

Dexcom



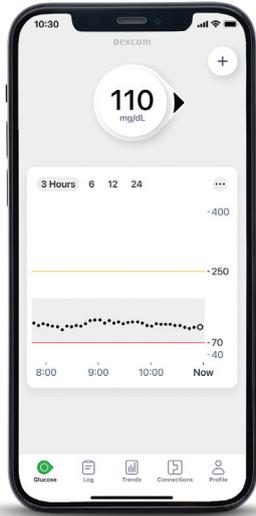
getting started:

Dexcom G7 app



All images are representational

components



Dexcom G7 app

A compatible smartphone* displays readings up to every 5 minutes.

Applicator

Painlessly^{1,2} inserts the sensor with the push of a button.

Sensor

Measures glucose levels under the skin and sends data to the Dexcom G7 app. **The Dexcom G7 and Dexcom G7 15 Day sensor work with the Dexcom G7 app.**

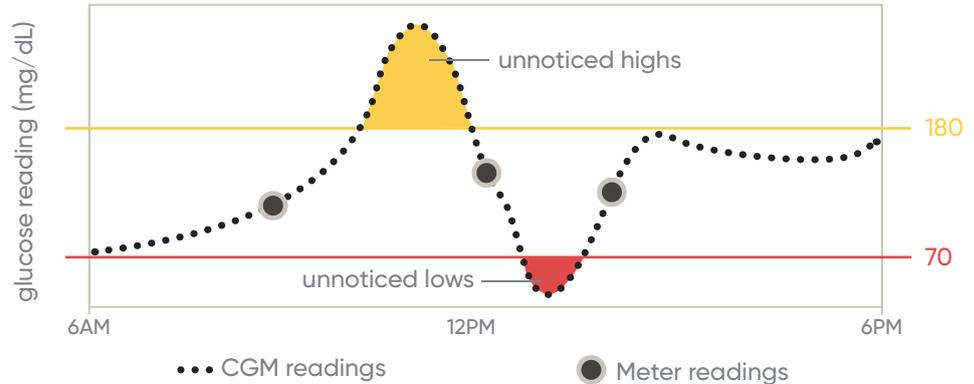
*Smart device sold separately. For a list of compatible devices: dexcom.com/compatibility

1. Dexcom G7 User Guide, 2023. 2. Dexcom G7 15 Day User Guide, 2025.

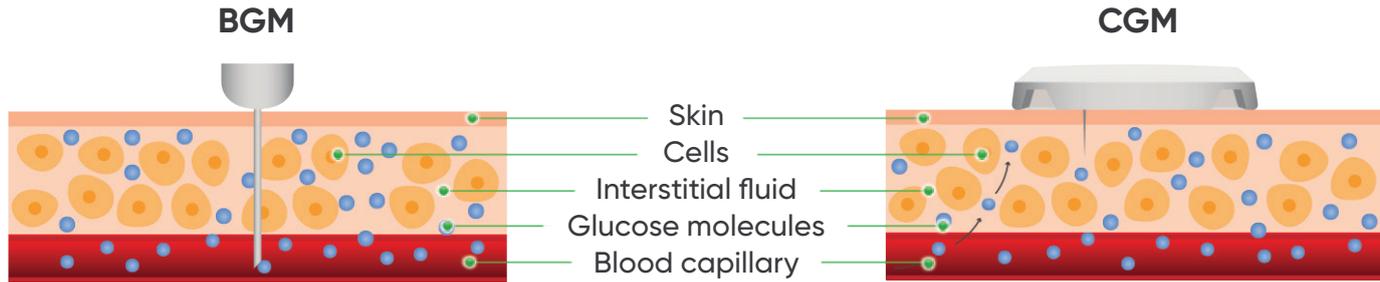
BGM vs CGM

What is the difference between your blood glucose meter (BGM) and CGM?

Your BGM measures glucose levels at a single moment in time, while CGM continually check glucose levels throughout the day and night and can alert you if your glucose levels go too high or too low.

