Dexcom | G5® mobile

CONTINUOUS GLUCOSE MONITORING SYSTEM

User Guide

IMPORTANT CONTACTS AND NUMBERS

Emergency Phone Number: _____

Your Healthcare Professional: _____

Your Receiver Serial Number: _____

Your Transmitter Serial Number: _____

_____

Dexcom® Technical Support/Patient Care Team: **1.877.339.2664**

Dexcom Website: dexcom.com

Nearest Hospital: _____

_____

dexcom®

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GETTING STARTED

- Glossary
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Glossary

A1C	Blood test used to diagnose type 1 or 2 diabetes and to gauge how well you're managing your diabetes. The A1C test result reflects your average blood sugar level for the past two to three months.
Accessory Device	A device that connects with and extends a smart device. Such a device requires the smart device connection for full functionality. Examples are a smart watch or a *Bluetooth* headset. Also see the Apple Watch and Smart Watch entries in this glossary.
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.
Apple Watch	A specific smart watch that is compatible with iPhones only. The Apple Watch is considered an accessory device as it requires an active connection with the iPhone to have full functionality. Also see the Accessory Device and Smart Watch entries in this glossary.
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.

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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.
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. Users must confirm glucose levels with a BG meter before making a change in treatment.
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's 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 200 mg/dL. Consult your healthcare professional to determine the appropriate hyperglycemic setting for you.

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Hypoglycemia	Low blood glucose. Same as “low” or low blood sugar. Hypoglycemia is characterized by a low level of glucose in the bloodstream. It’s 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 80 mg/dL. Consult your healthcare professional to determine the appropriate hypoglycemic setting for you.
Indication	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.
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 won’t allow you to stick your fingers in it and won’t 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.

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mg/dL	Milligrams per deciliter. The standard unit of measure for glucose readings in the United States.
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.
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, mobile device that can wirelessly connect to networks over Wi-Fi or a cellular data connection (3G, 4G, etc.). Examples of smart/mobile devices are smartphones and tablets.
Smart Watch	A watch that communicates with and extends a smart device. These devices typically require a smart device connection for full functionality. An example is the Apple Watch. Also see the Apple Watch and Accessory Device entries in this glossary.
Today View	A feature found on iOS smart devices used to quickly access information from any activity or from the lock screen. Access by swiping down from the top edge of your device.
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.

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?

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
- Locate tutorials about using the Dexcom G5 Mobile CGM System in your diabetes management
- Find Dexcom G5 Mobile System's step-by-step instructions
- Recall how to use the User Guide
- Explain why you need a Dexcom® account

We have numerous resources available to help you to get the most out of your Dexcom G5 Mobile CGM System. Between our self-paced training resources and our friendly and knowledgeable Dexcom customer support teams, help is always available.

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. Tutorials
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.

1.2 Self-Paced Resources

Tutorials

Along with step-by-step instructions, our tutorials illustrate how real-time CGM can assist in your daily diabetes management. The following is a list of tutorials and how to access them.

Online Tutorials

First Steps With Your Dexcom CGM
Designed for those who have never used a Dexcom CGM. This tutorial covers what to expect in your first week and includes links to step-by-step videos on how to insert your sensor, calibrations, ending a sensor session, etc.

Next Steps With Your Dexcom CGM
Just finished First Steps or already familiar with how a CGM can benefit you? This tutorial covers looking at trends and introduces some advanced features including our reporting tools.

Accessing Online Tutorials:

From dexcom.com homepage, **click** *Support*, **click** *Training*.

Once you have viewed the online tutorials you should be pretty comfortable with what CGMs do and how the Dexcom G5 Mobile CGM System can help you.

Offline Tutorials

You don't need to be tied to the Internet to view our instructional tutorials, they're also available offline.

Accessing Offline Tutorials:

USB Card in the receiver package.

Written Mobile Resources

Quick Start Guide (QSG)

The Dexcom G5 Mobile Quick Start Guide compliments the tutorials by proving the same step-by-step instructions in a booklet form or within the app.

One of the great things about the QSG is you can use it in conjunction with the videos, taking notes as you go!

Accessing the QSG:

Booklet in the receiver package.

Both the tutorial and the QSG give you brief look at the Dexcom G5 Mobile CGM System. But what if you want more detailed information?

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.

To download an ebook of the user guide or request a printed user guide, visit dexcom.com/guides.

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

Part 1: *Getting Started*

1. Glossary
2. Getting Started
    a. Learning how to learn about the Dexcom G5 Mobile CGM System
    b. Registering at dexcom.com
3. Indications for Use and Safety Statement
4. Risks and Benefits

Part 2: *Let's 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 features:

1. Reading Trend Graph Screens and Recognizing Trends
2. Events
3. Alarm and Alerts
4. Sounds for Alarm, Alerts and System Messages

Part 4: *Everything Else G5*

1. Warranty
2. Dexcom G5 Mobile CGM System Maintenance
3. Travel Tips
4. Customer Service Contacts
5. Technical Information
6. Troubleshooting
7. Package Label and Product Symbols

At the end of your Dexcom G5 Mobile System User Guide, Part 5, is the user guide of a new Dexcom G5 Mobile System feature: Dexcom Share™.

Part 5: *Sharing is Caring*

1. Dexcom Share
    a. What Is Dexcom Share?
    b. Setting Up Dexcom Share
    c. How to Use Dexcom Share
    d. Your Followers
    e. Troubleshooting

Part 6

1. Index for Dexcom G5 Mobile System and Dexcom Share

How to Use Your User Guide

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

The beginning of each chapter lists what you'll be able to do after you have finished, after that, any applicable safety statements you need to know, followed by the chapter's content. At the end, there's a recap of what was covered and what's in the next chapter.

1.3 Your Dexcom Account

You'll need a username and password to set up the Dexcom G5 Mobile App and for reordering.

If you haven't already done so, go to dexcom.com and set up your own account.

Or, if you prefer, the Dexcom G5 Mobile App walks you through creating your log in credentials as part of your initial app set up.

Summary

Now You Can:

- Describe different training resources
- Locate tutorials about using a real-time CGM in your diabetes management
- Find Dexcom G5 Mobile System's step-by-step instructions
- Recall how to use the user guide
- Explain why you need a Dexcom account

What's Next?
Now you are familiar with how to use this user guide and where to go for help.

Throughout the user guide you'll see color-coded boxes containing Safety Statements. The next chapter, Indications for Use and Safety Statement, lists all Safety Statements along with how to read and interpret them.

Next you'll learn about when and how to use the Dexcom G5 Mobile CGM System safely.

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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 Tylenol®, maybe you should wait? Did you know taking Tylenol is contraindicated?

In this chapter, you'll learn about some key areas that might prevent you from having the best CGM experience, or, if you're not careful, might even harm you or the system. You'll 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.

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
- How to read a chapter's Safety Statement
- Overview of Safety Statements

Let's start with definitions, look at a Safety Statement example used throughout the User Guide, 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, 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 Safety Statements

This user guide presents Safety Statement two ways:

1. In this chapter's Overview of Safety Statements
    - Lists all Safety Statements
    - Includes a section reviewing how the statements are formatted
2. Within a chapter
    - Lists only those statements applicable to the chapter

Chapter's Safety Statements

Each chapter will list all applicable indications, contraindications, warnings, and precautions.

Some chapters will have multiple Safety Statements; others have none. Safety Statements are located towards the front so you can keep them in mind as you learn about that chapter's topic. The same statement may be repeated throughout the user guide. It's important to recognize which factors could prevent the system from working correctly, or even harming you.

Within chapters, each color coded Safety Statement is in a box, broken down into four sections:

1. Type of statement
    a. **Bold** and color-coded
        - **WARNING-Red**
        - **PRECAUTION-Blue**
        - **INDICATION-Green**
        - **CONTRAINDICATION-Purple**
2. Do's/Don'ts
    a. An action you should or should not take
    b. *Italicized*
3. Why
    a. A statement of the potential harm
4. Consequences
    a. What could happen if you don't follow the instructions

The following is an example of a chapter's Safety Statement and how to read it.

> **WARNING**
>
> **Do:** *Calibrate at least once every 12 hours.*
>
> **Why:** Calibrating less often than every 12 hours might cause inaccurate sensor glucose readings.
>
> **Consequences:** Missing severe low (hypoglycemia) or high (hyperglycemia) Alarm or Alerts.

Since this is a **WARNING**, you know it covers important safety information. Italics are the **Do/Don't** steps to follow: *Calibrate at least once every 12 hours*. Below the italics is a statement explaining **Why** you need to follow the steps: Calibrating less often than every 12 hours might cause inaccurate sensor glucose readings. And finally what happens, or the **Consequences**, if you don't: missing a severe low (hypoglycemia) or high (hyperglycemia) glucose event.

2.4 Overview of Safety Statements

This section provides a review of Safety Statements containing the same elements described above (type of Safety Statement, an action, a statement of potential harm, and consequences) listed in a narrative, not boxed, format. Here you'll learn what indications

and contraindications are and what to do to keep you safe and the system in proper working order.

Safety Statements are broken down into two major categories. First, general CGM system Warnings—reviews warnings and precautions you take with most CGM systems—and second, Hardware/Software Warnings and Precautions list warnings and precautions specific to the Dexcom G5 Mobile CGM System components.

Indications and Contraindications

Indications

What are the Dexcom G5 Mobile CGM System indications? Well, in technical terms, the indications are:

The Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System is a glucose monitoring system indicated for detecting trends and tracking patterns in persons (**age 2 years and older**) with diabetes. The system is intended for single patient use and requires a prescription.

The Dexcom G5 Mobile CGM System is indicated for use as an adjunctive device to complement, not replace, information obtained from standard home glucose monitoring devices.

The Dexcom G5 Mobile CGM System aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments, which may minimize these excursions. Interpretation of the Dexcom G5 Mobile CGM System results should be based on the trends and patterns seen with several sequential readings over time.

In Layman's Terms
But what does that mean? Indications are the who, what, and why of the Dexcom G5 Mobile CGM System.

Who
The Dexcom G5 Mobile CGM System is a single patient use device (meaning you can't share the components with others) for people 2 years or older with diabetes.

What
The Dexcom G5 Mobile CGM System is a prescription-only glucose monitoring device. Dexcom G5 Mobile CGM System tracks your glucose patterns and detects trends. Working with your home blood glucose (BG) meter, the system is meant to complement, not replace, your BG meter.

Why

The CGM system's trend and pattern information, its glucose Alarm/Alerts, combined with your meter's actual BG value, can help you manage your diabetes.

By identifying low and high glucose level periods, the Dexcom G5 Mobile CGM System allows you to take action when needed and create long-term management strategies with your healthcare professional. Using trend information to see your highs and lows helps you stay inside your target range.

The Dexcom G5 Mobile CGM System's trend and pattern information is based on a series of sensor glucose readings taken over a period of time.

Work with your healthcare professional and create a game plan on how to best use your trend and pattern information in managing your diabetes.

Contraindications

Contraindications let you know when not to use the Dexcom G5 Mobile CGM System; you may hurt yourself or damage the system. Remember, if used during certain situations, the risk of use may clearly outweigh any potential benefit. Within the chapters, contraindications are in purple boxes.

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 system hasn't been tested during MRI, CT scans, or with diathermy treatment. Magnetic fields and heat could damage the components, stopping sensor glucose readings or Alarm/Alert notifications. Without sensor glucose readings or Alarm/Alert notifications, you might miss a severe low or high glucose event.

Medications

Taking medications with acetaminophen (such as Tylenol or Excedrin® Extra Strength) while wearing the sensor may falsely raise your sensor glucose readings. The level of inaccuracy depends on the amount of acetaminophen active in your body and is different for each person.

2.5 General CGM System Warnings

Warnings

Warnings outline important hazard information, describing any serious and/or life threatening situations, their consequences, how to avoid danger while using the system and how to protect the Dexcom G5 Mobile CGM System from harm.

Review Training Materials
Thoroughly review the training materials included with your Dexcom G5 Mobile CGM System before using.

Incorrect use could lead you to misunderstand system information or might affect its performance and you might miss a severe low or high glucose event.

Treatment Decisions
The Dexcom G5 Mobile CGM System does not replace your BG meter.

When making treatment decisions, such as the amount of insulin you need, only use your BG value. Don't use the Dexcom G5 Mobile CGM System sensor glucose readings because readings can be different from your BG value. If sensor glucose readings are used in determining treatments, it could result in you missing a severe low or high glucose event.

Don't Ignore Low/High Symptoms
If your sensor glucose readings don't match your symptoms, measure your BG with a fingerstick. You may miss a severe low or high glucose event.

Who Shouldn't Use
The Dexcom G5 Mobile CGM System was **not evaluated** for the following persons:

- Pregnant women
- Persons on dialysis

Do not use the Dexcom G5 Mobile System in critically ill patients. It is not known how different conditions or medications common to the critically ill population may affect the performance of the system. Sensor glucose readings may be inaccurate in critically ill patients.

The system's accuracy hasn't been tested in people falling into these groups and sensor glucose readings may be inaccurate, resulting in missing a severe low or high event.

2.6 Calibration Warning and Precautions

Calibration is the process of making sure your sensor continues to be accurate. Your sensor doesn't automatically know what your glucose levels are—you have to teach your system what a given BG value is by entering in a KNOWN glucose value from your BG meter.

Warning

Calibrate on Schedule
Calibrate at least once every 12 hours. Calibrating less often than every 12 hours might cause sensor glucose readings to be inaccurate, resulting in you missing a severe low or high glucose event.

Precautions

Be Accurate, Be Quick
Enter the exact BG value displayed on your BG meter within five minutes of a fingerstick.

Entering the wrong BG values, or waiting more than five minutes before entry, might affect sensor performance, resulting in you missing a severe low or high event.

Significant Glucose Rate Changes
Don't calibrate when your BG is changing at a significant rate: more than 2 mg/dL per minute.

Look for rate of change arrows on your display device screen and don't calibrate when you see:

- A single arrow, pointing up
  - Rising 2-3 mg/dL each minute
- Two arrows pointing up
  - Rising more than 3 mg/dL each minute
- Single arrow pointing down
  - Falling 2-3 mg/dL each minute
- Two arrows pointing down
  - Falling more than 3 mg/dL each minute

Calibrating during a significant rise/fall of your BG may affect accuracy of sensor glucose readings, resulting in you missing a severe low or high glucose event.

Fingerstick Only
Only use fingerstick measurements from your BG meter for calibration.

