings

Even though the app is a medical app, it functions just like any other app. Your settings may impact your alerts.

To receive CGM alerts, you must allow Dexcom to send you notifications. These notifications include CGM information only. No promotional notifications will be sent by the app. Below is an example of a CGM notification and an in app alert.

A notification will be sent to you. Your smart device will vibrate and/or audibly alert you depending on your settings.



Once in the app, tap **OK** to acknowledge the alert.



To receive audible alerts, you must have the following settings:

- Volume set loud enough for you to hear
- **Bluetooth: ON**
- **Do Not Disturb: OFF** (If Do Not Disturb is enabled, you may not receive audible or vibratory alerts)

For a full list of recommended settings see your user guide. For information on how to set the above settings, see your smart device user guide.



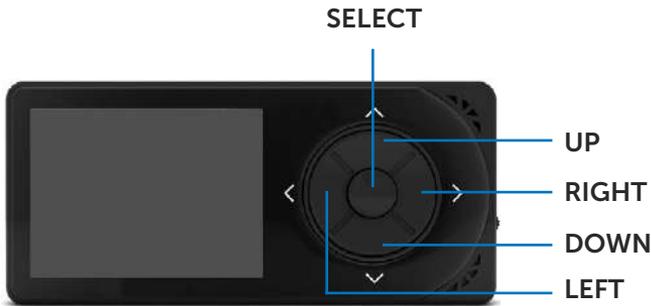
Headphones will prevent sound from coming through the speaker. You may miss a high or low alert.

Your app must always be running in the background to receive alerts.

**Apple devices only: If you restart your smart device, your app will not be working.** You need to re-activate your app by tapping it, after restarting your smart device.



## Receiver Overview



**UP** and **DOWN**: Scroll through trend screens, highlight menu items, or set values.

**SELECT**: Turns receiver on, selects the highlighted option, or goes to the main menu.

**LEFT**: Goes back to the last item or screen. This will take you back to the trend screen from the main menu.

**RIGHT**: Highlights the next item.

## Setting Up Your Receiver

A		<p>Before setting up your receiver, make sure it is charged. For more information on charging see your user guide.</p> <p>A full charge will last about 3 days.</p>
B		<p>Press <b>SELECT</b> to turn your receiver on.</p>

Press **UP** and **DOWN** to change a value.

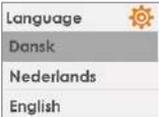
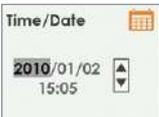
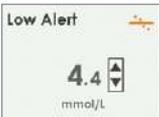
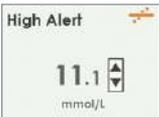
Press **RIGHT** or **SELECT** to move to the next space.

Press **SELECT** to accept changes.



## Setting Up Your Receiver (cont.)

The setup wizard walks you through entering your language, time/date, transmitter SN, and setting up your Low/High Alerts.

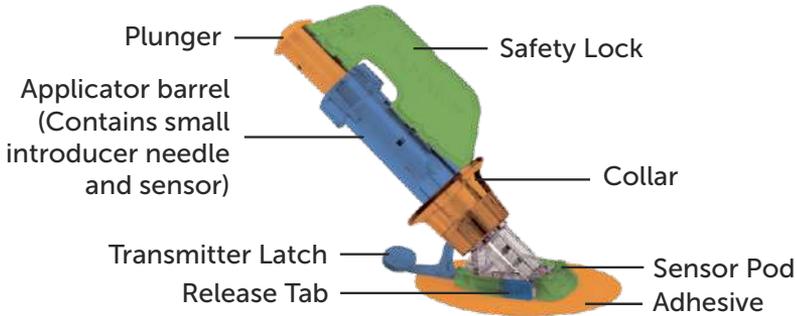
C		<input type="checkbox"/> <b>Language</b> Select language
		<input type="checkbox"/> <b>Time Format</b> Select 24 hour or 12 hour (AM/PM)
		<input type="checkbox"/> <b>Time/Date</b> Year/Month/Day
		<input type="checkbox"/> <b>Transmitter SN</b> Your transmitter SN makes it possible for your transmitter and receiver to share your glucose information.
		Your transmitter SN can be found on the back of your transmitter or on the back of your transmitter box.
		<input type="checkbox"/> <b>Low Alert</b> (Set between 3.5-5.5 mmol/L) When your glucose is at or below your low alert setting, your device will alert you.
	<input type="checkbox"/> <b>High Alert</b> (Set between 6.7-22.2 mmol/L) When your glucose is at or above your high alert setting, your device will alert you.	

