

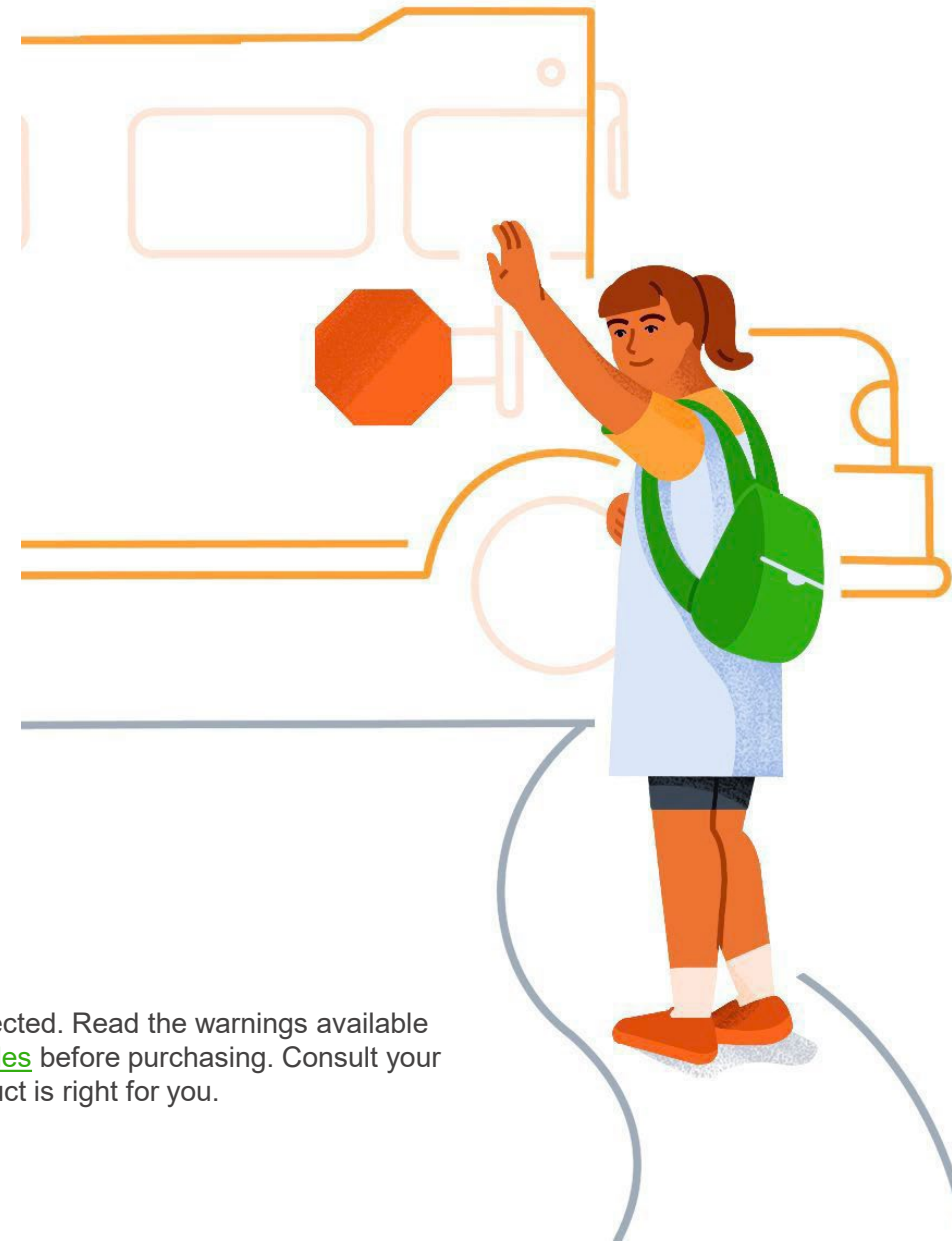
A School's Guide to Dexcom CGM



a Dexcom company

dexcom

Always read the label and use only as directed. Read the warnings available on [dexcom.com/en-NZ/downloadsandguides](https://www.dexcom.com/en-NZ/downloadsandguides) before purchasing. Consult your healthcare professional to see if this product is right for you.