Alternative site BG values from your arms, palm of your hand, etc., may be different and less accurate than your fingerstick BG values. Using alternative for calibration might affect sensor performance, resulting in you missing a severe low or high glucose event.

Prior to Initial Calibration: Data/Alarm/Alert
After starting a new sensor session, until completing your initial calibrations you won't receive any sensor information such as readings, Alarm or Alerts. Without these, you may miss a severe low or high glucose event.

Continue to take fingerstick measurements during a new sensor warmup period.

Now that we have reviewed common CGM Safety Statements, let's focus the Dexcom G5 Mobile CGM System components.

2.7 System/Hardware/Software Warnings and Precautions

In this section, you will learn how to safely use the Dexcom G5 Mobile CGM System's hardware and software. Some sections have either Precautions or Warnings, others will have both.

Sensor/Sensor Pod Warnings and Precautions

Warnings

Sensor Breaking Off
On rare occasions, the sensor wire may break or detach from the sensor pod.

Within 24 hours of experiencing a broken sensor wire, please call our 24/7 Technical Support department, toll free at **1.877.339.2664** or toll at **1.858.200.0200**.

If a sensor wire breaks under the skin with no portion of it visible, don't remove it. Contact your healthcare professional if you have redness, swelling, or pain at the insertion site.

Placement
Do not insert the sensor component of the Dexcom G5 Mobile 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 System is not approved for other sites.

If placed in other areas, the Dexcom G5 Mobile System may not function properly.

Storage

During a sensor's shelf life, store it between 36° F-77° F. While you don't need to keep your sensor in a refrigerator, you can as long as the refrigerator is between 36° F-77° F.

Never store sensors and/or sensor packages in a freezer.

Storing the sensor incorrectly might cause the sensor glucose readings to be incorrect, resulting in you missing a severe low or high glucose event.

Precautions

Expiration Date

Don't use expired sensors. Before inserting, always check the package label for the expiration date using the YYYY-MM-DD format.

If past the expiration date, don't use because the sensor glucose readings might not be accurate, resulting in you missing a severe low or high glucose event.

Sensor Package

Don't use sensor if its sterile package has been damaged or opened. Using a non-sterile sensor might cause infection.

Clean and Dry Before Using

Before opening the sensor package, wash your hands with soap and water, then dry. If your hands are dirty while inserting the sensor, you may contaminate the insertion site and get an infection.

Before sensor insertion, clean the skin with alcohol wipes to prevent infections. Don't insert the sensor until the cleaned insertion site is dry, and free from any lotions or perfumes.

If your insertion site is not clean and completely dry, you run the risk of infection or the sensor pod not sticking and falling off.

Sensor Placement

Change the site where you place the sensor with each new insertion. Using the same site too often might not allow the skin to heal, causing scarring or skin irritation.

Sensor placement is important. Make sure the area you place your sensor won't:

- Be bumped, pushed, or squeezed
- Have scars, tattoos, or irritation

Insertion in these areas might affect sensor performance, resulting in you missing a severe low or high glucose event.

Avoid injecting insulin or placing an insulin pump infusion set within three inches of the sensor. The insulin might affect sensor performance, resulting in you missing a severe low or high glucose event.

Transmitter Warnings and Precautions

Warnings

Inspect Transmitter
If your transmitter is damaged or cracked in any way, don't use it. Damaged components could create an electrical safety hazard or malfunction, which might cause electrical shocks.

Choking
The transmitter is small and may pose a choking hazard. Don't put it in your mouth or allow children to play with it.

Precautions

Reusable: Don't Throw Away
When ending a session, *don't throw away the transmitter.*

The transmitter is reusable and can be used in multiple sensor sessions. Keep using it until the system notifies you the transmitter battery is about to expire.

Don't Share Your Transmitter
Never share your transmitter with another person. The Dexcom G5 Mobile CGM System is a prescription-only medical device and is meant, or indicated, for your use only.

Your transmitter is tied to *your* readings. If used by someone else, your reports, Alarm and Alerts, etc., would be wrong, resulting in you missing a severe low or high glucose event.

System Precautions

Next are precautions for the receiver, transmitter, sensor and the system.

Precautions

Use Correct Transmitter, Receiver, and Sensor
Different generations' transmitters and receivers aren't 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 won't work if you mix receiver and transmitter components from different generations, resulting in you missing a severe low or high glucose event.

You can use a Dexcom G4® PLATINUM Sensor with the Dexcom G5 Mobile CGM System. Before using the sensor, make sure the sensor label says “Dexcom G5 Mobile/G4 PLATINUM Sensor,” or “Dexcom G4 PLATINUM Sensor.”

System Accuracy
System accuracy may be affected when your glucose is changing at a significant rate such as during exercise or after a meal.

Significant glucose rise/fall rates:

- Rising 2-3 mg/dL each minute
- Rising more than 3 mg/dL each minute
- Falling 2-3 mg/dL each minute
- Falling more than 3 mg/dL each minute

Receiver and Smart Device Precautions

The Dexcom G5 Mobile Receiver and your smart device share some warnings and precautions.

Precautions

Communication Range
Do not separate the transmitter from the receiver or smart device by more than 20 feet. The transmission range from the transmitter to receiver or smart device is up to 20 feet without obstruction.

Types of obstruction differ and not all have been tested. Obstructions can include water, walls, metal, etc. If your transmitter and display device(s) are more than 20 feet from each other or are separated by an obstruction, they might not communicate, resulting in you missing a severe low or high glucose event.

Water is often the biggest culprit in reducing the communication distance between the transmitter and display devices. Take special care when swimming, getting into a pool, bathtub, shower, etc.

Setting Alarm/Alert Notifications
When using both a receiver and a smart device, 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 Alerts, causing you to miss a severe low or high glucose event.

Using an accessory device (like a smart watch) might override your smart device sounds. Alarms or Alerts might vibrate or be heard on the accessory instead of your smart device.

After connecting any accessories, make sure that the smart device settings allow you to continue receiving Alarms or Alerts on the smart device.

Is It On?
If the receiver or smart device is turned off (Shut Down), it will not display sensor data, information, Alarm or Alerts. Make sure they are turned on; otherwise you won't get sensor glucose readings or Alarm or Alerts, causing you to miss a severe low or high glucose event.

Smart Device Warnings

Next are warnings for just your smart device.

Warnings

Smart Device Settings
The Dexcom G5 Mobile App can't override your smart device's internal settings. Also, accessory devices (like a smart watch or other wearable smart devices) might override your smart device's Alerts and Alarm.

To receive Alarm or Alerts you must:

1. **Make sure** Dexcom G5 Mobile App Notifications are **turned on** in the *Setting's* menu.
2. **Verify** app hasn't been shut down.
3. **Turn** *Bluetooth* on.
4. **Turn off** *Do Not Disturb* (if available on your smart device).
5. **Restart** app after device is restarted.
6. **Set** *Volume* at a level you can hear.
7. **Do not close app**, always run app in the background.
8. **Make sure** accessory devices do not override your smart device settings.

If your settings are incorrect, you might miss a severe low or high glucose event.

Dexcom G5 Mobile CGM System Alarm/Alert vibrations aren't any different from other vibrating apps on your smart device. Medical device apps, like the Dexcom G5 Mobile App, don't have any special priorities over your smart device's features. Dexcom G5 Mobile App notifications or alerts may sound or feel the same as notifications from another app. The only way to know is look at the screen.

Can't Hear Your Alarm or Alert?
An Alarm or Alert can't 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, causing you to miss a severe low or high glucose event.

Receiver Warning and Precaution

Warning

Don't Use Damaged Goods
If your receiver is damaged or cracked, don't use it. This could create an electrical safety hazard or malfunction, causing possible electrical shocks.

Precaution

Keep Receiver Dry
Keep the USB port cover on the receiver closed whenever the USB cable is not attached and do not submerge in water.

If water gets into the USB port, the receiver could become damaged and stop displaying readings or providing alerts; you might miss a severe low or high glucose event.

Caution

U.S. law restricts the sale of the Dexcom G5 Mobile CGM System to sale by or on order of a physician.

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
- Correctly read a chapter's Safety Statement
- Provide an overview of Safety Statements by category

What's Next?
In our next chapter, you will learn about the risks and benefits of using Dexcom's G5 Mobile CGM System.

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Chapter 3

Getting Started:
Risks and Benefits

When using any medical device, there are risks and benefits. In this chapter, you'll learn what they are, helping you decide if Dexcom's G5 Mobile CGM System is right for you.

First, let's review some possible risks.

3.1 Risks

There are some risks with using real-time CGM.

Not Receiving Alarm/Alerts

If you aren't getting your CGM Alarm/Alerts, you run the risk of not knowing you are having a severe glucose low or high.

Some hardware issues preventing Alarm/Alerts:

- Alert function is turned off
- Transmitter and display device is out of range
- Receiver or smart device isn't showing sensor glucose readings
- Receiver or smart device battery is dead
- Unable to hear Alarm/Alerts or feel vibration
- App not running in the background
- Smart device is in Do Not Disturb

See Troubleshooting or recommended settings in Chapter 11 for more information.

Sensor Glucose Reading Different From Meter's

The sensor glucose reading can be different than your meter's BG value.

If the sensor's glucose reading is higher than your meter's BG value, you may miss a Low Alert. As an example, your last sensor's glucose reading was 82 mg/dL, whereas your BG value shows 78 mg/dL. If your Low Alert is set at 80 mg/dL, you won't receive an Alert because the sensor glucose reading is 82 mg/dL.

If you're not receiving an Alarm/Alert, and not taking fingerstick measurements, you may be unaware of low or high glucose levels.

Sensor Insertion Risks

Inserting the sensor and wearing the adhesive patch might cause infection, bleeding, pain or skin irritations (e.g., redness, swelling, bruising, itching, scarring or skin discoloration). The chance of this happening is low. The Dexcom G5 Mobile CGM System uses the same sensor as the previous CGM system—the Dexcom G4 PLATINUM. The Dexcom G4 PLATINUM System clinical studies and compliant data showed slight redness and swelling occurring only in a few patients.

During Dexcom's G4 PLATINUM System's clinical study, no sensor wires broke however there is a remote chance sensor fragments could remain under your skin if the sensor breaks during normal wear. Sterile broken sensor wires don't pose a significant medical risk.

If a sensor wire breaks off or detaches and remains under your skin, contact your healthcare professional and call Dexcom's Technical Support toll free, 24/7, at **1.877.339.2664** or toll at **1.858.200.0200** within 24 hours.

Those are the risks, let's now review the benefits!

3.2 Benefits

Daily habits impact your BG levels. With the Dexcom G5 Mobile CGM System, you can track how your exercise, carbs, stress levels, medication, or illness, influences your glucose levels.

Knowing Your Trends

Wearing the Dexcom G5 Mobile CGM System on a consistent and ongoing basis helps you manage your diabetes. Providing sensor glucose readings every five minutes, for up to seven days, the Dexcom G5 Mobile CGM System helps you detect trends and patterns. Trend information reveals where your glucose is now, where your glucose is heading, and how fast it's changing.

Understanding your trends allows you to take proactive action, helping you avoid dangerously low or high glucose values.

Using Dexcom Share (see Part 5) allows friends and family, your Followers, to monitor your glucose activity, adding another layer of support and peace of mind.

Helps in Your Diabetes Management

The Alarm/Alerts features (see Chapter 11) keep you aware of your glucose levels. Alerts notify you when your glucose goes outside your target range or is rapidly falling or rising, letting you to take action before you get too low or too high. The Urgent Low Alarm lets you know when you are dangerously or urgently low, going below 55 mg/dL. By taking corrective measures, you lessen the time spent in your low/high range, while increasing time in your targeted range (Garg S. Z., 2006) (Battelino T, 2011).

Real-time CGM can help improve your A1C as well as improve the quality of your glucose control. If you are at or below 7%, using a CGM such as Dexcom's G5 Mobile CGM System, helps reduce hypoglycemia (Tamborlane, W. V.,2008).

Lowering your A1C, increasing your time in your target range while decreasing time in low/high BG range is believed to reduce your risk of diabetes related complications (Ohkubo, Y. 1995).

In some cases, patients perceived an increase in their quality of life and peace of mind when using real-time CGM. (Juvenile Diabetes Research Foundation Continuous Glucose Monitoring Study Group. 2010)

What's Next?

You've read the Safety Statements, reviewed the risks and benefits; now let's take a look at Dexcom's G5 Mobile CGM System!

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2

LET'S 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 4

Let's G5! The Basics:

What Is the Dexcom G5 Mobile CGM System?

4.1 System Description

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

After this chapter, you'll 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

4.2 Safety Statement

If you've used the Dexcom G4 PLATINUM CGM System, you might still have its transmitter or receiver. While you can use the sensors across the different generations (look for "G5 Mobile" or "G4 PLATINUM" on the sensor's package), you can't mix the transmitter or receiver between the two systems.

WARNING

Don't: *The Dexcom G5 Mobile CGM System was not evaluated for the following persons:*

- *Pregnant women*
- *Persons on dialysis*

Do not use the Dexcom G5 Mobile System in critically ill patients. It is not known how different conditions or medications common to the critically ill population may affect the performance of the system. Sensor glucose readings may be inaccurate in critically ill patients.

Consequences: The system's accuracy hasn't been tested in people falling into these groups and sensor glucose readings may be inaccurate, resulting in missing a severe low or high event.

PRECAUTION

Don't: *Never mix Dexcom G5 Mobile's Transmitter or Receiver with Dexcom G4 PLATINUM's Transmitter or Receiver.*

Why: 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 won't work if you mix Receiver and Transmitter components from different generations.

Consequences: Missing a severe low (hypoglycemia) or high (hyperglycemia) event.

4.3 The Dexcom G5 Mobile CGM System

CGM

The Dexcom G5 Mobile Continuous Glucose Monitoring (CGM) System is a medical device you use on yourself. It allows you to continually see your sensor glucose readings, updated every five minutes for up to 7 days, without the bother of taking constant fingerstick measurement. Your sensor glucose readings are measured by a single use sensor inserted under your skin. A reusable transmitter sends your data to your display device.

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's best for you, your situation, or your lifestyle.

1. Dexcom G5 Mobile Receiver
2. Dexcom G5 Mobile App on your smart device

While the system works with different smart devices, they're 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 can't 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 5 covers how to set up your smart device with the Dexcom G5 Mobile App.

The primary difference between the receiver and 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's 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 55 mg/dL. Some customization options are available and are part of the set up process for the receiver and smart device.

In Chapter 11, you can learn more about the Alarm and Alerts feature.