The setup wizard will only start the first time you set up your receiver.



## Inserting Your Sensor

Before you begin, make sure you have alcohol wipes, a sensor, and a transmitter. Skin preparation or adhesive products (Mastisol<sup>®</sup>, Skin Tac<sup>™</sup>) are optional. Wash and dry your hands.



Choose a site at least 8 cm from your insulin pump infusion set or injection site and out of the way of your waistband. Avoid areas likely to be bumped, pushed, with scarring, tattoos or irritation.



**Ages 18 or older:**  
Insert in the belly



**Ages 2-17:**  
Insert in the belly or the upper buttocks

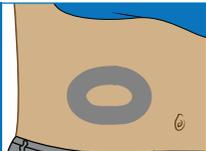
**A**



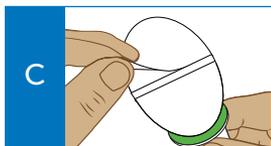
Clean your skin at the sensor placement site with an alcohol wipe.

Let dry.

**B**



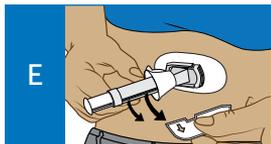
If you use an optional skin adhesive product, place it in a circle shape where you place the adhesive patch. Insert the sensor through the clean skin in the center.



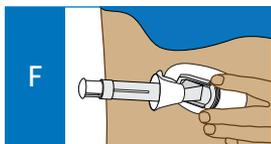
Remove the adhesive backing from the sensor pod one half at a time.



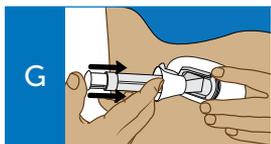
Place the sensor pod horizontally on your skin. Move your fingers around the adhesive patch to secure the tape to your skin.



Hold the applicator, and pull the safety lock straight out.



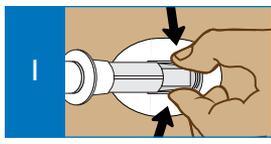
Place the fingers of one hand at the edge of the white adhesive. You may pinch up on your skin using this hand.



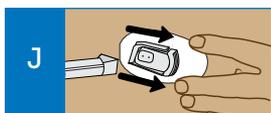
Place two fingers ABOVE the collar and your thumb on the white plunger. Push down the plunger. You should hear 2 clicks.



Move your two fingers from above the collar to below the collar. Pull the collar back towards your thumb until you hear 2 clicks or cannot pull back any more.



**Squeeze the ribbed tabs** on the sides of the sensor pod.



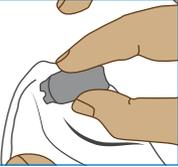
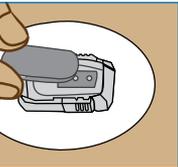
While **squeezing the tabs**, rock the applicator barrel forward and away from your body.



## Attaching Your Transmitter

Once you have inserted your sensor, you need to attach your transmitter to the sensor pod.



- |   |   |   |
|---|---|---|
| A |                    | <p>Clean the back of your transmitter with an alcohol wipe.<br/>Let dry.</p>  |
| B |                    | <p>Place your transmitter in the sensor pod (with the flat side down, and thinner side away from the transmitter latch).</p>                                |
| C |  <p>2 "clicks"</p> | <p>Place one finger on your transmitter to keep it in place. With your other hand, pull transmitter latch up and forward until you hear 2 clicks.</p>       |
| D |                   | <p>Hold the sides of your sensor pod with one hand. Remove transmitter latch with the other hand by quickly twisting off the latch away from your body.</p> |



## Starting Your Sensor

Once you have inserted your sensor and attached your transmitter, you are ready to start your sensor.

**A**



**Main Menu** 

 **Trend Graph**

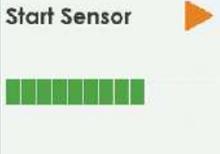
 **Start Sensor**

 **Enter BG**

From any trend graph, press **SELECT** to get to the Main Menu.