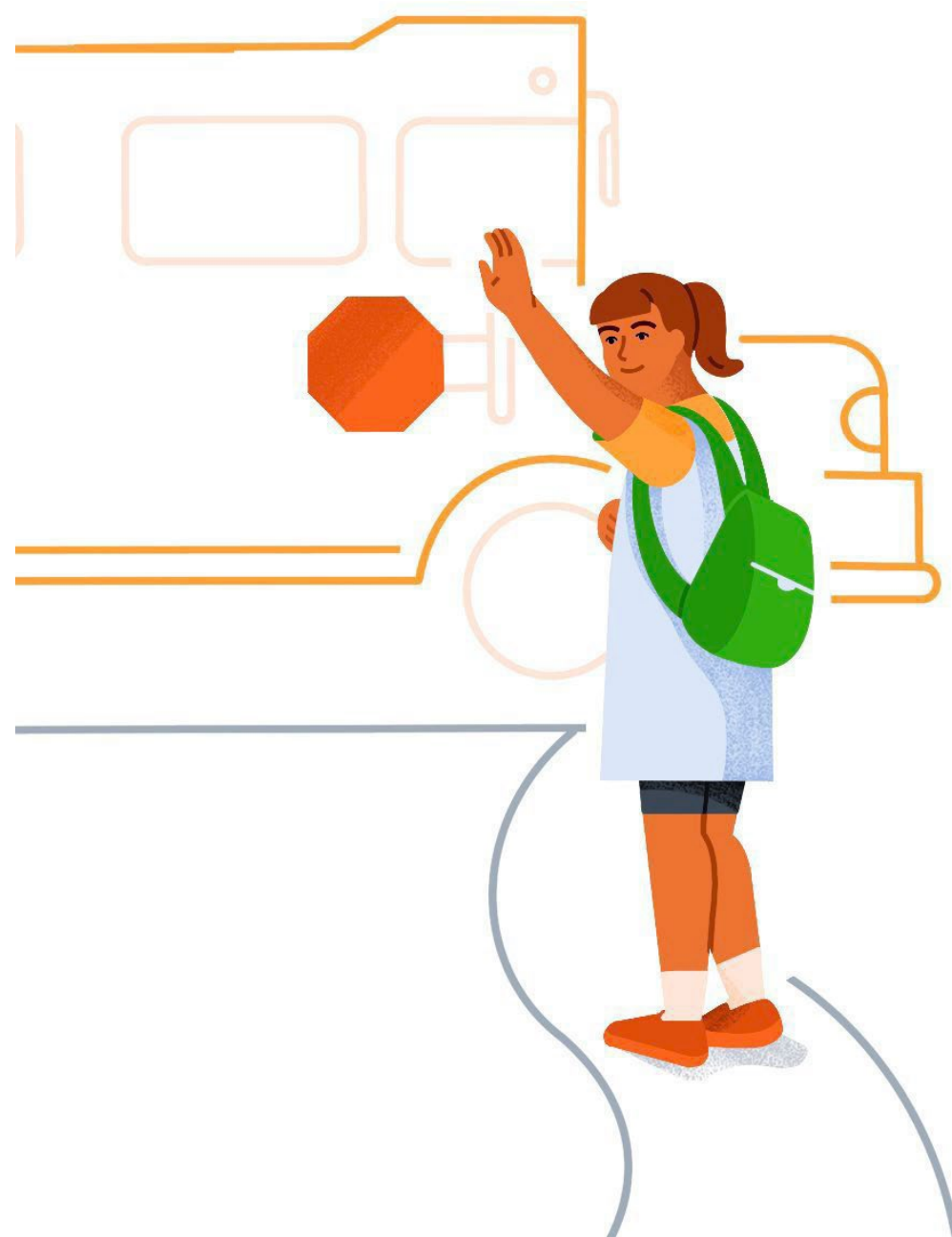
Welcome

Welcome to the **Dexcom Continuous Glucose Monitoring (CGM) School Guide**.

The purpose of this guide is to define CGM, explore the differences between CGM and blood glucose monitoring (BGM), and explore how to use CGM.

This guide is for concept illustration only. For detailed step-by-step instructions on how to use the Dexcom CGM System, please refer to the user guide.

Find user guide's at dexcom.com/downloadsandguides



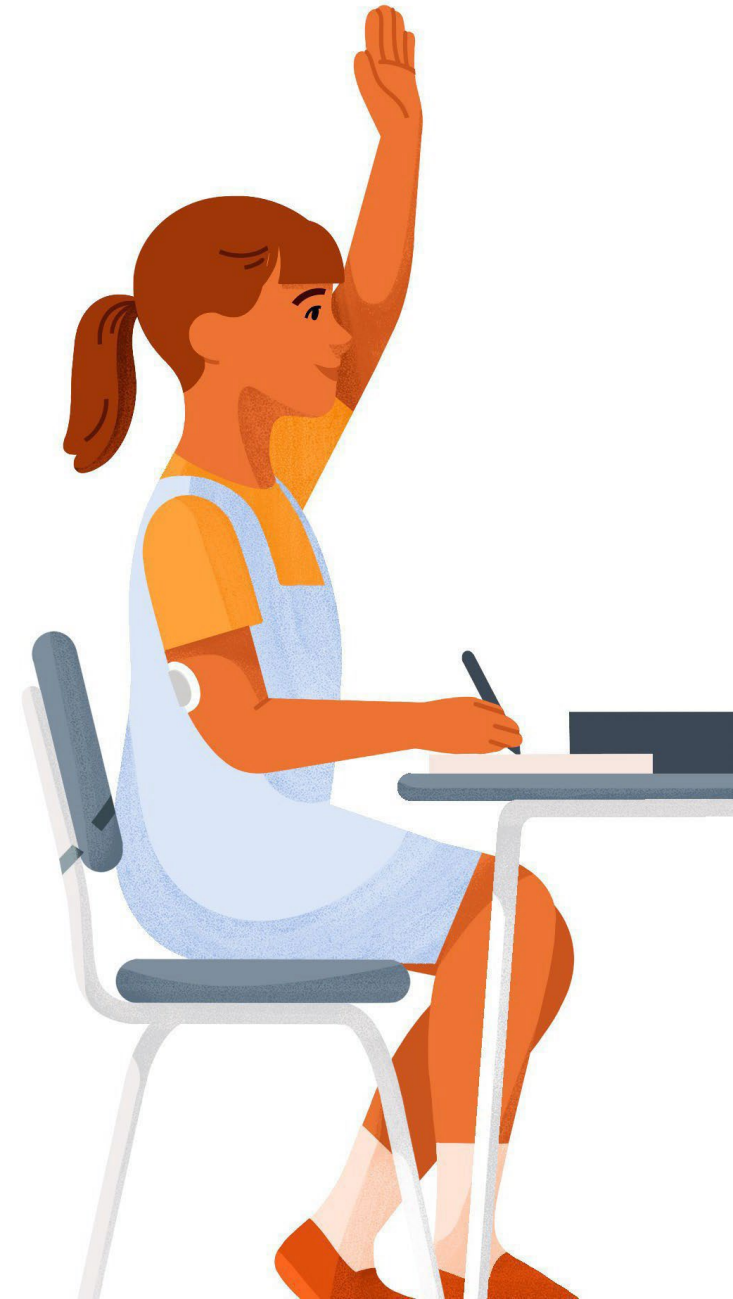
School Guide

This guide will introduce you to the basics of CGM.

It will discuss:

- The difference between CGM and a blood glucose meter
- CGM use in school

If you need further training on diabetes or an individual student's treatment plan, please speak to your local diabetes healthcare team.



Diabetes Management Plan

It is a good idea to have a written diabetes management plan at school.