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 9 to learn more about viewing your glucose trends.

4.4 What's New to the Dexcom G5 Mobile CGM System?

Dexcom's G5 Mobile CGM System has features not found in our previous generations. These items are new to the Dexcom G5 Mobile App:

- The Dexcom G5 Mobile widget in the Apple Today view
- Dexcom G5 Mobile on Apple Watch
- Share as a feature of the app

The Dexcom G5 Mobile Widget in the Apple Today View

Check your CGM information on your smart device without needing to open the app, even when the device is locked. Swipe down from the top of your screen to access the Dexcom G5 Mobile widget in the Apple Today view. This is where you might check the weather or stocks if using the default settings.

For more information about the Dexcom G5 Mobile for Apple Watch, go to Chapter 9.3 under *Additional Ways to View Your App's CGM Information.*

Dexcom G5 Mobile for Apple Watch

Check your CGM information on your wrist! The Dexcom G5 Mobile App supports Apple Watch* and can be used to discreetly view your glucose reading, trend arrow, and trend graph.

For more information about Dexcom G5 Mobile for Apple Watch or the Dexcom G5 Mobile widget in the Apple Today View, go to Chapter 9.3 under *Additional Ways to View Your App's CGM Information.*

*For compatibility information see dexcom.com/compatibility.

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 other systems.

More information about Dexcom Share and instructions for use, go to Part 5.

> **NOTE:** Review all Dexcom Share System indications, contraindications, warnings, precautions and detailed procedures in Part 5.

4.5 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's new, let's open your Dexcom G5 Mobile packages, see what's inside, and review each item.

4.6 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)
	Insert
Transmitter	
	Transmitter package
	Reusable transmitter

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Receiver	
	Receiver package
	Receiver
	Receiver's USB charging and download cable
	AC power adapter

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Receiver	
	Welcome Card
	Quick Start Guide
	Training Checklist attached to Quick Start Guide
	Training Tutorial USB Card

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 17.

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

1. Single use sensor
2. Reusable transmitter
3. Rechargeable receiver
4. Dexcom G5 Mobile App
    a. Downloaded to your smart device

Dexcom G5 Mobile CGM System optional:
Dexcom Share

Sensor Overview

For your safety, the sensor is packaged in a sterile sealed pouch, containing an applicator, sensor pod, and sensor wire. When you first open the package, your sensor looks like one item, however it's 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 stays in the sensor pod 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 6.

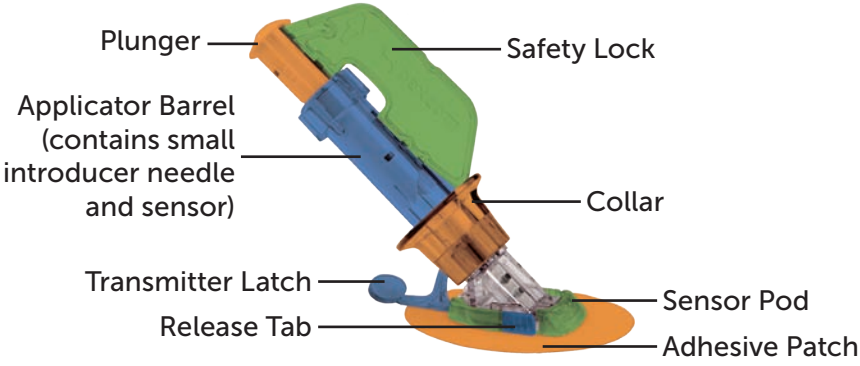

Figure 1. Dexcom G5 Mobile Sensor Applicator and Pod

Applicator and Sensor Pod

What it's 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	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.
Transmitter Cradle	Holds transmitter in place during sensor session.
Sensor Wire	Wire measures glucose levels in fluid in between your cells. Attached to sensor pod. Discarded with pod after session.

Transmitter Overview

Figure 2. Dexcom G5 Mobile Transmitter Front and Back

Snapping into the sensor pod, the gray plastic transmitter wirelessly sends your glucose
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 is:

1. Reusable
    a. Do not discard after sensor session.
    b. Only for you, don't share transmitter.
2. Water resistant
3. Can transmit data to your display devices for up to 20 feet
    a. Range is less if you are in or under water.
4. Battery lasts approximately three months
    a. Receiver or smart devices prompts you when battery is running low.
5. Transmitter's serial number is on the back

More transmitter features and insertion information is in Chapter 6.

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

Dexcom G5 Mobile Receiver

The receiver is a small hand-held device. 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 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 Chapter 12).

If your receiver isn't charged, see Chapter 14 for charging your receiver's battery.

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

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

Receiver Overview

What you see	What it's 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	**Plug** into *receiver* to charge battery. Don't plug into a computer port to charge. Battery can only be charged using the adapter/wall charger.

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What you see	What it's called	What it does
	Wall Charger	**Plug** *USB cable* into *adapter/wall charger.* Plug wall charger into an electrical outlet to charge receiver's battery. Don't block access to the charger.
	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.
	Left Arrow	**Press** to go back to last item/screen or home screen.
	Right Arrow	**Press** to highlight next item.

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What you see	What it's called	What it does
	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.

4.7 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 5

Let's G5! The Basics:
Set up Your Display Devices

5.1 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's 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

5.2 Safety Statement

If you've used the Dexcom G4 PLATINUM CGM System, you might still have its transmitter or receiver. While you can use the sensors across the different generations (look for the Dexcom G5 Mobile/G4 PLATINUM Sensor package), you can't mix the transmitter or receiver between the two systems.

PRECAUTION

Don't: *Never mix Dexcom G5 Mobile's Transmitter or Receiver with Dexcom G4 PLATINUM's Transmitter or Receiver.*

Why: 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 won't work if you mix Receiver and Transmitter components from different generations.

Consequences: Missing a severe low (hypoglycemia) or high (hyperglycemia) event.

5.3 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. If you forgot your receiver at home, use your smart device! Battery died on your smart device? Smart device memory full? 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's presented.

The next section walks you through the initial set up for the app. To set up the receiver, go to Section 5.5. 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 set up, you're one step closer to beginning your sensor session!

5.4 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 can't use multiple smart devices during the same session.

While your smart device can have the app installed, part of your initial set up 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 won't be able to complete the set up process.

Suggested Smart Device Settings

Bluetooth is designed wireless communication between devices (unlike Wi-Fi®, which wirelessly connects devices to the Internet). Your transmitter communicates to your app via *Bluetooth®* Smart! Before beginning, **make sure your smart device's *Bluetooth* is available and turned on**.

Refer to your smart device's user guide if you have questions on how to change your smart device settings.

- While checking your *Bluetooth* settings, check to see *Silent* and *Do Not Disturb* are off. Your app does not override these settings; **if you have them on, you will miss Alarm/Alerts**
- After verifying all your settings are correct, there is one more thing to check. Make sure your smart device's *Volume* is loud enough for you to hear any Alarm/Alerts

- Make sure your smart device settings allow your Dexcom Alarm/Alerts to always show on your lock screen
- For information on how to set the above settings, see your smart device's user guide. Once you have verified your smart device's settings are right, the next step is installing the Dexcom G5 Mobile App
- The app needs to be open and running in the background. This may drain your smart device's battery; make sure you check its battery is charged
- Don't change your smart device's time because it can make the time on the trend screen wrong and the app may stop displaying data

If your smart device is broken or lost, use receiver until it's fixed or replaced.

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, do not install the app.

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

Initial Dexcom G5 Mobile App Setup

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

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

From Your Web Browser:

1. **Go** to *dexcom.com*.
2. **Click** green *Get Started* tab or the three green bars, then "Get Started."
3. **Click** green *Get Started* button on the page.
4. **Fill out** *User account* screen.
5. **Click** the green *Create New Account* button towards the bottom of the screen.

But what if you are unclear about a step?

The Dexcom App has prompts allowing you to get more information. If you are unsure of something during your initial set up process, look at the screen for additional information prompt. Informational prompts include, but aren't 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** *Dexcom G5 Mobile App* icon to open app.
2		**Swipe** through introductory screens or **tap** *Log In*.

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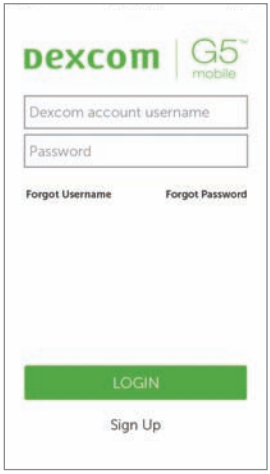
Introductory Screens		
3		**Enter** existing username and password OR Need a Dexcom username and password? **Tap** *Sign Up.* **Complete** *Username/Password* fields. **Tap** *Login* once.
4		**Tap** *Let's Get Started.*

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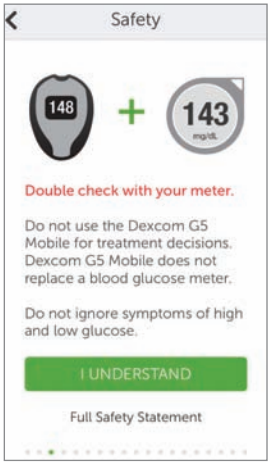
Introductory Screens		
5		The next screens are the Terms of Use, safety warnings, contraindications, and the recommended settings. Once each screen is read, **tap** the *appropriate answer* to move forward. **Tap** *Full Safety Statement* or, when applicable, *I don't understand* to get more information.

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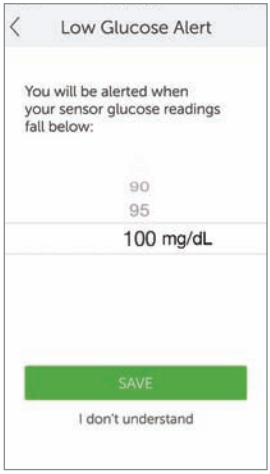
Setting up Your App Alarm/Alerts and Basic Settings

6		**Set** your *Low Glucose Alert*. Default is 80 mg/dL. *Scroll* to select another amount. **Tap** *Save* to move forward. Once set, you'll receive an Alert notification if your glucose dips below your set amount.
7		**Set** your *High Glucose Alert*. Default is 200 mg/dL. **Scroll** to select another amount. **Tap** *Save* to move forward. Once set, you'll receive an Alert notification if your glucose rises above your set amount.

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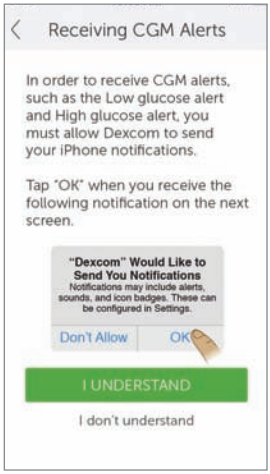
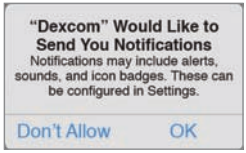
Setting up Your App Alarm/Alerts and Basic Settings

8a		Make sure you get your Alarm/Alerts notifications. **Tap** the *appropriate response* to move forward and set your notifications.
8b		**Tap** *OK* to receive Alarm/Alerts notifications.

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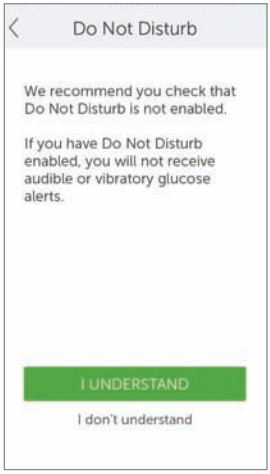
Setting up Your App Alarm/Alerts and Basic Settings

9		The next screens provide suggestions for device volume, *Do Not Disturb*, and other basic settings. **Tap** *appropriate answer* to move forward.

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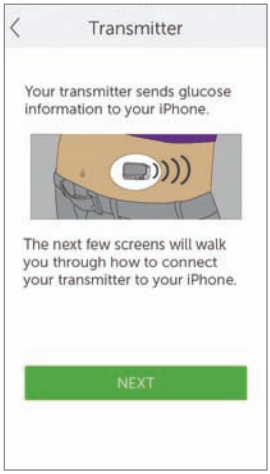
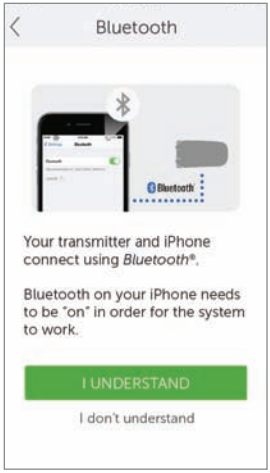
Connecting/Pairing Transmitter With App		
10		**Tap** *Next*.
11		**Verify** *Bluetooth* is on. The app will check to see if *Bluetooth* is turned "on."

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Connecting/Pairing Transmitter With App		
12a		**Get** your *Transmitter* box. **Tap** *Take Photo.*
12b		**Turn** *transmitter box* **upside down** on a flat surface with barcodes facing up. **Center** longest *barcode* within green brackets.

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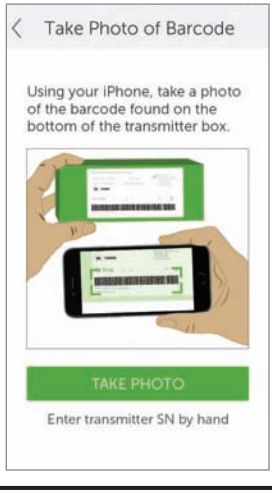
Connecting/Pairing Transmitter With App

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 6 for more information.

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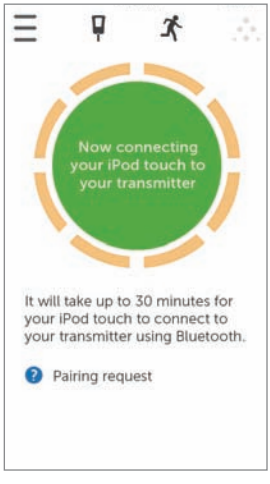
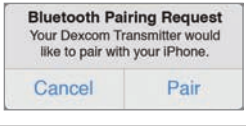
Connecting/Pairing Transmitter with App		
15		**Wait** up to 30 minutes for smart device and transmitter to connect.
16		At prompt, **Tap** *Pair* to pair app with smart device.