Choose **Start Sensor**.

**B**



**Start Sensor** 

The **Start Sensor** screen appears on your receiver letting you know the 2-hour sensor warmup has begun.

**C**

A 2-hour countdown symbol will show on your receiver trend screen and will fill in during the 2-hour sensor warmup.



Start     

[0-24 minutes] [24-48 minutes] [48-72 minutes] [72-96 minutes] Ready for calibration

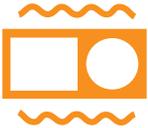
Keep your receiver within 6 meters during the 2-hour sensor warmup.

**WARNING:** Do not expect sensor glucose readings or alarms/alerts from the G5 Mobile System until after the 2-hour startup. The G5 Mobile 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.



## Setting Up Your Receiver Alert Sounds

You can choose your receiver alert profiles. The sound you choose will apply to all alerts (low and high). The default alert is **Normal**. See below for an overview of the different sound options.



**Vibrate:** Used when you want to be alerted by vibration only.

The fixed low alarm at 3.1 mmol/L will still make a sound. It alerts you by vibration first, followed by audible beeps 5 minutes later if not confirmed.



**Soft:** Used when you want your alert to be discreet.

All Alarms and Alerts are set to lower volume beeps.



**Normal:** This is the default and sets all the alerts and alarms to higher volume beeps.



**Attentive:** Used when you want your alert to be noticeable.

This sets all the alerts and alarms to loud with distinctive melodies.



**HypoRepeat:** Used when you want extra alerts for severe low sensor glucose readings.

This profile keeps repeating the fixed low alarm every 5 seconds until confirmed or until your reading rises above 3.1 mmol/L.



## Setting Up Your Receiver Alert Sounds (cont.)

Follow these steps to choose your sound profile.

A	 Main Menu 	From any trend graph, press <b>SELECT</b> to get to the Main Menu. Choose <b>Profiles</b> .
	 Enter BG	
	 Profiles	
	 Events	

B	 Profiles 	Highlight the alert profile you want to use. Press <b>SELECT</b> . A check mark appears to the right of the profile you choose.
	 Vibrate ✓	
	 Soft	
	 Normal	

C	 Profiles 	Choose <b>Try It</b> to hear an example of your selected alert profile.
	 Attentive	
	 HypoRepeat ✓	
	 Try It	

**NOTE:** No matter what profile you set, all alerts will notify you by vibrating first. There will be no audible beep if you confirm the alert after the first vibration.

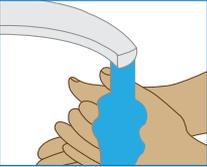
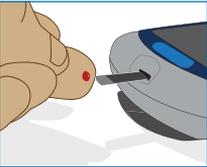
## Confirming Your Transmitter and Receiver are Communicating

A		Check your receiver 10 minutes after attaching your transmitter to make sure your receiver and transmitter are communicating. The <i>Bluetooth</i> symbol, in the upper left corner, blinks while looking for a transmitter and turns solid when found.
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## Entering Your Initial BG Meter Values

At the end of the 2-hour sensor warmup, you must enter two BG meter values before any sensor glucose readings will show.

- |   |   |  |
|---|---|--|
| A |    | After the 2-hour warmup, a <b>double blood drop prompt</b> will show on your receiver screen.                          |
| B |    | Wash and dry your hands.   |
| C |    | Take a <b>fingerstick blood glucose measurement</b> using your BG meter.   |
| D |    | Choose <b>Enter BG</b> .<br>Press <b>SELECT</b> .  |
| E |   | Enter the exact blood glucose value from your BG meter. Press <b>SELECT</b> .<br>Press <b>SELECT</b> again to confirm. |
| F | Repeat steps above to enter a second meter value.<br>Entering two separate BG meter values will ensure an accurate reading. |  |

## Tips for Entering BG Meter Values

### Do enter BG Meter Values:

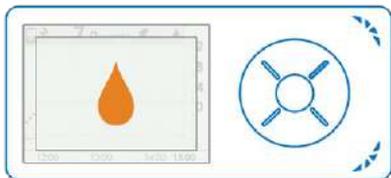
- After washing and drying your hands
- Within five minutes of testing with your meter
- Using the exact number from your meter
- Using only fingerstick blood glucose values
- Every 12 hours at minimum

