

# track your glucose



Dexcom Clarity is an important part of your continuous glucose monitoring (CGM) system, providing a holistic view of your glucose management by highlighting glucose patterns, trends and statistics. While using the Dexcom CGM app you are automatically and continuously\* sending your glucose data to your Dexcom Clarity account.

With the Dexcom Clarity app, review key metrics, create reports, authorise data sharing with your clinic and sign up for weekly progress notifications.

## AVERAGE GLUCOSE

The average of all your CGM glucose readings from the selected date range. Knowing your average glucose gives you a good place to start when trying to get your numbers into target.

## STANDARD DEVIATION

Reflects how much your CGM glucose readings rise and fall also known as glycaemic variability.

## GMI

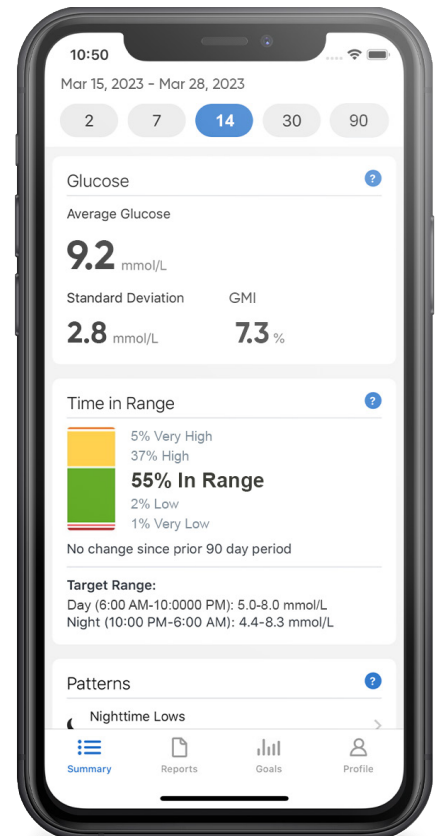
Glucose Management Indicator (GMI) is calculated using average sensor glucose data. GMI can be an indicator of how well glucose levels are managed. GMI will likely differ from A1C.

## TIME IN RANGE

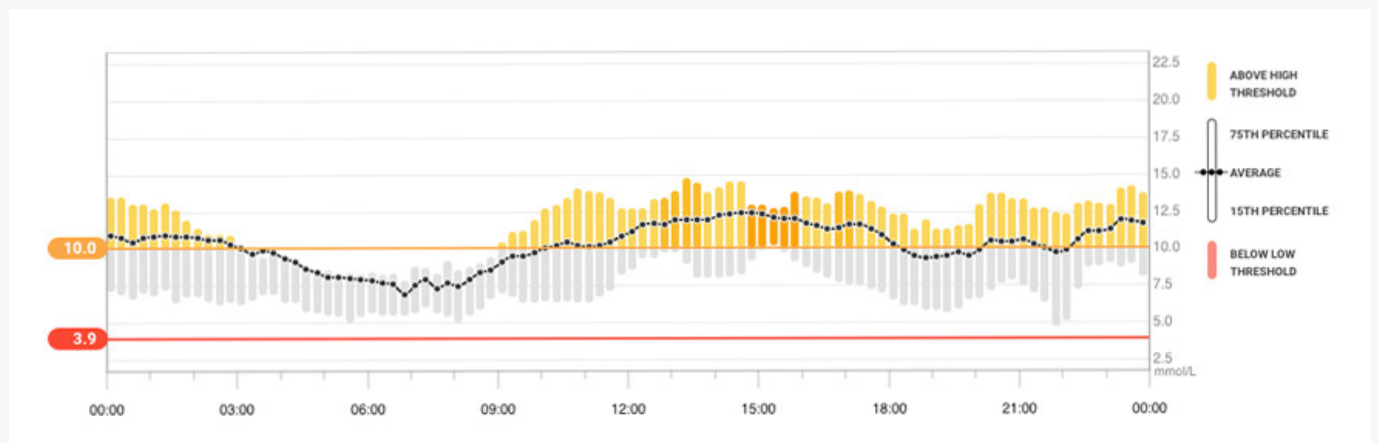
The percentage of time that your glucose levels are in low, target, and high ranges. Dexcom Clarity default target range is 3.9-10.0 mmol/L, which may not be what you set for your CGM.

## PATTERNS

Consistent occurrences of high or low glucose, at the same time of day, on multiple days.



Use Dexcom Clarity online at [clarity.dexcom.eu](https://clarity.dexcom.eu) to view detailed, interactive reports. This Trends report combines all glucose readings from the date range selected to show a typical day.