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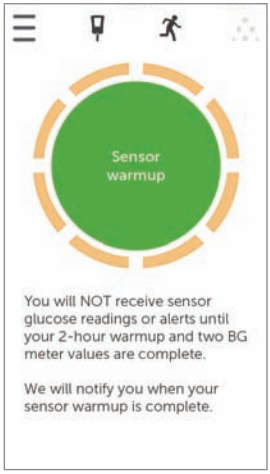
Connecting/Pairing Transmitter with App		
17		**Tap** the *Sensor warmup* circle to start your two hour sensor warmup. When you see the sensor warmup timer, your initial set up is complete. Congratulations!

If you have any issues setting up the Dexcom G5 Mobile App, call Technical Support toll free at **1.877.339.2664** or toll at **1.858.200.0200**. We are here 24/7 to assist you.

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.

5.5 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 set up.

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 set up wizard guides you through the initial set ups steps. Don’t be alarmed if your receiver buzzes or makes other sounds during this process.

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

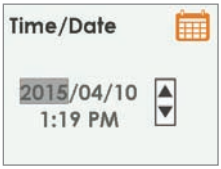
How you complete your initial set up differs between the receiver and your smart device; however, the data is the same.

Setup Wizard Prompts:

- 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 4, for charging instructions.

Initial Receiver Set up

Step	What you see	What you do
Initial Screens		
1		**Press** *Select* to turn receiver on.
2		**Wait**.
Time/Date		
3a		**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.

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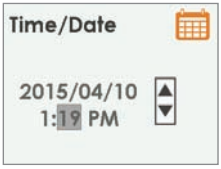
Time/Date		
3b		**Press** *Up/Down Arrow* to change hour. **Press** *Right* Arrow. **Press** *Up/Down Arrow* to change minutes. **Press** *Right* Arrow. **Press** *Up/Down Arrow* to select AM/PM. **Press** *Select* to save and close. **NOTE:** After initial set up, if battery is drained, receiver will vibrate once and you will need to reset date and time.
Transmitter		
4a		**Turn** *transmitter box* **upside down** to locate SN number.
4b		If transmitter package isn't available: • SN is on transmitter's back
4c		**Press** *Up/Down Arrows* to select and enter transmitter SN. **Press** *Right Arrow* to move to next digit. **Press** *Select* to save and close.

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Setting Low Alert		
5a		System default is at 80 mg/dL. **Press** *Select* to save at present levels and close.
5b		To change value: **Press** *Up/Down Arrows* to change value at 5 mg/dL increments. **Press** *Select* to save and close.
Setting High Alert		
6a		System default is at 200 mg/dL. **Press** *Select* to save at present levels and close.
6b		To change value: **Press** *Up/Down Arrows* to change value at 10 mg/dL 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's 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 6

Let's G5! The Basics:

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

6.1 Overview

Now that your display devices are set up, you're 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 three ways:

1. Through the App
2. USB card in your Dexcom G5 Mobile Receiver package
3. Online at dexcom.com:
    a. Top of page, **click** *Support Tab*.
    b. **Click** *Education*.

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 the transmitter, adding up to 30 minutes to your wait time. Good news is you don't 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

6.2 Safety Statements

Following are some important Precautions and Warnings to review; we want to make sure you and the system are safe before starting a sensor session.

WARNING

Don't: *If a sensor breaks under the skin with no portion visible above the skin, don't remove it.*
Do: *Seek professional medical help if you have symptoms of infection or inflammation (e.g., redness, swelling or pain) at the insertion site.*

Always report a broken sensor to our Technical Support, 24/7, team at as soon as possible:
Toll free: **1.877.339.2664**
Toll call: **1.858.200.0200**

Why: Sensors may fracture on rare occasions.

Testing done in a controlled environment (in-vitro) didn't find any safety hazards during an MRI with a broken off sensor under the skin. The wire didn't heat up nor have any significant movement during the MRI, images were affected only in the area around the sensor's wire.

MRI with broken wire
If you have experienced a broken sensor and are planning to take an MRI, please discuss the following with your doctor or technician.

Laboratory (in vitro) MRI tests did not detect any safety hazards for a broken sensor that remains in the body.

There was no significant movement or heating of the wire. Imaging artifacts were limited to the area around the wire.

WARNING

Do: *Store sensor between 36° F-77° F during its shelf life.*

Why: Storing the sensor incorrectly might cause the sensor glucose readings to be inaccurate.

Never store sensors in the freezer.

Consequences: If stored outside of 36° F-77° F, your sensor glucose readings may not be accurate, resulting in you missing a severe low or high glucose event.

WARNING

Don't: *Never use the Dexcom G5 Mobile CGM System sensor glucose readings for treatment decisions.*
Do: *Only use BG values from your BG meter for treatment decisions (e.g., how much insulin to take).*

Why: Since they measure your glucose from different body fluids, sensor glucose readings can be different from your meter's blood glucose values.

Consequences: Using sensor glucose readings for treatment decisions could result in you missing a severe low or high event.

PRECAUTION

Do: *Select sensor insertion site with care.*

Avoid:

- Areas likely to be bumped, pushed or squeezed
- Areas of skin with scarring, tattoos, or irritation
- Injecting insulin within 3 inches of sensor
- Placing an insulin pump infusion set within 3 inches of sensor

Why: Inserting sensor in these areas may affect sensor glucose readings.

Consequences: Inaccurate sensor glucose readings may result in you missing a severe low or high event.

PRECAUTION

Do: *Check sensor package before opening.*

Why: Make sure the sterilized package has not been damaged or previously opened. If opened or damaged, sensor may be unsterile.

Consequences: Using an unsterile sensor may cause an infection.

6.3 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.

Sensor Applicator

Inside Sensor Box

What you see	What it is
	Sterilized sensor pouch with important label information. **Check** *expiration date.*
	Single use sensor applicator.

Knowing what each applicator piece does helps you successfully insert your sensor. Chapter 4, Section 4.6 gave you overview of the sensor applicator.

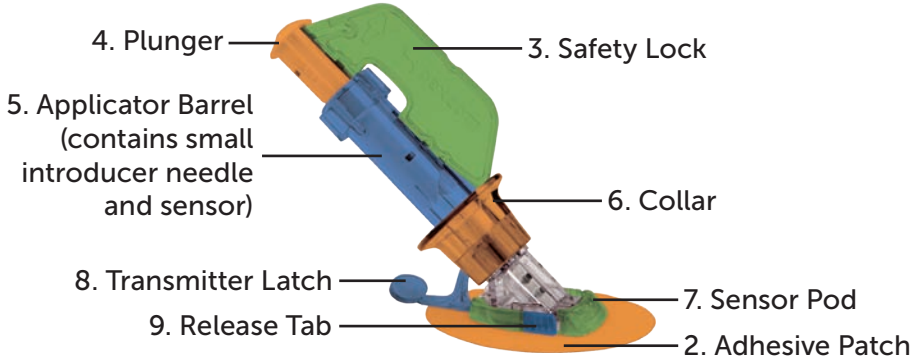

Figure 3. Dexcom G5 Mobile Sensor Applicator and Pod

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

Transmitter Box

What you see	What it is
	Bottom of box with important label information. Keep box until transmitter battery dies.
	Reusable transmitter.

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 won't be able to start a sensor session if your transmitter isn't 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's 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 haven't expired and work with your meter.

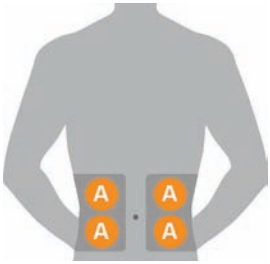
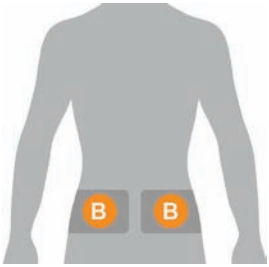
Before removing the sensor applicator out of its sterile pouch, determine the best place to insert your sensor.

6.4 Choosing Your Insertion Site

Choose a place on your belly (or if user is between the ages of 2 and 17, 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 lay 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 3 inches from your insulin pump infusion set or injection site

- If needed, shave the area so adhesive patch sticks securely
- Make sure area is clean and free of lotions, perfumes, medications

Don't:

- Never use same site repeatedly for sensor insertion
- Never use same site for 2 sensor sessions in a row

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

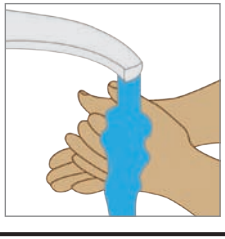
Use optional skin adhesives (Mastisol™, SkinTac™) as part of your insertion site preparation to help keep your sensor pod attached. Apply the skin adhesive after you selected and cleaned your insertion site. Use circular motions and create an "O" outline, making sure you don't get any skin adhesive inside the outline. Let the "O" 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.

6.5 Inserting Your Sensor

You've collected all of the needed items to begin a sensor session, viewed the tutorials, reviewed the sensor applicator and prepped the sensor pod site. You're now ready to insert your sensor!

Step	Picture	What you do
Preparation		
1		**Wash** and **dry** your hands.

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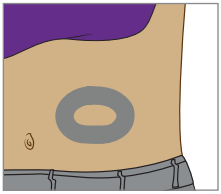
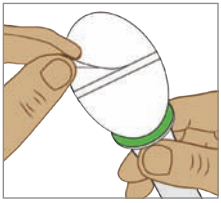
Preparation		
2		**Clean** *insertion site* with alcohol wipe. Let dry.
3		**Optional Step: Skin Adhesive** **Create** an *oval* on the skin • Do not get any skin adhesive inside the circle • Let skin adhesive dry • Insert sensor on clean skin at the center of the circle
4		**Check** *pouch*: Is it damaged or already opened? **Remove** *sensor applicator* from sterile pouch. **Closely inspect** *sensor*, check it hasn't been damaged. **Keep** *sensor packaging* until sensor session is complete.
Attaching Sensor Pod		
5		**Pull** *adhesive backing tabs*. **Don't touch** *sticky adhesive patch*.

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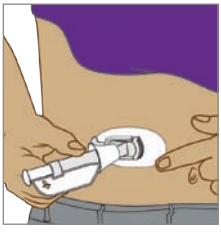
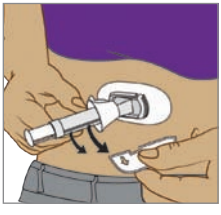
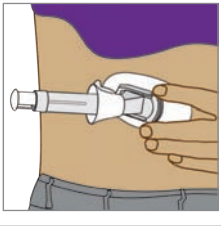
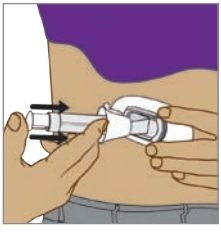
Inserting Sensor Wire		
6		**Place** *sensor* horizontally, not vertically, on skin. **Move** fingers around *adhesive patch's top* several times to secure tape.
7		**Hold** *applicator barrel*. **Pull** *safety lock* out.
8		**Place** fingers of one hand on edges of *adhesive patch*. **Pinch** up your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

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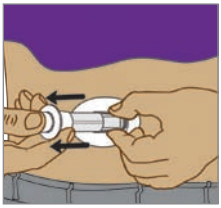
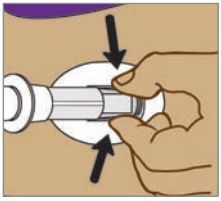
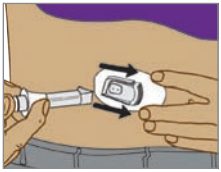
Removing Applicator Barrel and Collar		
10		**Move** two fingers from *above* collar to *below* collar. Keeping your thumb as a base on the white plunger. **Pull** *collar* all the way back towards your thumb. You should hear 2 clicks. **NOTE:** Finger placement is important for correct needle removal.
11		**Hold** *transmitter latch* down against your body. **Squeeze** *ribbed release tabs* on the sides of sensor pod.
12a		**Move** *applicator barrel* forward and out, away from your body. Follow local ordinances when disposing the applicator.
12b		**What's left?** 1. Sensor pod 2. Transmitter latch

You have successfully inserted the sensor!

At this point, you should have two items attached:
1. The sensor pod
2. The transmitter latch

Having problems?
If it's the first time inserting a sensor, you may have questions or need help. If you do, please contact your Dexcom G5 Mobile CGM System Technical Support team, 24/7, at:

- Toll free: **1.877.339.2664**
- Toll call: **1.858.200.0200**

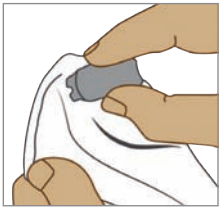
The next step is attaching your transmitter to the sensor pod.

6.6 Attaching Your Transmitter

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

Since the transmitter is reusable, you don't 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've inserted the transmitter. Once the transmitter has been attached, you can't remove it until your session is over. Chapter 8 reviews when and how to remove your transmitter.

Before inserting your transmitter, check you entered the correct transmitter SN into your display device. Chapter 5 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. **Don't** let the back of transmitter touch your skin. **Don't** scratch transmitter's back, this can harm the waterproof seal.
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*.

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

You're 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.

6.7 Loose Sensor Pod

The sensor pod should stay on your skin using its own adhesive.

If the patch peels up, 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
- Don't tape over the transmitter or any plastic parts of the sensor pod
- Don't tape under sensor pod
- Don't leave any substance on the skin where you insert the sensor

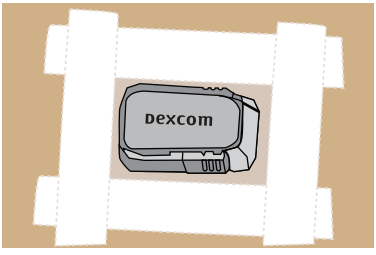


Figure 4. The Right Way to Use Tape for Extra Support

6.8 Starting Your Sensor Session

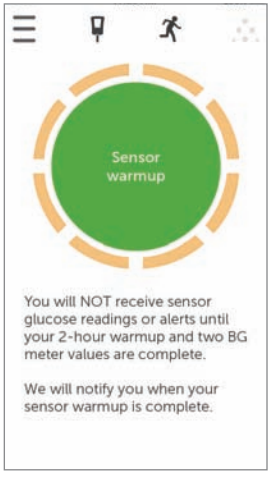
If you choose to use both the receiver and the app, each system requires individual setups (see Chapter 5).

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'll 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.
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.
3		**Wait**. Screen provides countdown to sensor warmup. The orange dashes darken as the countdown moves forward. **Keep** *smart device* within 20 feet of transmitter during the sensor warmup period.