### Do not enter BG Meter Values:

- If your value is higher than 22.2 mmol/L or lower than 2.2 mmol/L
- If you see a ??? (question mark) or signal loss error on the screen
- After you have taken paracetamol/acetaminophen

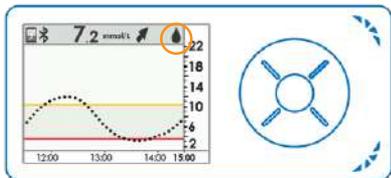
## Entering Your BG Meter Value Every 12 Hours

After your initial BG meter values, BG meter values must be entered once every 12 hours at a minimum.



A single blood drop prompt will appear when a BG meter value is needed.

Press **SELECT** to confirm.



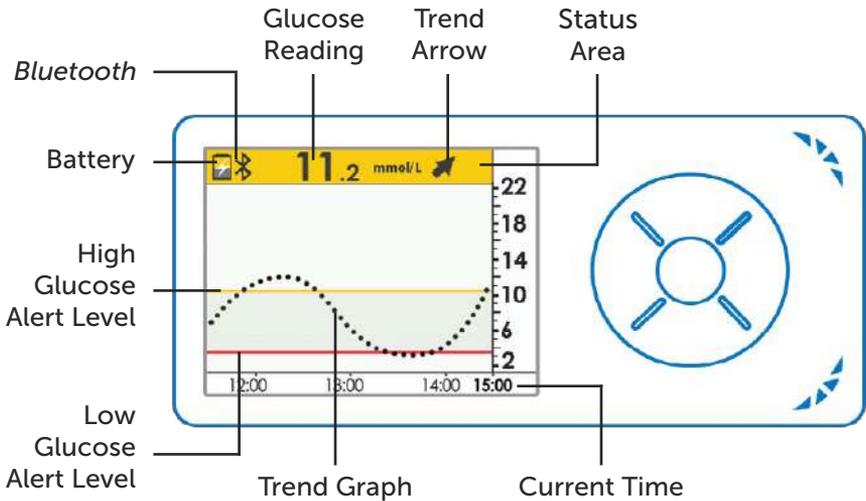
After you press **SELECT**, you will see a single blood drop in the right corner of the trend graph screen. Go to the **Enter BG** menu item to enter your BG meter value.

**WARNING:** Calibrate the G5 Mobile System at least once every 12 hours. The G5 Mobile System needs to be calibrated in order to provide accurate readings.

See the Dexcom G5 Mobile CGM System User Guide for more details.

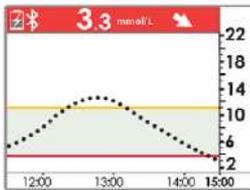


## Viewing Your Receiver Trend Screen

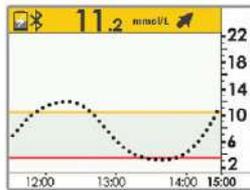


## Where You Are Now

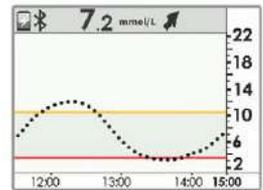
To know where you are now, look at the color and number on your receiver's top bar.



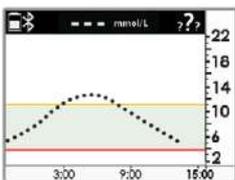
Red = Low



Yellow = High



Gray = In Target



Your system can have issues or errors. These show up as icons in the status area of your top bar. When you have an issue or error, your top bar will turn black. **You will not get sensor glucose readings when a black bar is shown.** See your user guide for more information.