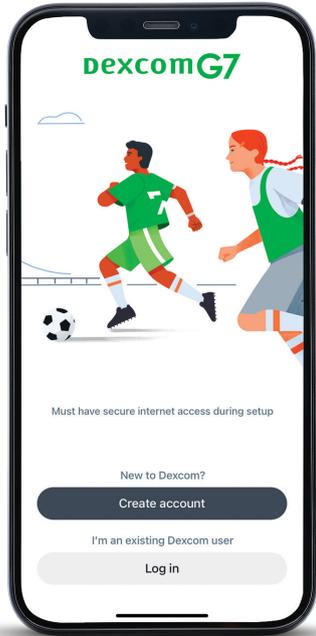


BGM values and CGM readings may not be the same and that's okay. BGMs and CGMs measure glucose from two different types of body fluids: blood and interstitial fluid.



BOTH BGM AND CGM READINGS CAN BE DIFFERENT AND STILL BE CONSIDERED ACCURATE

step 1: install app and login



dexcom G7



Open the Dexcom G7 app and tap **Create Account**. Follow onscreen instructions to create your account.

If you already have a Dexcom account, use your existing username and password.



Setting up with your healthcare provider?

If you are getting set up with your healthcare provider, you are now all set for your appointment. Your healthcare provider will take you through the remaining steps.

step 2: set up app

The app walks you through the entire setup process step-by-step. Education and instructions are provided at every step. Just follow along for a successful setup.

The Dexcom G7 app provides you with instructions on inserting your sensor and applying your overpatch. Once inserted, the sensor is waterproof* and does not need to be removed to shower, sleep or workout.



* The Dexcom G7 and Dexcom G7 15 Day sensors are waterproof and may be submerged under eight feet of water for up to 24 hours without failure when properly installed.



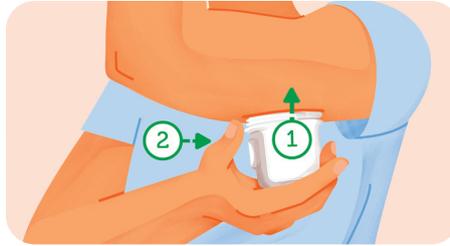
Tip: Visit dexcom.com/training-videos to watch videos on getting started, inserting your sensor, or ending your sensor session.

step 3: insert sensor

See instructions in the sensor box for wear locations. Before you begin, wash and dry your hands, then clean the sensor site with alcohol.



Unscrew cap. Don't touch inside applicator.



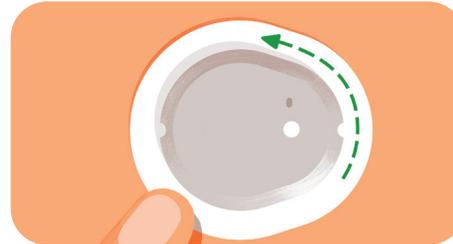
Press and hold applicator firmly against skin until clear safety guard is pushed in. Then push button.



Remove applicator.



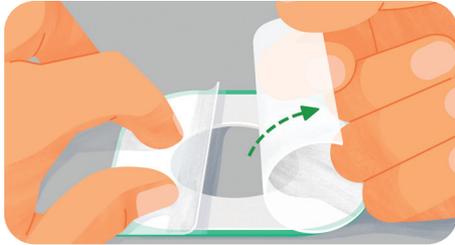
Press sensor for 10 seconds.



Rub around patch 3 times.

step 4: apply overpatch

Note: You may need to look in a mirror for this part.



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



Use colored tab to place overpatch around sensor.



Rub around overpatch.



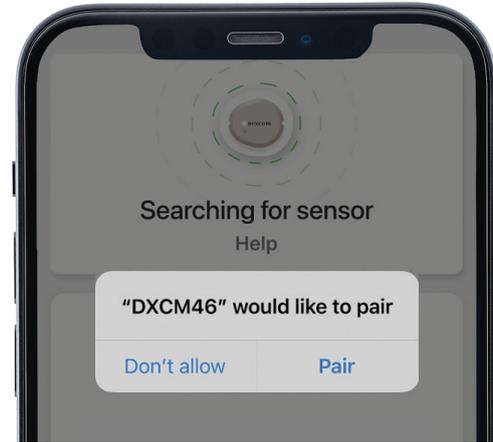
Use tab to peel off liner.