\*While connected to the internet with consent to share data

# share data with your clinic

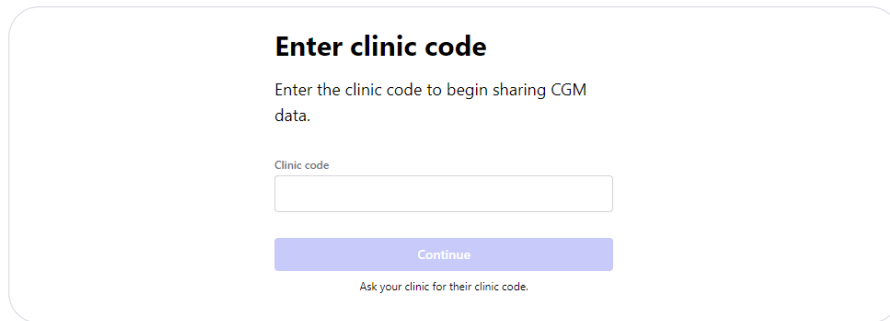
You can authorise data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. **Your clinic will provide you with the Sharing Code.** To begin sharing data, complete one of the following:

## SHARE USING THE DEXCOM CLARITY APP

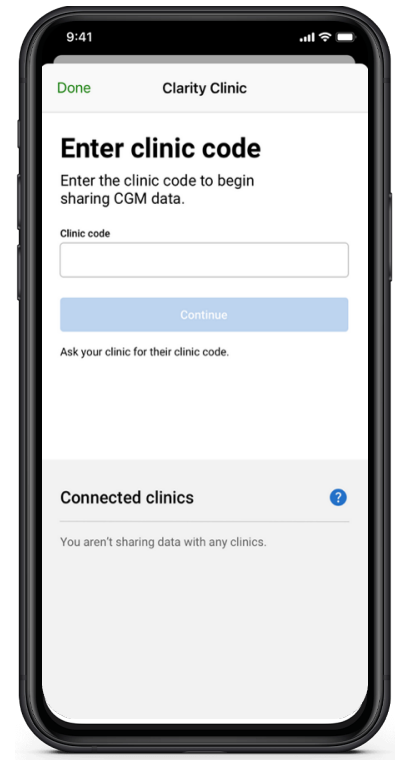
- 1 Log into the Dexcom Clarity app with your Dexcom login.
- 2 Tap **Profile > Authorise** and follow instructions.

## SHARE USING THE DEXCOM CLARITY WEBSITE

- 1 Log into Dexcom Clarity online at [clarity.dexcom.eu/share](https://clarity.dexcom.eu/share).
- 2 Follow the onscreen instruction.



The screenshot shows a web form titled "Enter clinic code". Below the title, it says "Enter the clinic code to begin sharing CGM data." There is a text input field labeled "Clinic code" and a blue "Continue" button. At the bottom, it says "Ask your clinic for their clinic code."



# upload receiver data to prepare for visits

If you only use the Dexcom receiver with your CGM, you can prepare for clinic visits by uploading your CGM data to your Dexcom Clarity account in advance.\* Once you authorise sharing, for every upload, your clinic will also have access to that data. The receiver only holds about 90 days worth of data, so uploading regularly is recommended to save all your data.

- 1 First-time Dexcom Clarity users must create an account at [clarity.dexcom.eu](https://clarity.dexcom.eu)
- 2 Click **Upload** and follow the onscreen instructions.

0800 500 226  
[dexcom@nzms.co.nz](mailto:dexcom@nzms.co.nz)

[dexcom.com](https://dexcom.com)



a Dexcom company

**dexcom**

Always read the label and follow the directions for use. Read the warnings available on [dexcom.com/downloadsandguides](https://dexcom.com/downloadsandguides) before purchasing. Consult your healthcare professional to see which product is right for you. \*An internet connection is required while uploading to Dexcom Clarity. Minimum requirements: [dexcom.com/clarity-requirements](https://dexcom.com/clarity-requirements). **Intended Use/Safety Statement:** The web-based Dexcom Clarity software is intended for use by both home users and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis, and evaluation of historical CGM data to support effective diabetes management. It is intended for use as an accessory to Dexcom CGM devices with data interface capabilities. Caution: The software does not provide any medical advice and should not be used for that purpose. Home users must consult a healthcare professional before making any medical interpretation and therapy adjustments from the information in the software. Caution: Healthcare professionals should use information in the software in conjunction with other clinical information available to them. Dexcom, Dexcom Clarity, Dexcom Follow, Dexcom G6, Dexcom G7, Dexcom ONE+, Dexcom Share, and any related logos and design marks are either registered trademarks or trademarks of Dexcom, Inc. in the United States and/or other countries. © 2024 Dexcom, Inc. All rights reserved. New Zealand Medical & Scientific Limited is a Dexcom company. 2A Fisher Crescent, Mount Wellington, Auckland 1060. MAT-5055 Rev001 August 2024