## Where You Are Going

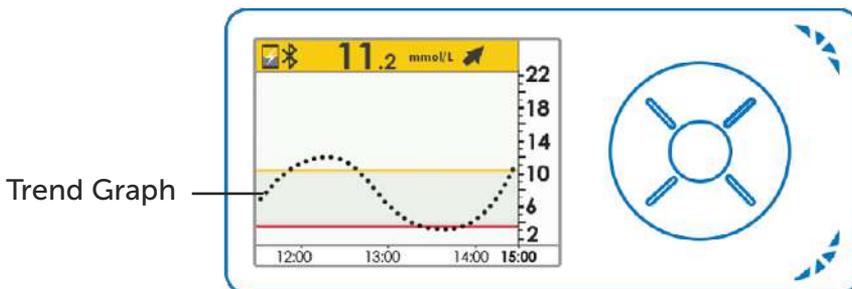
To know where you are going, look at your trend arrows. Remember it is not all about the number. Pay attention to the direction and speed of your glucose change.

	<b>Steady:</b> Glucose is steady (not increasing/decreasing more than 0-0.06 mmol/L each minute).
	<b>Slowly rising:</b> Your glucose could increase up to 1.7 mmol/L in 15 minutes.
	<b>Rising:</b> Your glucose could increase up to 2.5 mmol/L in 15 minutes.
	<b>Rapidly rising:</b> Your glucose could increase more than 2.5 mmol/L in 15 minutes.
	<b>Slowly falling:</b> Your glucose could decrease up to 1.7 mmol/L in 15 minutes.
	<b>Falling:</b> Your glucose could decrease up to 2.5 mmol/L in 15 minutes.
	<b>Rapidly falling:</b> Your glucose could decrease more than 2.5 mmol/L in 15 minutes.

CGM measures the mmol/L per minute, this chart calculates what that could mean per 15 minutes.

## Where You Were

To know where you were, look at your trend graph.

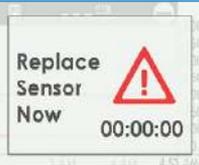




## Ending Your Sensor Session / Removing Your Sensor Pod and Transmitter

Your sensor automatically shuts off after 7 days. Your receiver will alert you at 6 hours, 2 hours, and 30 minutes before your sensor session ends.

A



The **Replace Sensor Now** screen shows when it is time to remove your sensor.

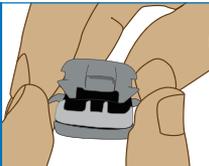
B



Peel the adhesive off your body like a bandage. The sensor, sensor pod and transmitter will all be removed.

**NOTE:** Do not remove transmitter from sensor pod until all components are removed from your body.

C



Use your fingers to spread the back tabs of the sensor pod.  
Transmitter will pop out.

D



Keep transmitter to use again with your next sensor.

E

Dispose of the sensor following your local guidelines for disposal of blood-contacting components.

## Tips for Using Both Display Devices

The Dexcom G5 Mobile CGM System allows you to use the app and receiver at the same time. The transmitter sends data to both the app and receiver. When using both at the same time, you should:

- **Enter BG meter value on only 1 device** - When you enter a value into one device, the sensor glucose values may be different on the other display device until the transmitter shares the entered value.
- **Change and acknowledge alerts on each device separately**

## Urgent Low Glucose Alarm

The automatic Urgent Low Glucose Alarm set at 3.1 mmol/L. You cannot change or turn off this alarm or its re-alert settings.

## Advanced Alerts

Advanced Alerts take your glucose sensing to the next level.

By default, these Alerts are turned **OFF**, but they can be turned **ON**, and customized:

**Rise Rate:** Your device will alert you when your glucose is rising at a rapid (0.11 mmol/L/min) or very rapid (0.17 mmol/L/min) rate. This feature can help you avoid staying high over a long period of time.

**Fall Rate:** Your device will alert you when your glucose is falling at a rapid (-0.11 mmol/L/min) or very rapid (-0.17 mmol/L/min) rate. This feature can help you avoid low glucose events.

By default, the following alert is turned **ON**, but can be turned **OFF**, and customized:

**Signal Loss:** Your device alerts you when you are not receiving sensor glucose readings. Signal loss happens when your display device and transmitter stop communicating; make sure you are within range (6 meters), without obstruction.

**Refer to your user guide for advanced features and troubleshooting information.**





For more information on Dexcom G5 Mobile, please visit our website or contact us on **1300 851 056** or at **[diabetes@amsl.com.au](mailto:diabetes@amsl.com.au)**

**[amsldiabetes.com.au](http://amsldiabetes.com.au)**    

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