Rub around overpatch.

step 5: pair and start warmup

After inserting the sensor, tap on the pair message and wait for it to pair. Once pairing is complete, the warmup will start. The sensor warmup timer tells you when you will start getting readings and alerts.



sensor tips

Secure the adhesive: Make sure to press on the sensor and rub around the patch. This action helps to maximize the contact and bond between the adhesive and the skin.

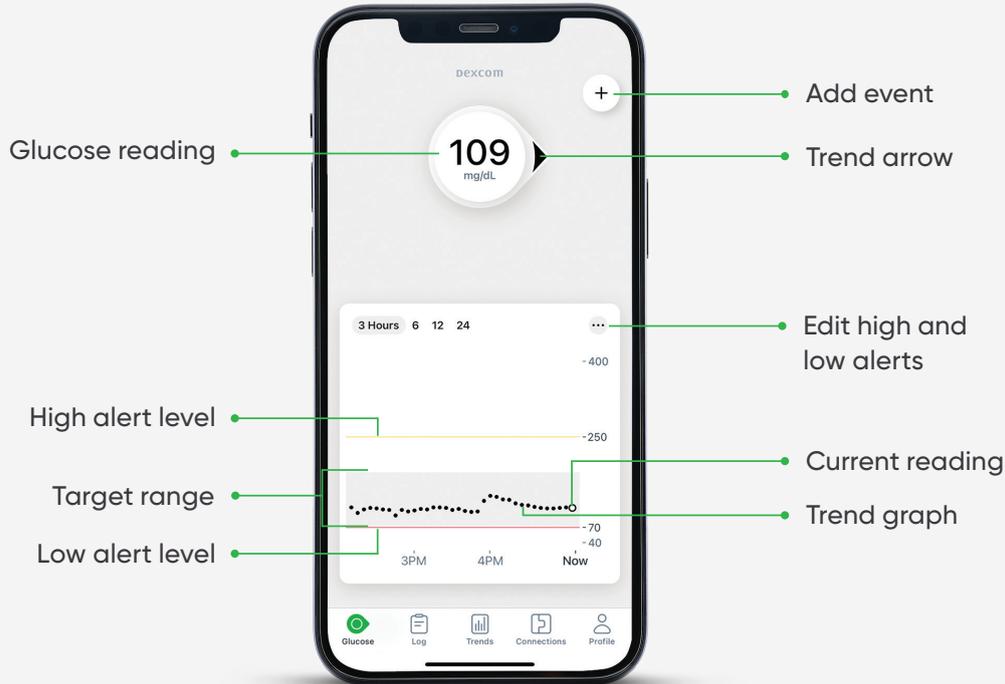
Keep it dry: The longer you keep your sensor dry and sweat-free in the first 12 hours, the longer it may stick to your skin. When it gets wet, gently pat it dry as soon as you can.

Sensor's first day: With newly inserted sensors, the differences between your BG meter and the Dexcom G7 app reading may be greater. Generally, the numbers get closer over the first 24 hours.

Pressure on sensor: Sometimes when something is pressing on your sensor, for example, if you're lying on it, it can affect your readings. Relieve the pressure and the Dexcom G7 app reading should rectify. Choose a sensor site location that won't be bumped, pushed, or laid on while sleeping.

glucose tab and trend arrows

Glucose tab shows sensor glucose reading, trend graph, and trend arrow.



Trend arrows show the direction your glucose is heading and how fast.

STEADY



SLOWLY RISING OR FALLING



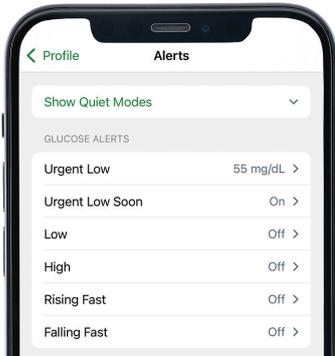
RISING OR FALLING



RAPIDLY RISING OR FALLING



customizing alerts



Your glucose alerts help you stay in your target range. Work with your healthcare provider to customize your alerts to fit your lifestyle and goals. You can customize your alerts and alert sounds in **Profile > Alerts**.

Default High Alert: 250 mg/dL **My High Alert:** _____

Default Low Alert: 70 mg/dL **My Low Alert:** _____

Alert tip: Tap the OK button on the alert when you get it. This tells your Dexcom G7 app you're "acknowledging" it. Unless you do this, re-alerts will occur every 5 minutes.