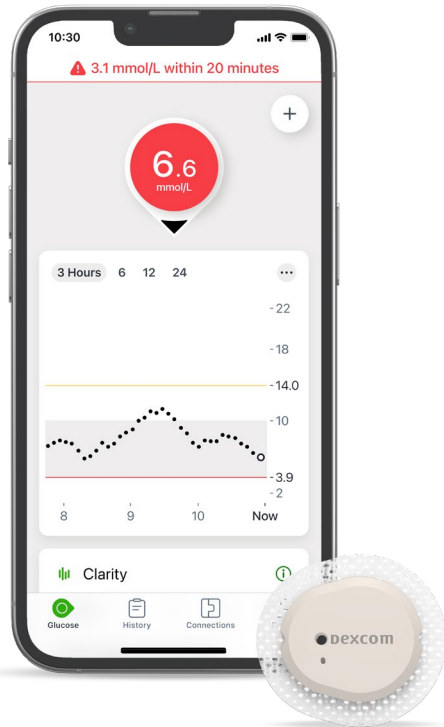
Possible contents include*:

- Identified trained diabetes personnel and description of training and times when trained personnel will be available
- Descriptions of diabetes tasks to be performed by personnel
- Immediate access to diabetes supplies and equipment
- Unrestricted access to snacks, water and toilet
- Low glucose treatment, medication, and insulin therapy plan
- When to call the main caregiver (Mum/Dad/Guardian)
- CGM Information and use of CGM in a school setting

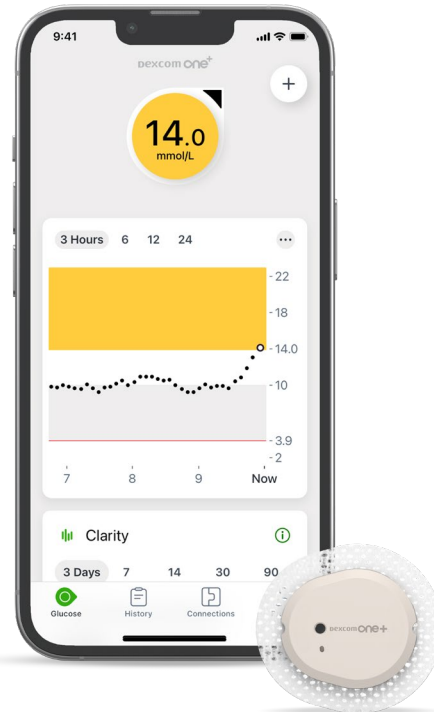
*This is not a complete list

Dexcom CGM Systems*

dexcom G7



dexcom one+



dexcom G6



*Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

Dexcom G7 Overview

Dexcom G7 app* or Receiver**

- Shows glucose information
- Provides alerts

Applicator with built-in Sensor

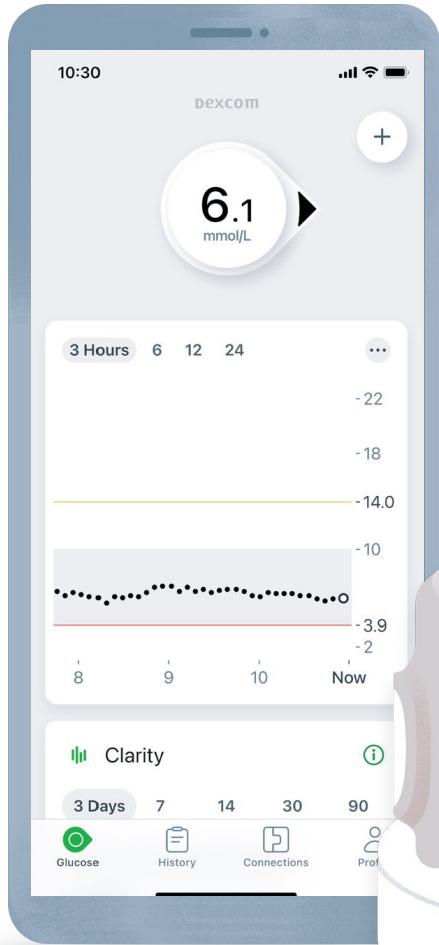
- Applicator inserts the sensor wire under skin
- Sensor gets glucose information
- Worn for up to 10 days
- Sensor sends glucose information from sensor to Dexcom G7 app or receiver



For illustrative purposes, apps may look slightly different

* Smartphone and receiver sold separately. Please check compatibility of your smartphone device at dexcom.com/compatibility. ** In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom G7 User Guide (dexcom.com).

Dexcom ONE+ Overview



Dexcom ONE+ app*

- Displays a glucose reading up to every 5 minutes



Applicator with sensor:

- Applicator inserts sensor under skin
- Sensor gets glucose information
- Wear sensor for up to 10 days
- Sensor sends glucose information to the app

*Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

Dexcom G6 Overview

Dexcom G6 app* or Receiver**

- Shows glucose information
- Provides alerts

Transmitter:

- Affixed to sensor and wirelessly sends data to display device

Applicator with sensor:

- Applicator inserts sensor under skin
- Sensor gets glucose information
- Worn for up to 10 days
- Transmitter sends glucose information from sensor to Dexcom G6 app or receiver

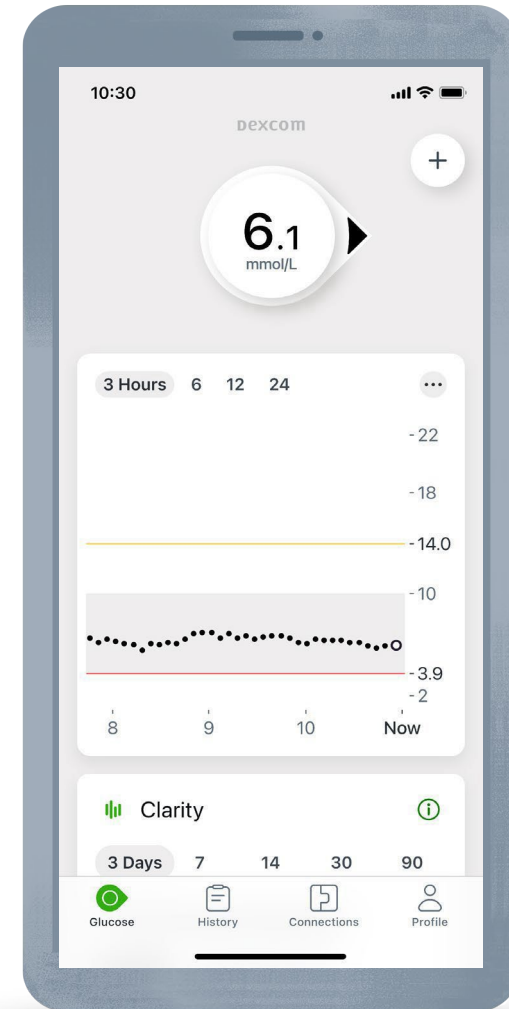


For illustrative purposes, apps may look slightly different. *Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility. ** In this guide, we will only be discussing the smart device option. For receiver information see the Dexcom G6 User Guide (dexcom.com).