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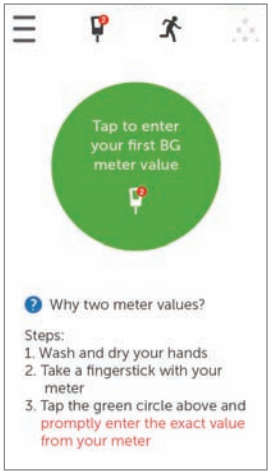
Step	What you see	What you do
4		Locked screen. *Initial calibration* prompt tells you when warmup is complete. Chapter 7 covers calibrating.
5		*Initial calibration* prompt tells you when warmup is complete. Sensor warmup is complete. You're ready to calibrate!

Receiver: Starting a Session

Step	What you see	What you do
1		**Press** *Select* to turn on receiver.

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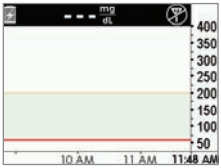
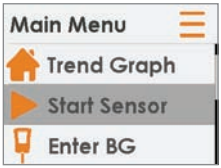
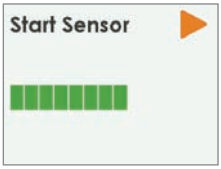
Step	What you see	What you do
2		From Trend Graph. **Press** *Select* to go to *Main Menu*.
3		**Press** *Down Arrow* to highlight *Start Sensor*. **Press** *Select* to start new sensor session. **NOTE:** After sensor starts, *Start Sensor* option disappears.
4		"*Start Sensor*" progress bar confirms two hour sensor warmup. Keep your receiver within 20 feet 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

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Step	What you see	What you do
7		**Wait.** Screen provides countdown of the two hour sensor warmup.
8		Sensor warmup is complete. You're ready to calibrate!

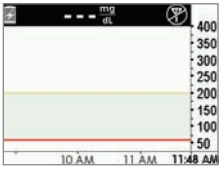
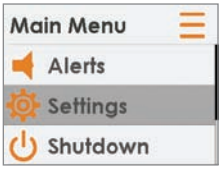
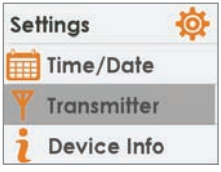
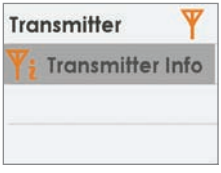
6.9 Receiver *Bluetooth* Tips

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 20 feet of each other

If the *Bluetooth* icon isn't on the receiver and the Signal Loss icon appears in the receiver's upper right corner of the status bar, they're 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*.
2		**Press** *Down Arrow* to *Settings*. **Press** *Select*.
3		**Press** *Down Arrow* to *Transmitter*. **Press** *Select*.
4		**Press** *Select*.

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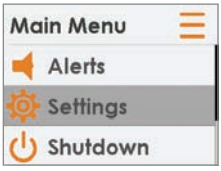
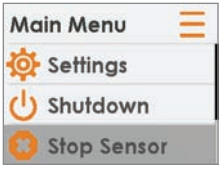
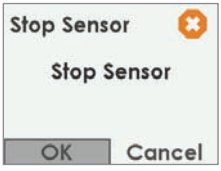
Step	What you see	What you do
5		**Check** correct transmitter SN is in receiver. • SN is on the label on bottom of transmitter box **Compare** SN in receiver to SN on transmitter box. If correct, call our 24/7 Technical Support department, toll free at **1.877.339.2664** or toll at **1.858.200.0200** for help. **Press** *Select* to exit screen. **Press** *Left Arrow* twice to go to *Main Menu*.
If Wrong SN Entered		
6		**Press** *Left Arrow* twice to go to *Main Menu*.
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.

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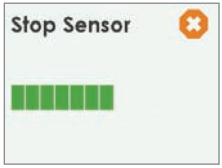
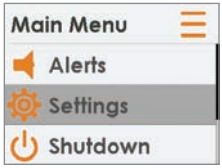
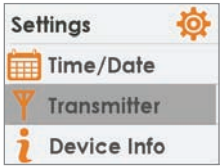
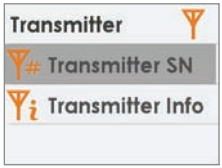
If Wrong SN Entered		
9		**Wait** for sensor session to end.
10		From *Main Menu*: **Press** *Down Arrow* to *Settings*. **Press** *Select*.
11		**Press** *Down Arrow* to *Transmitter*. **Press** *Select*.
12		**Highlight** *Transmitter SN*. **Press** *Select*.
13		**Enter** correct SN using *Up/Down 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.

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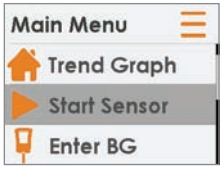
If Wrong SN Entered		
14		Start Sensor Session. **Press** *Up/Down Arrow* to highlight *Start Sensor*. **Press** *Select* on *Start Sensor*.

6.10 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 12, steps you through how to personalize your Dexcom G5 Mobile CGM System's display devices.

Once the sensor warmup is complete, you're 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's Next?
The next chapter guides you through the calibration steps.

Chapter 7

Let's G5! The Basics:
Calibration

7.1 Introduction

In the previous chapter, you learned how to insert your sensor, transmitter, and start a new sensor session. You're 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:

- 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 shouldn't 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

7.2 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 needed to enter information such as Alerts, transmitter SN, etc., separately for the receiver and smart device. Calibration is different.

Don't enter your BG values in both devices, enter into either your app or the receiver. 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're prompted.

If you receive a calibration prompt outside of your scheduled calibration schedule, the system doesn't accept your most recent calibration or your meter's BG value is very different from the sensor's glucose reading.

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

Now you have an overview of calibration, let's review some contraindications, warnings, and precautions you need to know and follow before you calibrate.

7.3 Safety Statements

CONTRAINDICATION

Don't: *Never take any medications containing acetaminophen during your sensor session.*

Why: Taking medications with acetaminophen (such as Tylenol or Excedrin Extra Strength) while wearing sensor may falsely raise sensor glucose readings. Level of inaccuracy depends on:

1. Amount of acetaminophen active in your body.
2. May be different for each person.

Consequences: Without correct readings you might miss a severe low event.

WARNING

Don't: *Never use the Dexcom G5 Mobile CGM System sensor glucose readings for treatment decisions.*
Do: *Only use BG values from your BG meter for treatment decisions (e.g., how much insulin to take).*

Why: Since they measure your glucose from different body fluids, sensor glucose readings can be different from your meter's blood glucose values.

Consequences: Using sensor glucose readings for treatment decisions could result in you missing a severe low or high event.

WARNING

Do: *Calibrate at least once every 12 hours.*

Why: Calibrating less often than every 12 hours might cause inaccurate sensor glucose readings.

Consequences: Missing severe low (hypoglycemia) or high (hyperglycemia) Alarm or Alerts.

PRECAUTION

Do: *Look at trend arrows before calibrating. Trend arrows help you determine if you can calibrate now or should wait.*
Don't: *Never calibrate if your blood glucose is changing at a significant rate, typically more than 2 mg/dL per minute.*

Never calibrate when you see:

- *A single arrow, pointing up*
  - *Rising 2-3 mg/dL each minute*
- *Two Arrows pointing up*
  - *Rising more than 3 mg/dL each minute*
- *Single arrow pointing down*
  - *Falling 2-3 mg/dL each minute*
- *Two arrows pointing down*
  - *Falling more than 3 mg/dL each minute*

Why: Calibrating during significant rise/fall of blood glucose may affect accuracy of sensor glucose readings.

Consequences: You may miss a severe low or high glucose event.

PRECAUTION

Do: *Enter the exact BG value displayed on your BG meter within five minutes of a carefully performed fingerstick measurement.*

Why: Entering the wrong blood glucose values, or waiting more than five minutes before entry, might affect sensor accuracy.

Consequences: You may miss a severe low or high glucose events.

PRECAUTION

Do: *Only use fingerstick measurements from your BG meter for calibration.*
Don't: *Never use alternative site blood glucose values such as blood from palms, forearms, etc.*

Why: Alternative site BG values are different from a fingerstick blood glucose value and may not reflect most recent blood glucose value.

Consequences: You may miss a severe low or high glucose event.

7.4 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 Start-Up 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 helps you keep your calibration schedule on track. If your BG values are not between 40-400 mg/dL, the system won't accept your calibration. Wait until you are within the 40-400 mg/dL range before entering your BG values.

Initial Calibration: Sensor Start-Up 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 update calibration is 12 hours after your initial calibration.

Update Calibration

Update calibrations are typically 12 hours since your last calibration, however it can be sooner. As an example, if you know your next calibration is due at 4 AM, you can do the calibration before bedtime, resetting the 12hour count down.

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

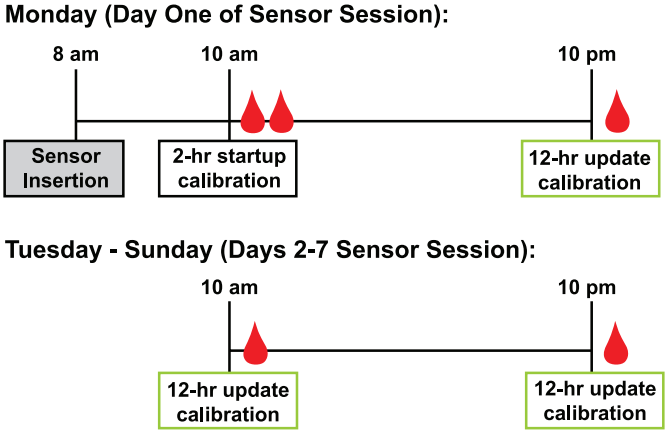


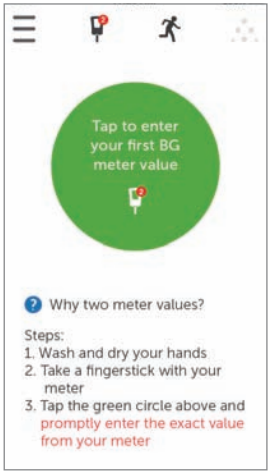
Figure 5. Example Minimum Calibration Schedule During Seven-Day Sensor Session

7.5 Calibration Prompts

Sensor Session Start-Up Calibration Prompts

Once your two hour sensor start-up is complete, your display device tells you it's time to enter the first of your two back-to-back start-up calibrations. Once the system has accepted your BG values, your glucose readings begin. If you don't 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.

Start-Up Calibration Prompts

Device	What you see	What it means	What you do
First Calibration			
Smart Device: Lock Screen		Sensor warmup is complete. Ready for first of two initial calibrations.	Follow steps in Section 7.6 and 7.7. Immediately prepare for next calibration.
Smart Device: In App			
Receiver			

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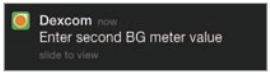
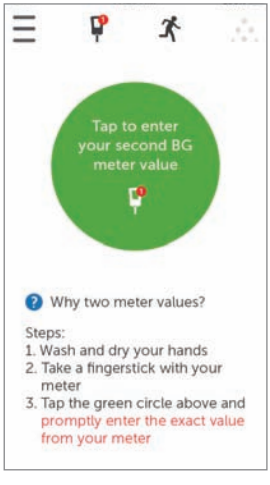
Device	What you see	What it means	What you do
Second Calibration			
Smart Device: Lock Screen		Sensor accepted first calibration. Ready for second BG meter value.	Follow steps in Section 7.6 and 7.7. Next calibration in 12 hours.
Smart Device: In App			
Receiver			

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

Update Calibration Prompts

Once your start-up 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, enter your BG meter value just once.

Like the reminders you received with your initial calibration, if you don't 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: Lock Screen		Enter update calibration. If prompt doesn't go away: • System didn't accept calibration • BG values are very different from sensor glucose readings	Follow steps in Section 7.6 and 7.7. Immediately prepare for next calibration.
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 can't 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's 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 9.

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

7.6 Preparing for Calibration

Your sensor depends on you to help make its sensor glucose readings accurate. If you don't 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 staking 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* is 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.

Don't:

7. Don't take acetaminophen containing medication during your session (e.g., Tylenol).
    a. See your healthcare professional to better understand how long acetaminophen is active in your body.
8. Don't calibrate if your BG values are under 40 mg/dL or over 400 mg/dL.
    a. If BG value is outside of this range, receiver doesn't understand these values and won't 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.

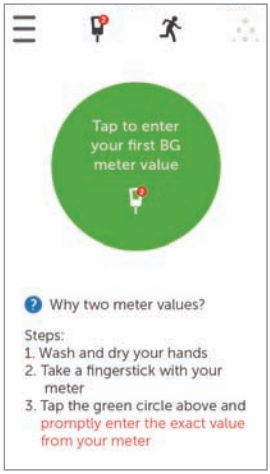
7.7 Ready? Set? Calibrate!

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

Remember:
You don't have to take a fingerstick measurement for each display device when calibrating, once you enter the reading into one, data is pushed 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 meter BG value. **Update calibration:** Enter one meter BG value.

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

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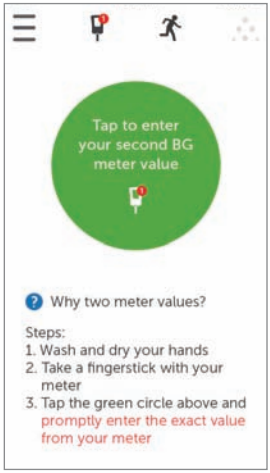
Step	What you see	What you do	Additional Info
4		**Tap** *circle* to enter your second BG value. Follow steps 2-3 and enter second reading.	
5		Meter icon has no calibration prompt. Calibration accepted.	Your calibration was successful.

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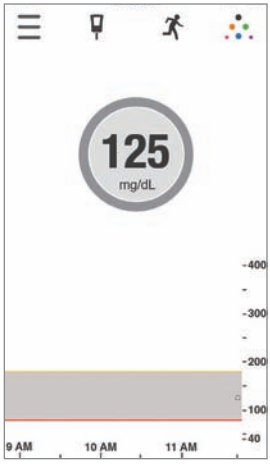
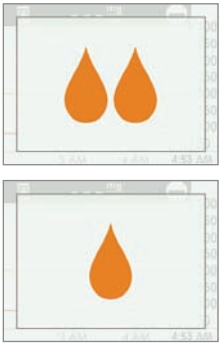
Step	What you see	What you do	Additional Info
6		**Wait** for next calibration prompt in 12 hours.	Default Home Trend screen. Calibration accepted.

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 won't see calibration prompts when receiver screen is black.

