

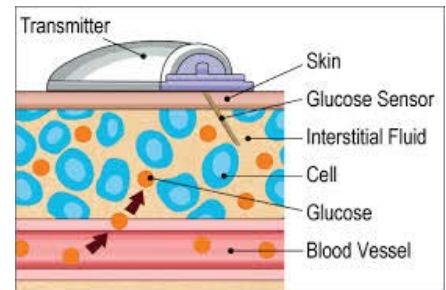
Continuous Glucose Monitor (CGM)

What is a Continuous Glucose Monitor (CGM)?

- CGMs are wearable devices that provide all-day glucose readings as often as every minute (60 seconds), painlessly.
- The wearable device sends data to a monitoring and display device of the user's choosing.
- The device can give users alerts when hypoglycemia or hyperglycemia occurs so corrective actions can be taken without finger sticks.

CGM vs Self-Monitoring Blood Glucose (SMBG)

- **CGM** measures glucose in the interstitial fluid via a **filament**.
- **SMBG** measures glucose in the capillary via a **lancet**.



Why CGM?

- CGMs allow users to directly observe excursions over time and make lifestyle changes. With this information in your hands, you can make your own therapy decisions regarding meals, exercise, and medications. You can also react immediately and appropriately to glucose trends.
- You are shown the benefits of knowing glucose patterns by lowering A1c values when you stay within the target range of the CGM
- Glucose readings can be shared with family, friends, and your provider. This can provide peace of mind and further identify problem areas to improve management of your diabetes.
- CGMs work with Automated Insulin Delivery (AID) systems. When you pair your CGM with an AID system, they will work together and deliver insulin according to your glucose trends.