Smart Device Use

If the student uses a smart device, it will need to be always with them, and the volume will need to be loud enough to hear alerts.

If the student is out of range (10 metres) from the device for a period of time, no real time alerts will sound but the information will backfill when back in range of the transmitter.

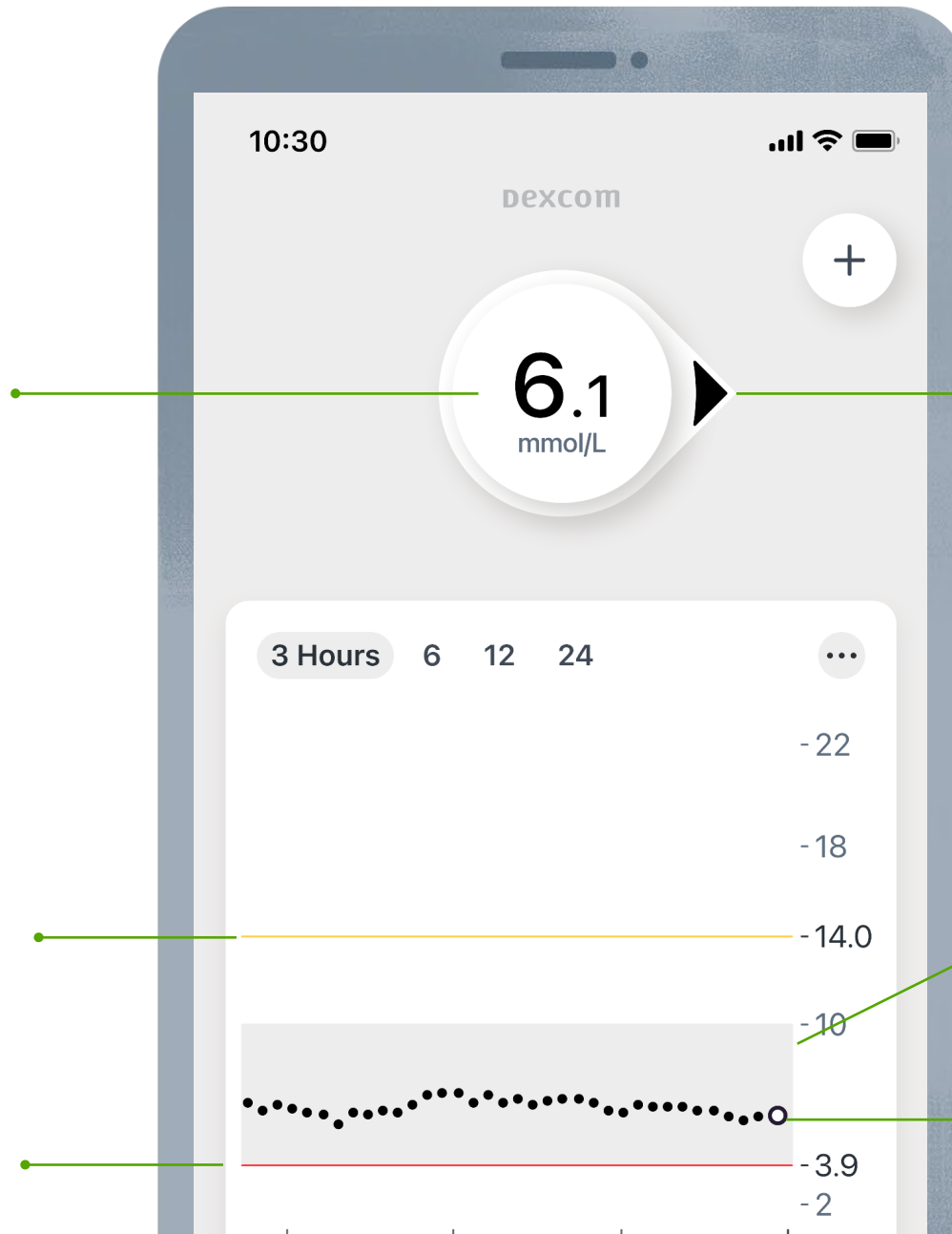


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Current Glucose:
Shows where the student's glucose is now

High Alert Level: The student will be alerted when glucose rises above this level

Low Alert Level: The student will be alerted when glucose falls below this level



Trend Arrow: Shows a student's glucose speed and direction

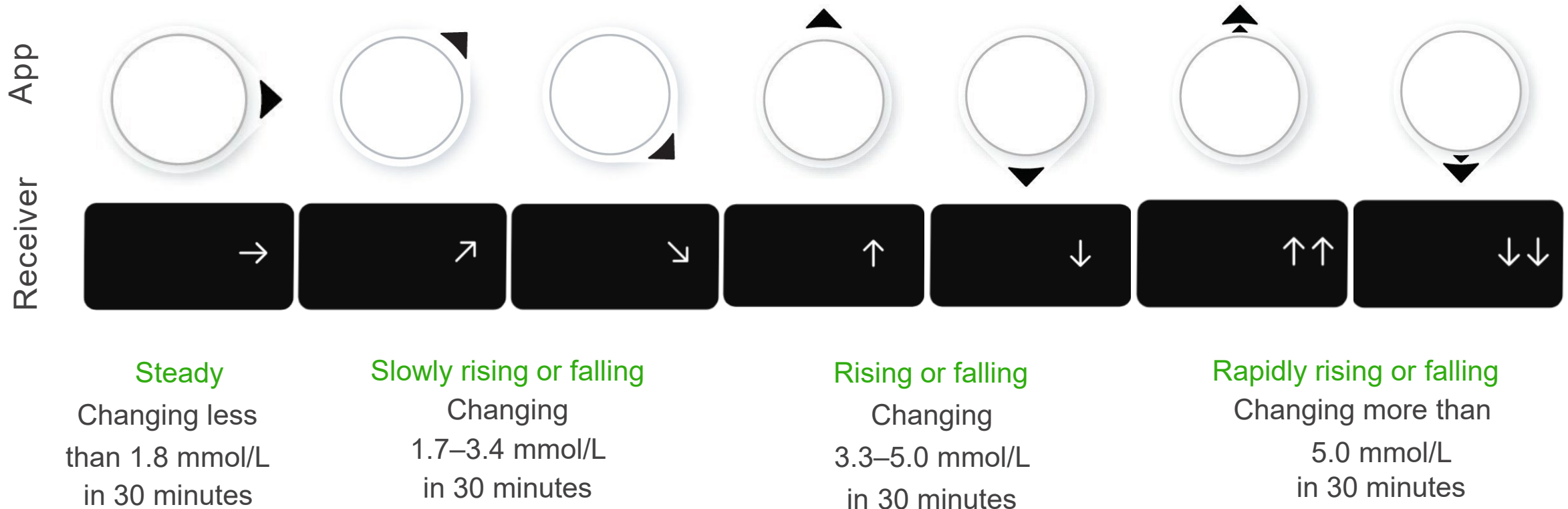
Target Range (shaded in grey):
3.9-10.0 mmol/L