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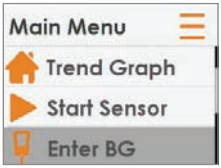
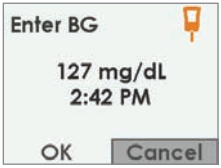
Step	What you see	What you do	Additional Info
2		**Press** *Up/Down Arrow.* **Highlight** *Enter BG.* **Press** *Select.*	
3		**Press** *Up/Down Arrow* to change numbers. **Stop** at meter's BG value. **Press** *Select.*	Sensor default reading is 120 mg/dL. If sensor glucose reading is within the last 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 isn't recorded
4b		Verify BG value is correct. If incorrect: **Press** *Right Arrow* to Cancel. **Press** *Select.* **Reenter** BG value.	Cancel and re-enter BG value. Fingerstick measurement must be within five minute window.

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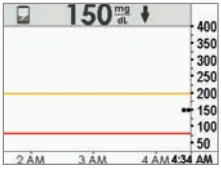
Step	What you see	What you do	Additional Info
5		**Wait**.	“Thinking” screen. BG value is accepted.
6		Immediately take another meter reading. Enter meter’s BG Value.	First calibration accepted. Time for second calibration.
7		**Wait** for next calibration prompt in 12 hours.	Default Trend screen. Calibration(s)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

7.8 Calibration Errors

Before or during your calibration process, your display device may show error prompts. If the prompts don’t go away after 15 minutes, refer to Chapter 18, Troubleshooting.

Device	What you see	What it means	What you do
Smart Device: In App		Sensor can't calibrate now.	**Wait** 10-15 minutes. **Retake** fingerstick measurement at prompt. **Enter** BG value.
Receiver			
Smart Device: In App		System didn't 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 levels
  - 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's Next?

In the next chapter, you'll 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 8

Let's G5! The Basics:

Ending Your Sensor Session and Transmitter Session

8.1 Introduction

Dexcom G5 Mobile Sensor Sessions last seven days. This chapter reviews what you should expect when your session is about to expire, 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's 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 won't get your trends, nor will you get any Alarm or Alerts.

Before stopping a session, and removing the sensor pod and transmitter, review the following safety statements to make sure you don't harm yourself.

8.2 Safety Statements

WARNING

Don't: *If a sensor breaks under the skin with no portion visible above the skin, don't remove it. Don't ignore sensor fractures.*
Do: *Seek professional medical help if you have symptoms of infection or inflammation (e.g., redness, swelling or pain) at the insertion site.*

Always report a broken sensor to our Technical Support, 24/7, team as soon as possible:
Toll free: **1.877.339.2664**
Toll call: **1.858.200.0200**

Why: Sensors may fracture on rare occasions.

Testing done in a controlled environment (in-vitro) didn't find any safety hazards during an MRI with a broken off sensor under the skin. The wire didn't heat up nor have any significant movement during the MRI, images were affected only in the area around the sensor's wire.

MRI with broken wire
If you have experienced a broken sensor and are planning to take an MRI, please discuss the following with your doctor or technician.

Laboratory (in vitro) MRI tests did not detect any safety hazards for a broken sensor that remains in the body.

There was no significant movement or heating of the wire. Imaging artifacts were limited to the area around the wire.

PRECAUTION

Do: *Keep Transmitter until it's battery life has ended.*

Why: Transmitter is reusable.

- Use for multiple sessions

8.3 Ending Your Sensor Session

There are different ways your session might end.

The most common is your sensor's typical seven day timeframe 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.

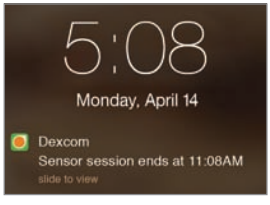
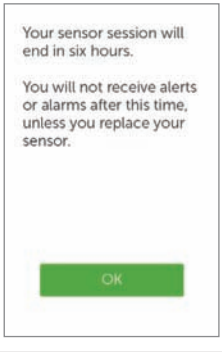
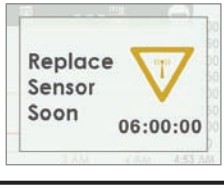
Let's review ending a normal session first, later in this chapter we'll review the prompts for ending the session early.

Ending Your Seven Day Sensor Session

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

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

Ending Sensor Session Prompts

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

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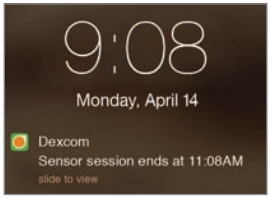
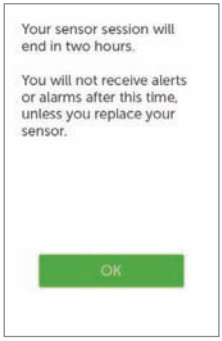
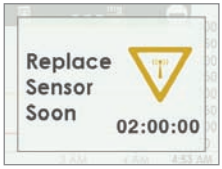
Device	What you see	What it means
At Two Hours		
Smart Device: Lock Screen		Two hours remain on your current sensor session. Continue to get sensor glucose readings.
Smart Device: In App		
Receiver		

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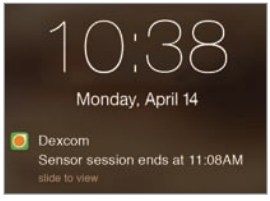
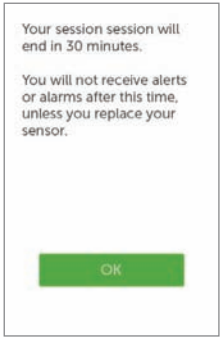
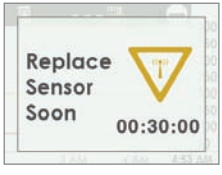
Device	What you see	What it means
At Thirty Minutes		
Smart Device: Lock Screen		Thirty minutes remain. Continue to get sensor glucose readings.
Smart Device: In App		
Receiver		

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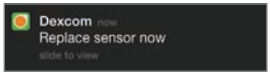
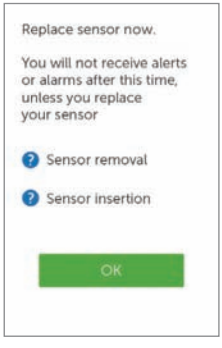
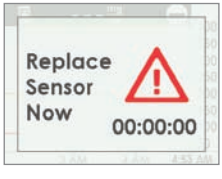
Device	What you see	What it means
Session Ended		
Smart Device: Lock Screen		Session has ended. **App** **Tap** screen's "?" for steps to: • Remove sensor • Insert new sensor **Receiver** **Press** *Select* to clear.
Smart Device: In App		
Receiver		

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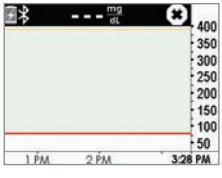
Device	What you see	What it means
Session Stopped		
Smart Device: Lock Screen	N/A	Sensor session has stopped. **App** • No sensor glucose readings • Prompts for new session **Receiver** • Straight line ○ No sensor glucose readings
Smart Device: In App		
Receiver		

Sound/Vibration Prompts

In case you can't 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. Remember, if your smart device is on Silent or Do Not Disturb, you won't get any sound prompts.

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're not sure what to do, the app will provide instructions, or you can refer to the Quick Start Guide, online tutorials, or go to Chapter 6 in the User Guide.

Ending Your Sensor Session Early

For personal reasons, you may want to force quit a sensor session early (e.g., you're 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's 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).

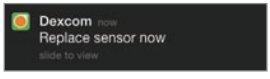
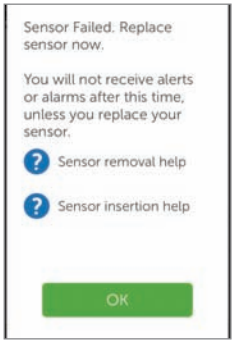
You'll receive error prompts leading to a new sensor session. If you see error prompts, always contact Technical Support before stopping a sensor session early.

Technical Support, 24/7, at:
Toll free: **1.877.339.2664**
Toll call: **1.858.200.0200**

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: Lock Screen		Sensor issues detected. Session ends automatically. No: • Sensor Glucose Readings • Alarm/Alerts Replace sensor.
Smart Device: In App		
Receiver		

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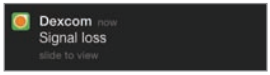
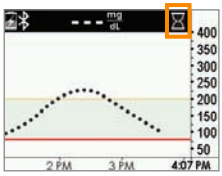
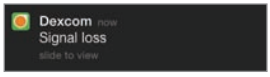
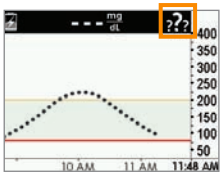
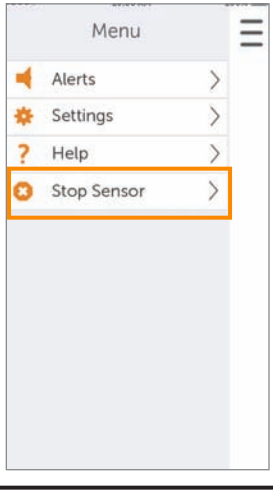
Device	What you see	What it means
Smart Device: Lock Screen		Wait up to three hours while the system autocorrects. Check transmitter—is it properly inserted into sensor pod? Make sure you haven't taken acetaminophen. If not corrected after 3 hours: • Contact Dexcom Technical Support
Smart Device: In App		
Receiver		
Smart Device: Lock Screen		Wait up to three hours while the system autocorrects. Check transmitter—is it properly inserted into sensor pod? Make sure you haven't taken acetaminophen. If not corrected after 3 hours: • Contact Dexcom Technical Support
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're using both, no need to stop the sensor session in each: the other display will see the session has stopped.

Let's 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		Access Main Menu.	**Tap** *Main Menu* icon.
1		Ends sensor session. During session: • *Stop Sensor* option appears Not in active session: • *Start Sensor* option appears	**Tap** *Stop Sensor.*

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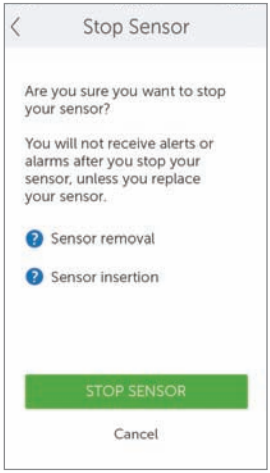
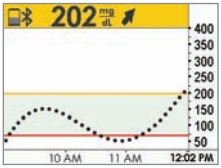
Step	What you see	What it means	What you do
3		Blue "?" icons provide additional information.	**Tap** *Stop Sensor.*
4		Confirms sensor session has ended. Ready for new session.	**Remove** sensor. **Insert** new sensor. **Tap** *green circle* when ready for new session.

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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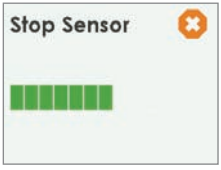
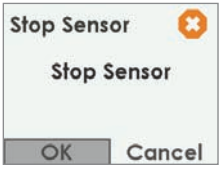
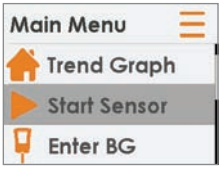
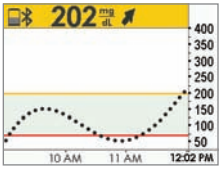
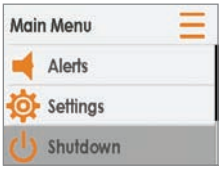
Step	What you see	What it means	What you do
2		Ends sensor session. During session, *Stop Sensor* option appears.	**Press** *Down Arrow* to *Stop Sensor*. **Press** *Select*.
3		Thinking screen.	**Wait**.
4		Confirms you want to stop sensor. Return to Main Menu.	**Press** *Select*.
5		Ready to start 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

To save on its battery, 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		Confirms you want to shut down. Shuts down receiver.	**Press** *Select*.

Press *Select* to turn the receiver back on. It may take up to 20 seconds for the receiver to turn on.

Preventing Sensor Failures

Sensor failures can happen when your display device doesn't 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 hasn't expired.
2. Transmitter is snapped securely in sensor pod.
3. Sensor pod isn't dislodged or adhesive isn't peeling.
4. Nothing is rubbing against sensor pod (e.g., seat belts, etc.).
5. You selected a good insertion site (see Chapter 6).
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, and remove the old sensor and transmitter.

8.4 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

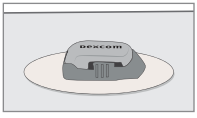
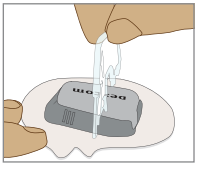
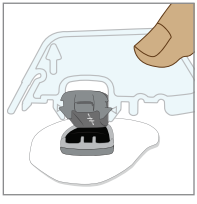
Remember your transmitter is reusable. With a battery life of 90 days, use the same transmitter over a number of sensor sessions. You'll receive prompts as you near the end of its battery life.

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*.
2		**Put** sensor pod on flat surface.
3		**Place** *safety latch's* jagged edge: • Over transmitters wide edge • In between open slots on sensor pods sides
4		**Lift up** *safety latch*.

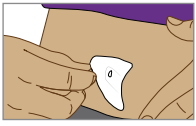
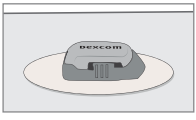
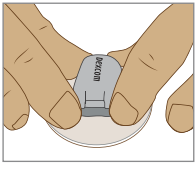
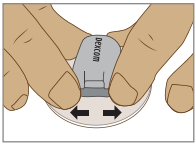
If you no longer have the safety lock, don't worry! You can use your fingers to remove the transmitter from the old sensor pod.

After removing your sensor, and taking the transmitter out of the sensor pod, you're ready to begin a new sensor session. The transmitter's battery is good up to three months. If you haven't 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

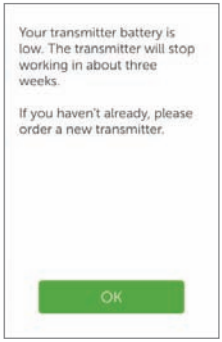
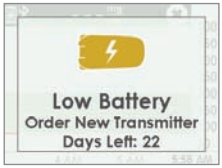
Step	Picture	What you do
1		**Grasp** end of *adhesive patch*. **Peel** *adhesive patch* up and away from your body to remove *sensor pod* and *transmitter*.
2		**Put** sensor pod on flat surface.
3		**Grasp** *sensor pod's* wide end with two hands and **place** fingers in side's open slots.
4		**Pull**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

8.5 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 won't be able to start a new session.