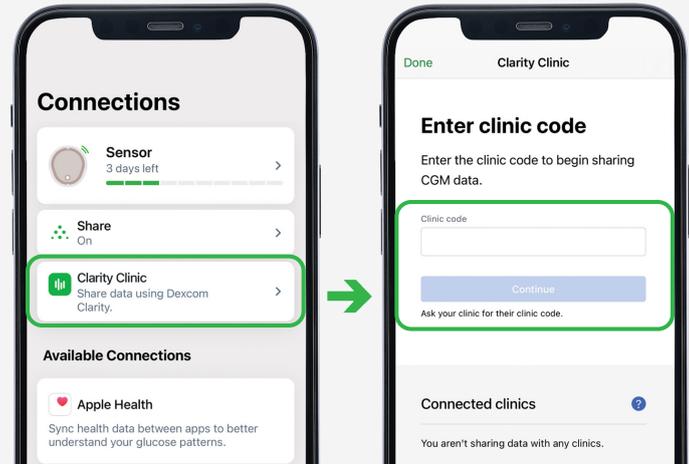
sharing data

You can authorize data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. Your clinic will provide you with a sharing code.

Clinic Code: _____

To begin sharing data:

1. In your Dexcom G7 app, tap **Connections > Clarity Clinic**.
2. Follow the instructions to enter the clinic code.



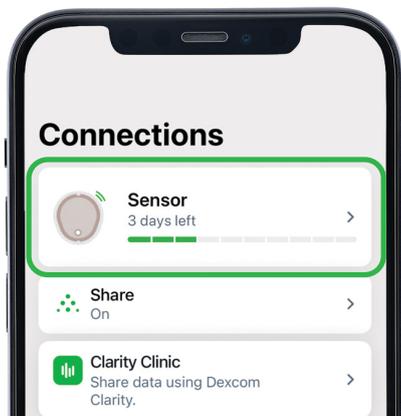
ending your **sensor session**



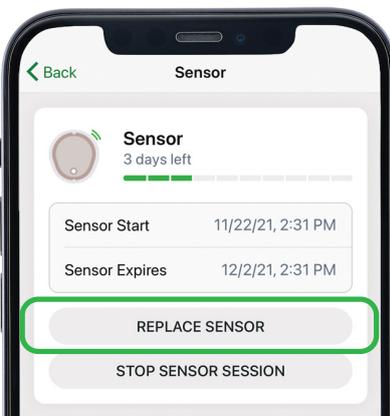
Each sensor has a 12-hour grace period. After that time your sensor will automatically shut off. Don't worry, you'll be alerted before that happens. **After your sensor session ends, peel off the patch like a bandage.**

ENDING SENSOR SESSION EARLY

To end your sensor before it expires automatically, you must first stop the sensor.

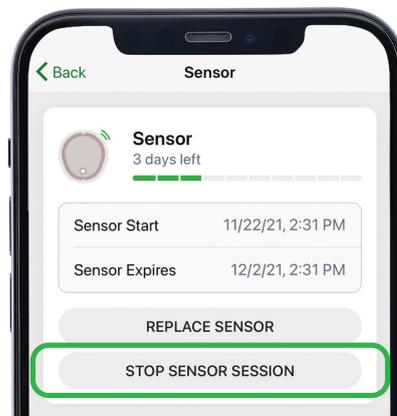


In the **Connections** tab tap **Sensor**.



Tap **REPLACE SENSOR**: If you want to start a new sensor immediately.

OR



Tap **STOP SENSOR SESSION**: If you want to stop sensor without starting a new one.

resources



Videos and FAQs

View videos at dexcom.com/training-videos

View FAQs at dexcom.com



Customer Service

General customer inquiries, CGM training and education.

1-888-738-3646 • See dexcom.com/contact for hours



Technical support

1-888-738-3646

24 hours a day, 7 days a week

For concept illustration only. For detailed step-by-step instructions on how to use Dexcom Continuous Glucose Monitoring (CGM) Systems, please refer to the appropriate instructions for use for your product.

BRIEF SAFETY STATEMENT: Failure to use the Dexcom Continuous Glucose Monitoring System and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use 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 the Dexcom CGM do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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