Trend Graph: Shows a student's glucose over the past 3, 6, 12 or 24 hours

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Trend Arrows

Trend arrows show a student's glucose speed and direction.



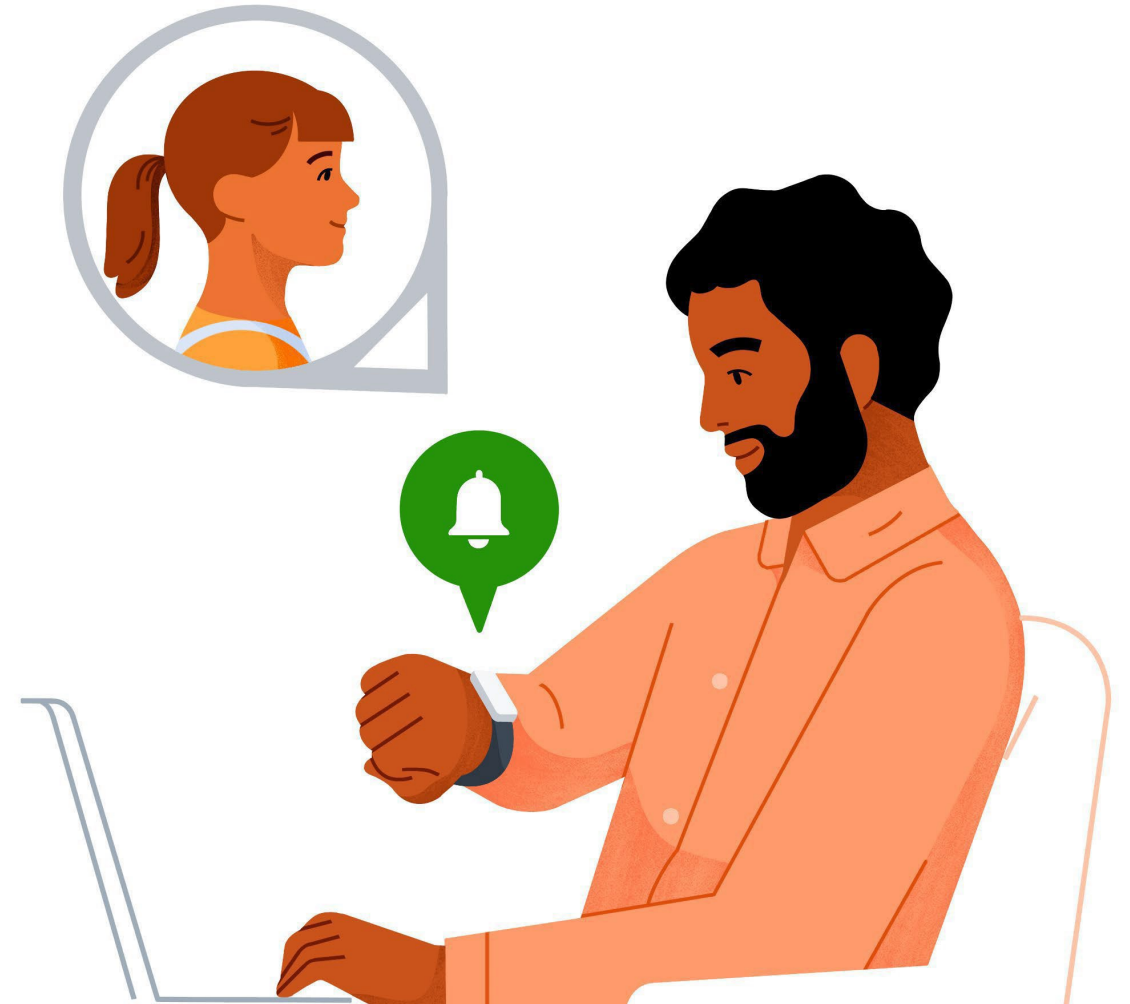
Dexcom Share

The Dexcom G7 app (not receiver) have the built-in Dexcom Share feature, where up to 10 followers can monitor a student's glucose from their smart device.†

Followers can be parents, spouses, grandparents, caregivers or even you.

You will only get alerts to your follow app when the student's transmitter is in range of the phone and the phone is transmitting to the cloud.

† Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions. *Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.



Dexcom Share

The student wearing the Dexcom G7 is known as the **Sharer**. To share glucose information with **Followers**, the student will need:

- The Dexcom G7 app on a compatible device† with internet connection‡

A parent may ask for use of school Wi-Fi to use Dexcom Share.