Transmitter Battery Messages

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

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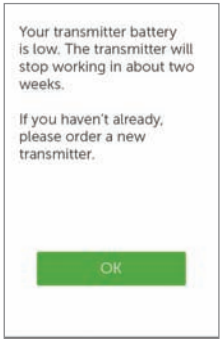
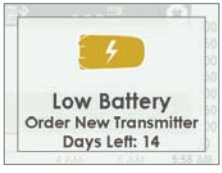
Device	What you see	What it means
Smart Device: Lock Screen		Battery will expire in two weeks. Order a new transmitter.
Smart Device: In App		
Receiver		

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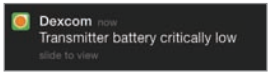
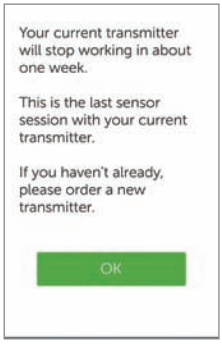
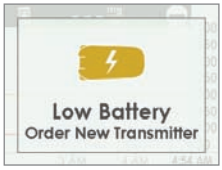
Device	What you see	What it means
Smart Device: Lock Screen		Battery will expire in one week. Order a new transmitter.
Smart Device: In App		
Receiver		

To make sure you have a transmitter that's ready for a new sensor session, you may want to reorder a new one at store.dexcom.com, by calling Customer Service (see Section 16.1), or through the channels you used before, at your first low battery prompt.

Sound/Vibration Prompts

In case you can't 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. Remember, if your smart device is turned on to Silent or Do Not Disturb, you won't get any sound prompts.

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

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's 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.

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 9

Next Steps:

Home Screen, Rate of Change Arrows, and Errors

9.1 Introduction to Home Screens

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

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

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

After this chapter, you'll 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

9.2 Safety Statements

Take a moment and read the safety statements. If not followed, your sensor glucose readings and trends may be less accurate, plus and you may miss important high or low glucose alerts.

CONTRAINDICATION

Don't: *Never take any medications containing acetaminophen during your sensor session.*

Why: Taking medications with acetaminophen (such as Tylenol or Excedrin Extra Strength) while wearing sensor may falsely raise sensor glucose readings. Level of inaccuracy depends on:

1. Amount of acetaminophen active in your body.
2. May be different for each person.

Consequences: Without correct readings you might miss a severe low event.

WARNING

Don't: *Never use the Dexcom G5 Mobile CGM System sensor glucose readings for treatment decisions.*
Do: *Only use BG values from your BG meter for treatment decisions (e.g., how much insulin to take).*

Why: Since they measure your glucose from different body fluids, sensor glucose readings can be different from your meter's blood glucose values.

Consequences: Using sensor glucose readings for treatment decisions could result in you missing a severe low or high event.

WARNING

Don't: *Never ignore symptoms of high and low glucose.*
Do: *Measure your blood glucose with fingerstick measurement if sensor glucose readings don't match your symptoms.*

Why: Your sensor glucose readings may not be accurately reading your glucose.

Consequences: Using sensor glucose readings for treatment decisions could result having severe low (hypoglycemia) or high (hyperglycemia) events.

9.3 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.

The app also supports two additional, and optional, ways that you can see your app's CGM information: the Today view widget and the Apple Watch. See *Additional Ways to View Your App's CGM Information* in this chapter for more detail.

In other chapters, you'll 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:

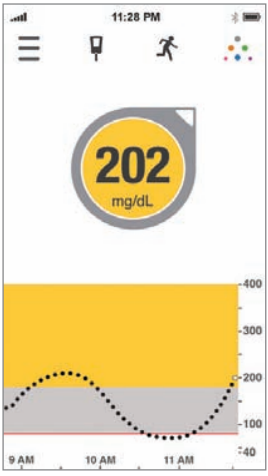
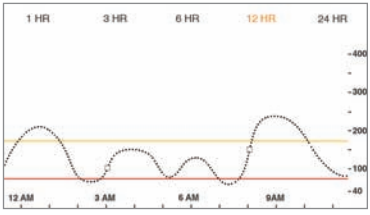
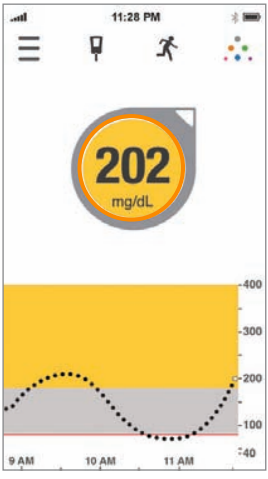
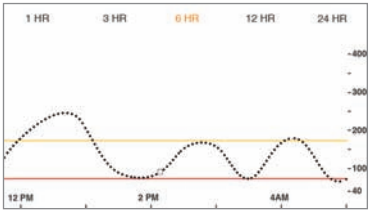
1. The Task Bar. This is where you go to do tasks such as changing settings and entering data.
2. The Glucose Information area. This area displays your sensor glucose readings and trends.

Figure 6. App Home Screen on Mobile Device

Task Bar

App	Name	What it means	What you do
Task Bar: Complete Tasks			
	Main Menu	Goes to other options.	**Tap** *Main Menu* icon 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 7).
	BG Meter without red circle	No need to calibrate.	Do nothing.
	Event	Enter different events capturing activities affecting your glucose.	**Tap** *icon* to enter data for: • Carbs • Insulin • Exercise • Health (See Chapter 10).
	Dexcom Share	Dexcom Share is only available on the app. Gray icon means Share is not active.	**Tap** *icon* to activate (see Part 5).
	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 milligrams per deciliter(mg/dL). 1. Yellow: At or above target 2. Gray: Within range 3. Red: At or below target

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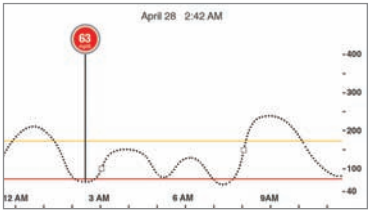
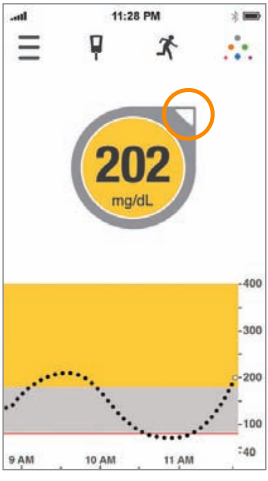
App: Portrait	App: Landscape	What it means
N/A		**Historical Readings** **Turn** smart device to *Landscape* mode. **Tap** *time*, shows timeframe's sensor glucose reading. **Slide** finger across screen to view rest of day's sensor glucose readings.
	N/A	**Rate of Change Arrow** Direction and number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

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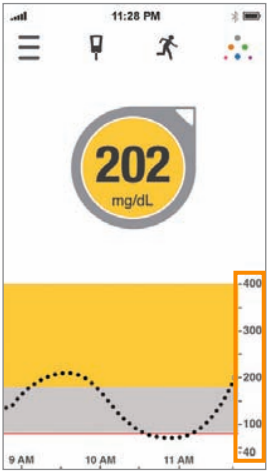
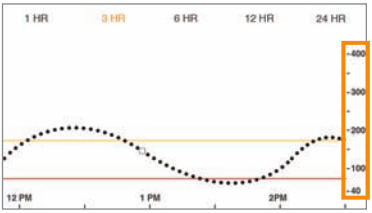
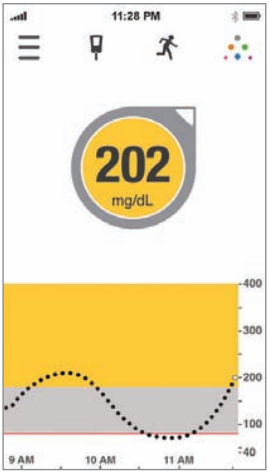
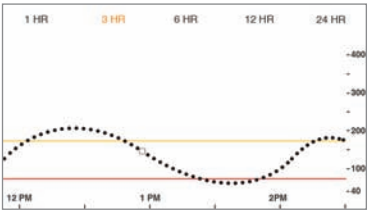
App: Portrait	App: Landscape	What it means
		**Sensor Glucose Reading Range** Shows between 40-400 mg/dL.
		**Within Glucose Range and Alert Levels** 1. Yellow Bar: High Alert level 2. Gray Background: Within range 3. Red Bar: Low Alert level

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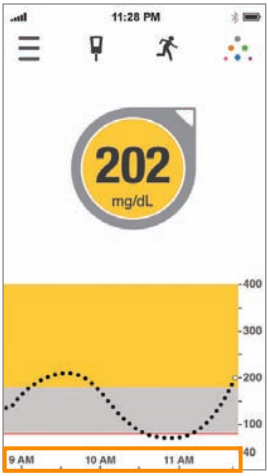
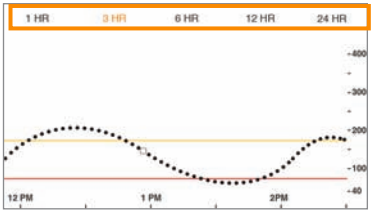
App: Portrait	App: Landscape	What it means
		**Trend Graph Timeframe** Default is most recent 3 hours. **Turn** smart device to *Landscape* mode for most recent 1, 3, 6, 12, and 24 hour readings.

Additional Ways to View Your App's CGM Information

The Dexcom G5 Mobile App offers more ways to check on your CGM information apart from opening the app. If you choose, you can expand the flexibility of your app by using either of the following features:

- Dexcom G5 Mobile widget in the Apple Today view
- Dexcom G5 Mobile for Apple Watch

Safety Statements

PRECAUTION

Using an accessory device (like a smart watch) might override your smart device sounds. Alarms or Alerts might vibrate or be heard on the accessory instead of your smart device.

After connecting any accessories, make sure that the smart device settings allow you to continue receiving Alarms or Alerts on the smart device.

The Dexcom G5 Mobile Widget in the Apple Today View

Check your CGM information on your smart device without needing to open the app, even when the device is locked. Your Dexcom G5 Mobile App provides a widget for your Today view that's accessed by swiping down from the top edge of the screen.

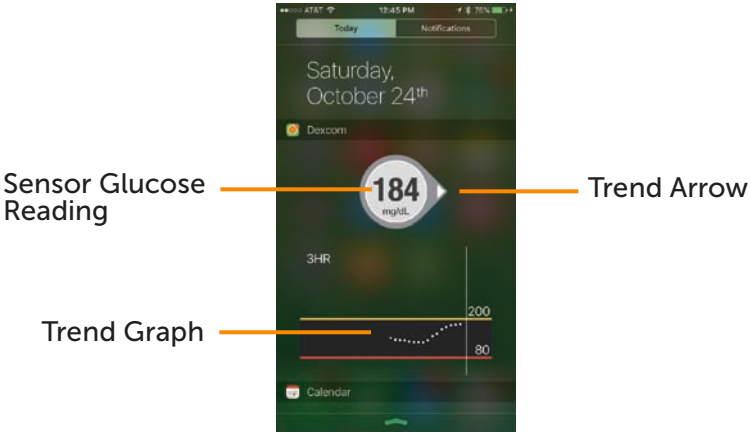


Figure 7. The Dexcom G5 Mobile App widget in the Today view.

You can edit your widgets by clicking on the Edit button at the bottom of the Today view. See your smart device instructions for the latest information on customizing your Today view.

The Dexcom G5 Mobile for Apple Watch

Check your CGM information on your wrist! The Dexcom G5 Mobile App supports Apple Watch* and can be used to view your glucose reading, trend arrow, and trend graph.

Figure 8. The Dexcom G5 Mobile for Apple Watch

To set up Dexcom G5 Mobile on your Apple Watch you'll need to use the Watch app located on your smart device. See your Apple Watch instructions for more detail on setting up an app on the watch.

Your Apple Watch will only communicate with your smart device, not the Dexcom G5 Transmitter. You will not receive alerts, alarms, and other notifications on the watch unless it is connected with your smart device. For example, if you have your watch on and you go out, but leave your smart device at home, you will not receive any CGM updates.

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

*For compatibility information see dexcom.com/compatibility.

Now that you've learned about the app's home screen, let's move our focus to the Dexcom G5 Receiver.

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 (e.g., 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'll see how to use the navigation wheel to enter data or make system changes.

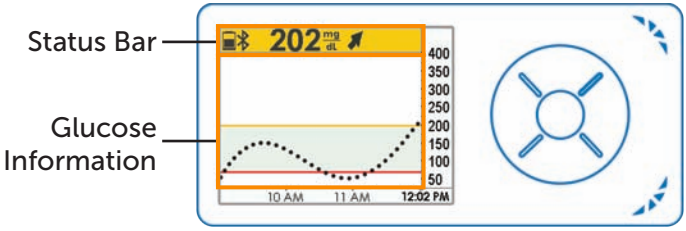
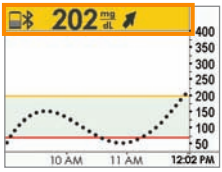
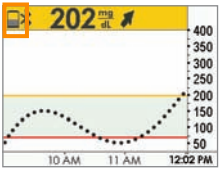
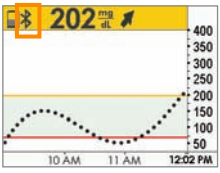


Figure 9. Home Screen on Receiver

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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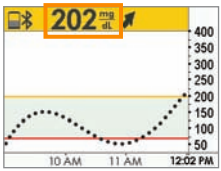
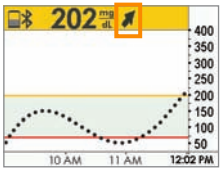
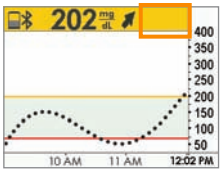
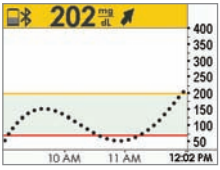
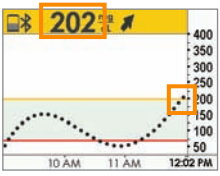
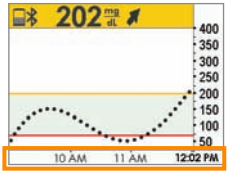
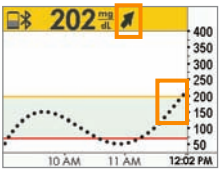
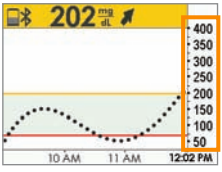
Receiver	Name	What it does	What you do
	Sensor Glucose Reading	Shows most recent sensor glucose reading. Color of status bar changes: • Yellow: At or above target • Gray: Normal range • Red: At or below target	Take appropriate action.
	Trend Arrow	Shows direction and speed your glucose is changing.	Review and take appropriate action based on fingerstick BG value.
	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 milligrams per deciliter (mg/dL). 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 40-400 mg/dL.