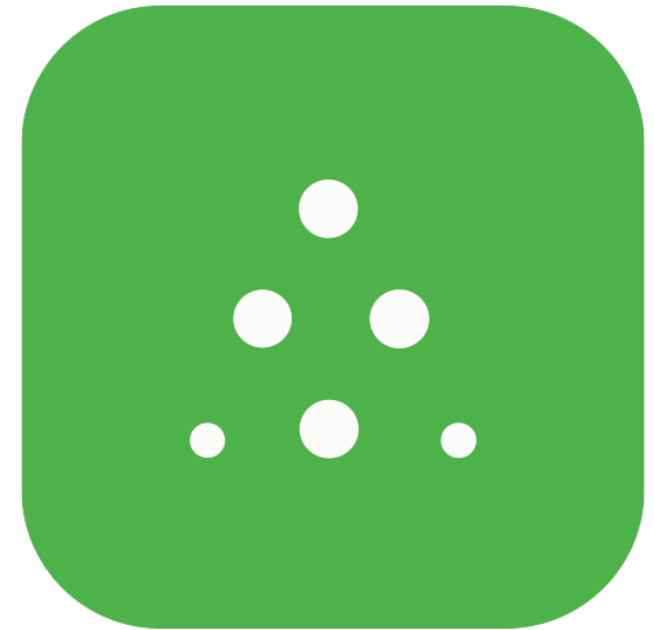


†For a list of compatible devices see: [dexcom.com/compatibility](https://www.dexcom.com/compatibility). ‡Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions. *Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

Dexcom Follow

To receive the student's glucose information, Followers will need to install the Dexcom Follow app on a compatible smart device† and have internet connectivity. When someone is added as a Follower they will be sent an email with instructions.

Any glucose treatment decision should be based on the student's Dexcom G7, not information from the Dexcom Follow app.



Dexcom Follow App‡

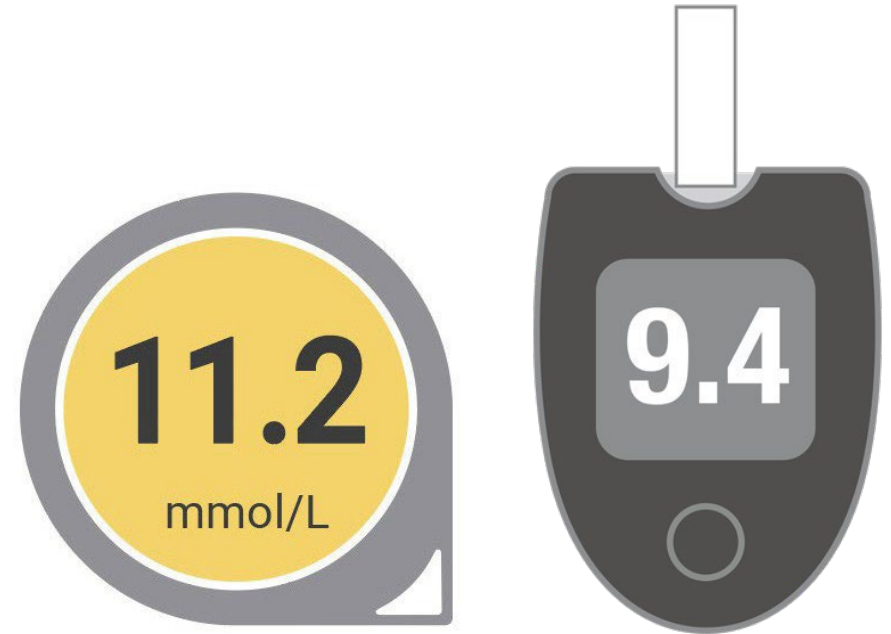
† For a list of compatible devices see: dexcom.com/compatibility. ‡ Separate Dexcom Follow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G6 app or receiver before making treatment decisions.

Accuracy

Dexcom CGM readings and meter values may not be the same and that's ok.

The Dexcom CGM system and a meter measure glucose from two different types of body fluids. CGM measures from interstitial fluid and a meter measures from blood.

CGM and meters both have a range in which they are considered accurate. Readings can be different and still fall into their accurate range.



GCM in School

Students may come to see you for a variety of reasons regarding their CGM.

The next few screens explore how you may use CGM in a school setting.

We will also look at some specific scenarios that you may encounter with students.



Treatment Decisions

A student may come to you to treat a low or high glucose level. All Dexcom CGM devices can be used to make treatment decisions such as treatment for a low glucose level or dosing insulin for a high glucose level.

Always use a blood glucose meter:

- If a number and an arrow are not shown on the Dexcom CGM app
- Any time the student's symptoms or expectations don't match readings. For example, if a student says they feel low but the Dexcom CGM shows them in a normal range

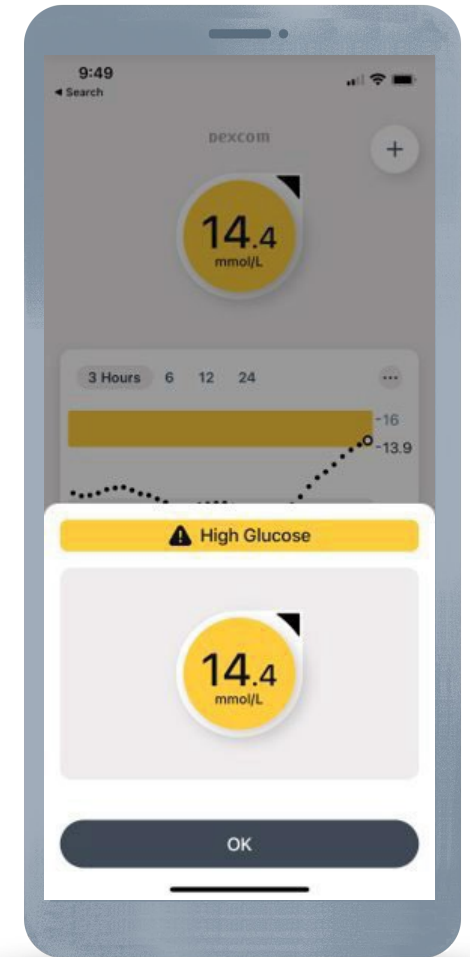
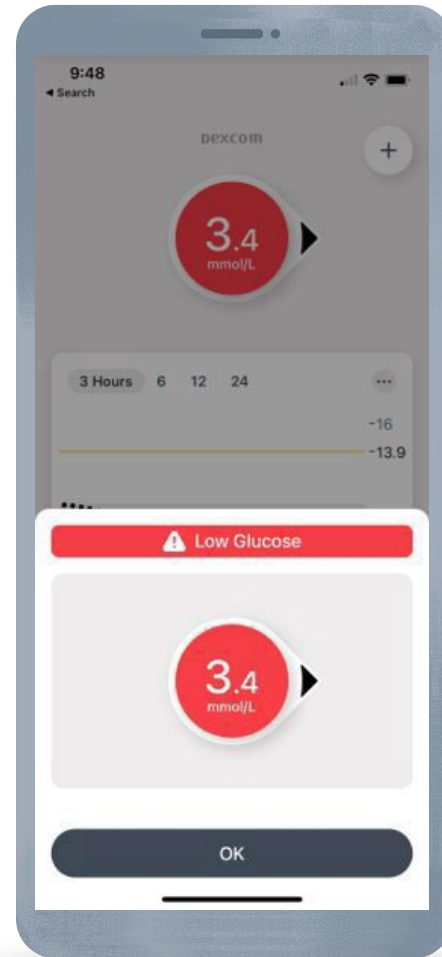


Low and High Alerts

Each student should have a set low and high glucose alert on their Dexcom device.

The display device will either vibrate or sound based on the student's alert settings.

If using Dexcom G7 and ONE+, a Delayed 1st alert is an option setting for their High Alert.



For illustrative purposes, apps may look slightly different. *Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

Urgent Low Soon

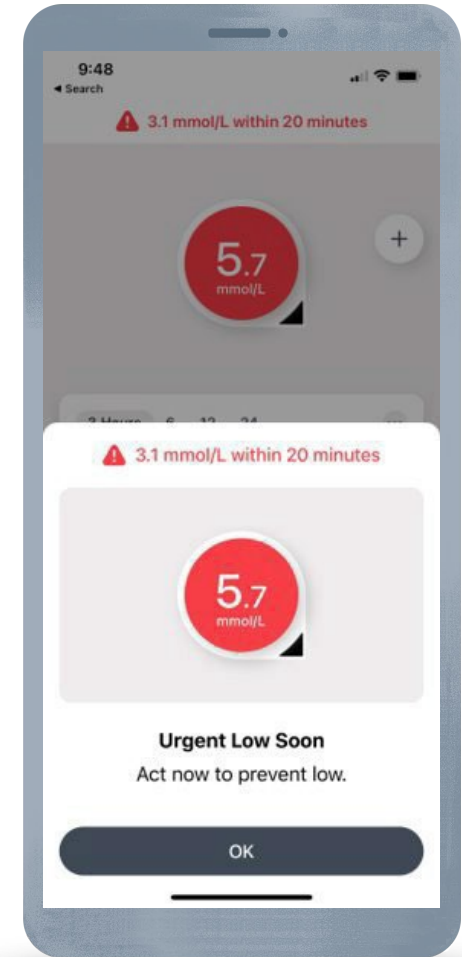
At times, glucose levels fall quickly. The new Urgent Low Soon alert is designed to provide a 20-minute advance warning of when the user will reach 3.1 mmol/L, so they can act quickly to avoid a potential severe hypoglycaemic event.

A student can get an Urgent Low Soon alert even if their sensor reading is in their normal range. This alert lets you know they are falling fast so they can eat or drink right away to stop the fall.

Depending on how quickly the student will be at 3.1 mmol/L, they will either get their Urgent Low Soon Alert or their Low Alert:

- Within 20 minutes = Urgent Low Soon Alert
- Not that fast = Low Alert and/or Urgent Low Alert

The Urgent low soon alert is fixed and cannot be adjusted, but it can be turned on or off.



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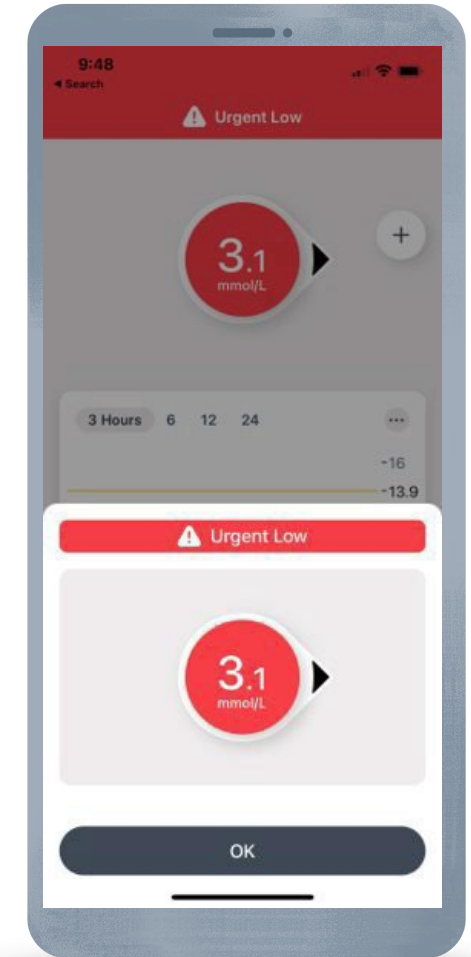
Urgent Low

On the G7, There is also the Urgent Low Alert that lets you know when the student's sensor glucose is at or below 3.1 mmol/L.

Urgent low can't be changed or turned off.

Please be aware that on the Dexcom G7 there is the ability to silence all alerts for a period of time.

The urgent low alert would therefore still be seen on the app screen but would not initially sound/vibrate. If not responded to, these alerts will become audible after 20 minutes.



For illustrative purposes, apps may look slightly different. *Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

Responding to Alerts

Based on your student's treatment plan a student may come to you to help respond to alerts.

The steps you should take are:

- Go into the Dexcom app on the student's smart device
- Tap OK to clear the alert
- Take action based on the glucose information shown in the Dexcom app and your students treatment plan

Sensor Insertion

You may need to help a student with sensor insertion.

Different Dexcom devices have different approved sites.

Find sensor insertion videos at:
dexcom.com/downloadsandguides



Sensor Insertion

- All students can insert the sensor on their abdomen and back of upper arm.
- Children 2 to 6 years old can also insert the sensor on their upper buttocks, but this increases the risk the sensor will last less than 10 days. The sensor isn't approved for other sites.
- The performance in different wear locations may vary in accuracy and in how long the sensor lasts. Discuss the best site with a healthcare provider.