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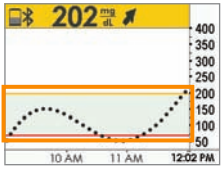
Receiver	What it does
	Glucose target range Alert settings. • Yellow Bar: High Alert setting • Gray Fill: Normal range • Red Bar: Low Alert setting

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

9.4 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. **Don't overreact to the arrows**. Remember the arrows don't 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 1 mg/dL per minute or up to 15 mg/dL in 15 minutes.
		Glucose slowly rising 1-2 mg/dL each minute or up to 30 mg/dL in 15 minutes.

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App	Receiver	What your glucose is doing
	↑	Glucose rising 2-3 mg/dL each minute or up to 45 mg/dL in 15 minutes.
	↑↑	Glucose rapidly rising more than 3 mg/dL each minute or more than 45 mg/dL in 15 minutes.
	↘	Glucose is slowly falling 1-2 mg/dL each minute or up to 30 mg/dL in 15 minutes.
	↓	Glucose is falling 2-3 mg/dL each minute or up to 45 mg/dL in 15 minutes.
	↓↓	Glucose is rapidly falling more than 3 mg/dL each minute or more than 45 mg/dL in 15 minutes.
N/A	No arrow	System can't 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

9.5 Error Messages

Sometimes the transmitter, or sensor, or display devices aren't 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.

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

App

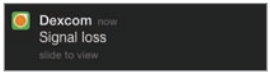
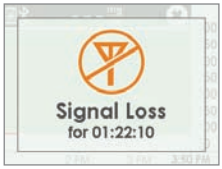
1. If screen is locked:
    a. Swipe message to go to app.
2. Within app:
    a. Read message.
        i. Tap Question Marks for more information and follow steps as appropriate.

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

What you see		What you do
Bluetooth is Out of Range		
Smart Device: Lock Screen		Make sure there are no obstructions, such as a wall or water between your transmitter and your display device. Move within 20 feet of display device. Wait up to 30 minutes while transmitter restores communication.
Smart Device: In App		
Receiver		

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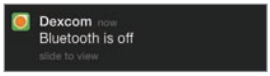
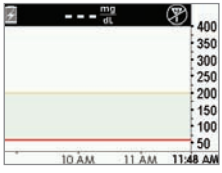
Bluetooth Off		
Smart Device: Lock Screen		Smart device: 1. **Exit** app. 2. **Tap** *Settings*. 3. **Tap** *Bluetooth*. 4. **Turn** *Bluetooth* on.
Smart Device: In App		
Receiver	N/A; *Bluetooth* is always on.	
Not Getting Sensor Glucose Reading		
Smart Device: Lock Screen	N/A	**Check**—Are you: • Within 20 feet 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		

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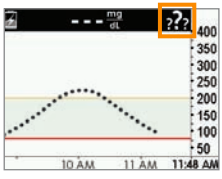
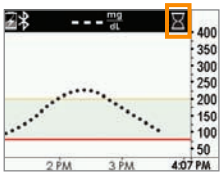
System Found Temporary Sensor Issue		
Smart Device: Lock Screen	N/A	Don't calibrate. System may correct problem on its own and display sensor glucose readings again. If prompt stays for three hours: Contact Technical Support (see Section 16.1).
Smart Device: In App		
Receiver		

Transmitter and Sensor not Communicating		
Smart Device: Lock Screen	N/A	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 Technical Support (Section 16.1) • Remove sensor • Insert new sensor
Smart Device: In App		
Receiver		

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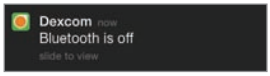
Calibration Required		
Smart Device: Lock Screen		Error in calibrating. Enter another BG meter value.
Smart Device: In App		
Receiver		
Calibration Error		
Smart Device: Lock Screen	N/A	Wait 15 minutes. Enter a BG meter value.
Smart Device: In App		
Receiver		

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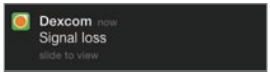
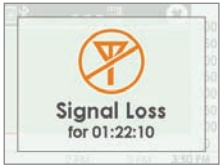
Display Devices and Transmitter not Communicating		
Smart Device: Lock Screen		Wait 10 minutes. Move display device and transmitter within 20 feet of each other without obstruction (walls or water). Wait up to 30 minutes. In app (if not resolved): 1. **Tap** *Settings.* 2. **Tap** *Bluetooth.* 3. **Turn** *Bluetooth* Off and On.
Smart Device: In App		
Receiver		

If error messages don't go away after you followed necessary steps, and you aren't getting sensor glucose readings, contact Technical Support (see Section 16.1).

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's 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's 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 System.

Chapter 10

Next Steps:

Daily Events Affect Your Glucose Trends and Patterns

10.1 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.

After this chapter, you'll 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

10.2 What Is an Event?

Did you take a walk after lunch today? Did you go to happy hour with your co-workers 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'll learn how to enter Events in each device.

Event Categories

There are four main Event categories:

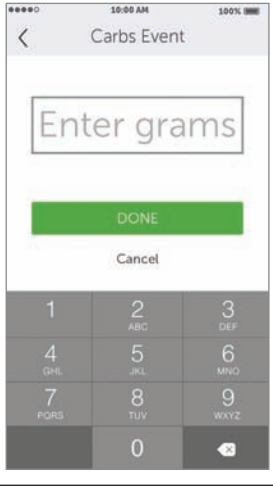
1. Carbs
2. Insulin
3. Exercise
4. Health

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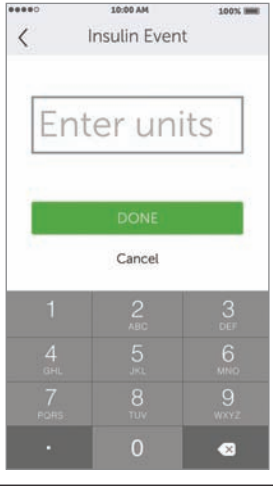
Device	What you see	What it means	What you do
Insulin			
Smart Device: In App		Receiver's screen reflects last number entered.	Enter insulin units for each dose, up to 250 units. Can't enter type of insulin, only dosage.
Receiver			

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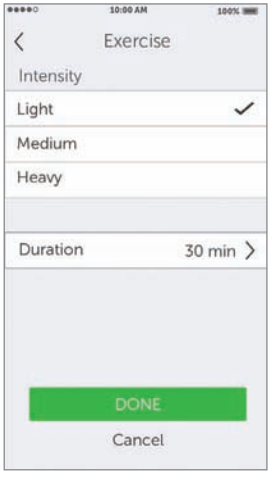
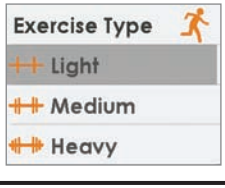
Device	What you see	What it means	What you do
Exercise			
Smart Device: In App		Defaulted at 30 minutes.	Select each exercise's intensity level and duration. Enter intensity and duration. Type of exercise isn't an option.
Receiver			

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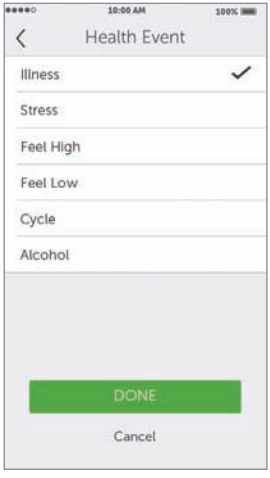
Device	What you see	What it means	What you do
Health			
Smart Device: In App		General well being.	Enter different health Events (see following Health Events Menu table).
Receiver			

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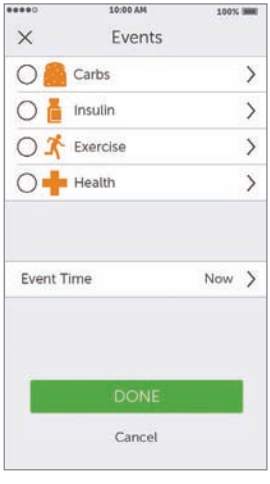
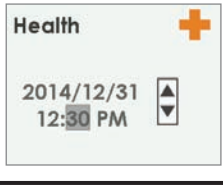
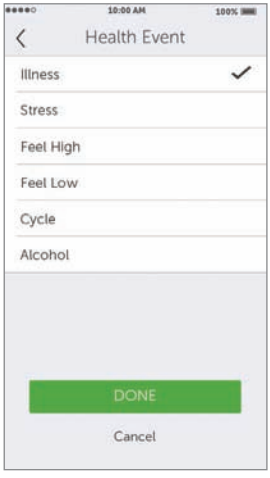
Device	What you see	What it means	What you do
Event Time			
Smart Device: In App		Event time.	For each separate Event, enter date/time Event began.
Receiver			

As mentioned in the last table, Health has a series of Events. Tell the system how you are feeling, if you had a drink, if you're 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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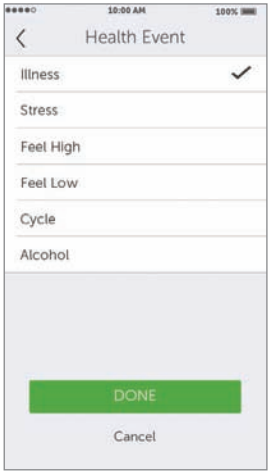
Device	What you see	What it means
Health Events		
Smart Device: In App		**Illness** Have a cold, flu, or any other temporary illness affecting your well-being? **Stress** Are you under stress? Feeling anxious? **High Symptoms** Feel high BG symptoms? **Low Symptoms** Feel low BG symptoms? **Cycle** Have you started your menstrual cycle? **Alcohol** Had a glass of wine, beer, or cocktail?
Receiver	 	

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're running late because of traffic (Stress) and quickly swing by a drive-thru to get lunch (Carbs of 85 grams).

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: don't 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.

10.3 Entering Events

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

First, let's 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 Part 5.

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 don't 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'll use the above scenario. The following table shows how to enter Carb (drive-thru 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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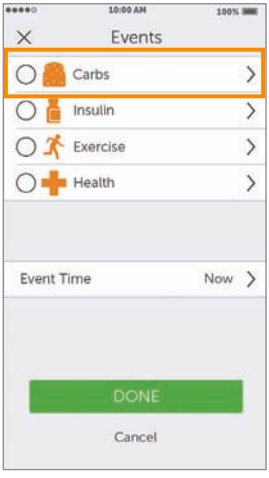
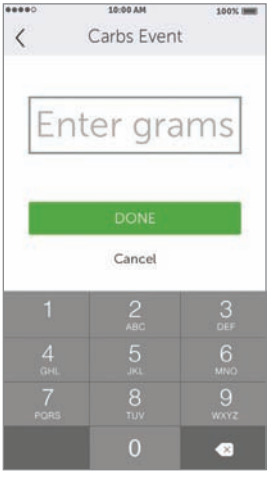
Enter Carb Event		
2		**Tap** *Carbs*.
3		Add up all carb grams from lunch. **Enter** “85” using keypad. **Tap** *Done*.

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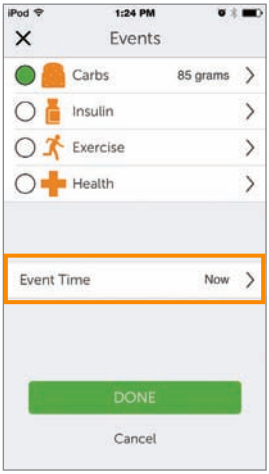
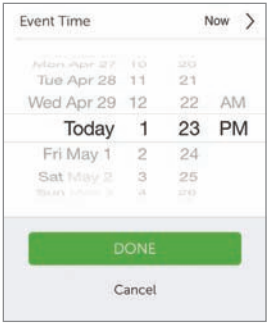
Enter Carb Event		
4		**Tap** *Event Time.*
5		**Scroll** and **select** date and time. **Tap** *Done.*

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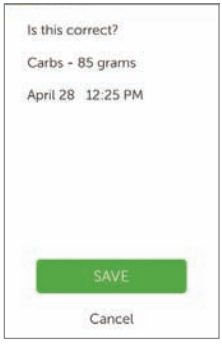
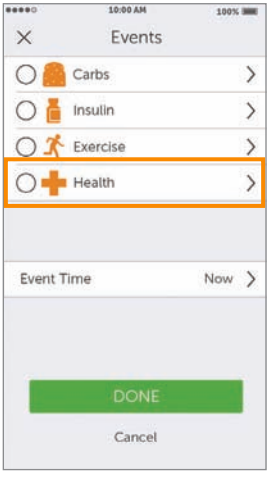
Enter Carb Event		
6		**Tap** *Save* or *Cancel.*
Enter Stress Event		
7		**Tap** *Running Man.*
8		**Tap** *Health.*

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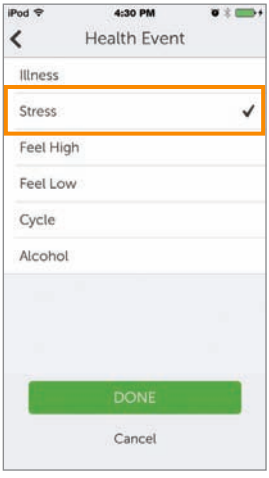
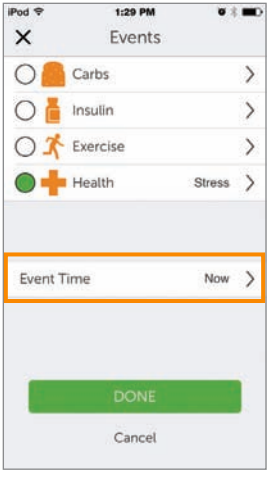
Enter Stress Event		
9		**Tap** *Stress.* **Tap** *Done.*
10		**Tap** *Event Time.*

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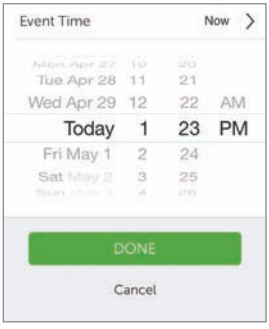
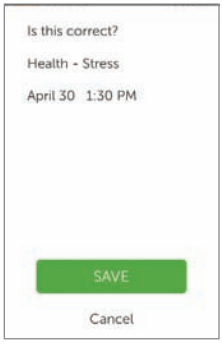
Enter Stress Event		
11		**Scroll** and **select** date and time. **Tap** *Done*.
12		**Tap** *Save* or *Cancel*.

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