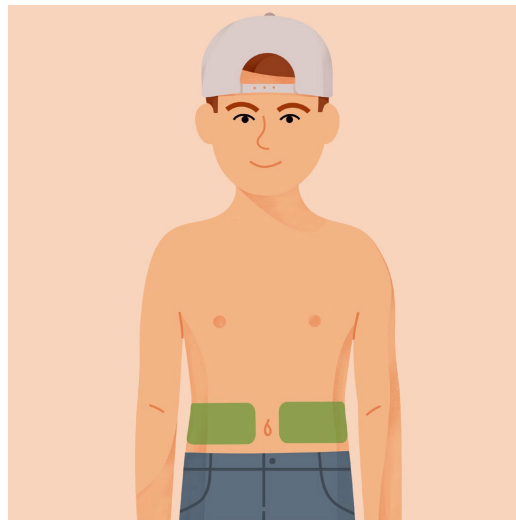
Back of the upper arm

Ages 2+



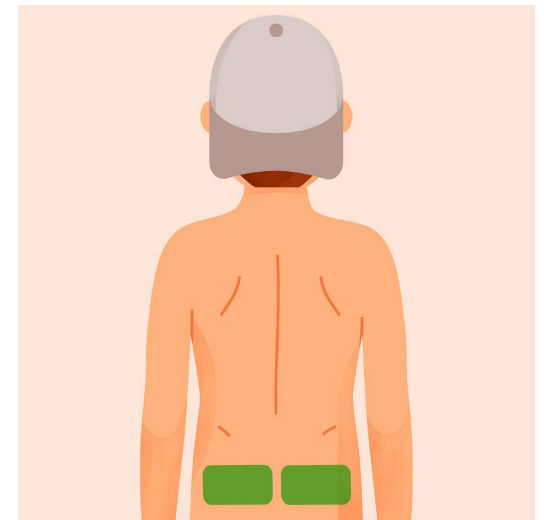
Abdomen

Ages 2+



Upper buttocks

Dexcom G7 only for ages 2-6 years old

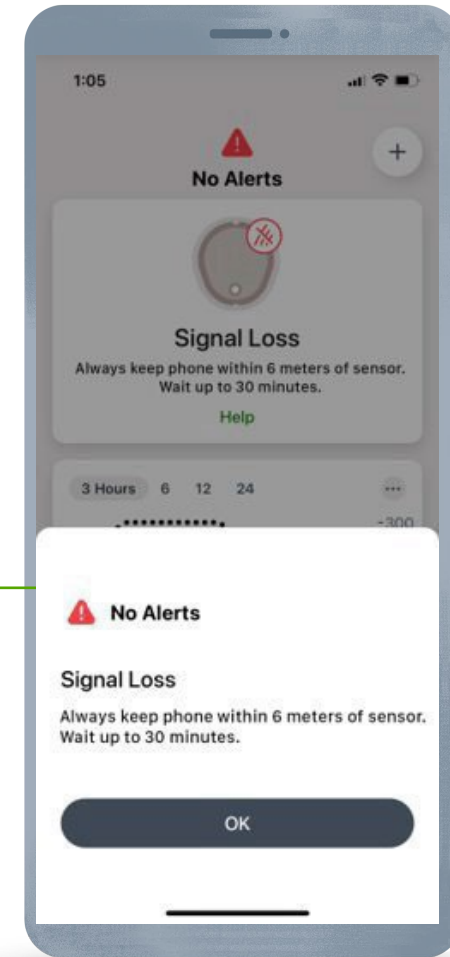


Troubleshooting

A student may come in for help with a screen they have never seen before.

Use a meter for treatment decisions if an error is shown.

For troubleshooting tips, visit dexcom.com/en-au/faqs



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Dexcom and Special Circumstances

Some considerations or allowances may need to be made to students with diabetes using CGM when they are taking exams, going on school trips or residential.

These allowances should allow students to not be disadvantaged by their diabetes diagnosis.

Dexcom and Exams

- In order for the student to be able to check their glucose levels during an exam, it is advised they are able to take a blood glucose machine and/or their smart device/ Dexcom receiver into the exam room.
- Consider allowing the student to sit at the front of the exam room so that Dexcom receiver or smart device is within 10 metres of the student if the device needs to be on a separate table (i.e. the invigilator table).
- If using a smart device*, ask the student to turn off all other notifications, so that only Dexcom notifications are allowed.
- Decide whether sound is required:
 - If sound is required, then the student may need to sit the exam in a separate room.
 - If using the Dexcom G7 or ONE+ and sound isn't required, the student can use one of the quiet modes.
 - Vibrate will sound after 20 mins if not acknowledged. This can be set for up to 6 hours or indefinitely.
 - Silence all will silence all alerts (this can be set for up to 6 hours).
 - Note all notifications will appear on the lock screen.
- For further information on glucose management and school trips National Diabetes Services Scheme have created a great resource [here](#).

*Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility.

Dexcom and School Day Trips

- For activity days, placement of sensor may need to be considered
- Overpatches may need to be considered dependent on activity
- The Dexcom receiver or smart device* needs to be within 10 metres of the student at all times to get real time alerts therefore a body worn pack may be required
- The Dexcom Follow app‡ may need to be downloaded and set up on a teacher/assistant's phone and should be considered with the student's guardian
- A blood glucose machine should be provided, and someone should be trained to use it
- If the Dexcom device comes out or stops working, a plan should be in place for blood glucose monitoring

*Smart devices sold separately. For a list of compatible smart devices, please visit www.dexcom.com/compatibility. ‡ Separate DexcomFollow app and internet connection required. Internet connectivity required for data sharing. Users should always confirm readings on the Dexcom G7 app or receiver before making treatment decisions.

Dexcom and Residential

If you are taking a student who wears a Dexcom CGM on a residential trip there are things you need to consider as well as those already outlined for day trips.

- A separate care plan for residential trips including plans for the Dexcom system should be written with parent/guardian and possibly the diabetes specialist nurse
- If the student is not able to change their device themselves then someone will need to be trained to do this even if a change is not due
- Blood glucose meter must be provided as a back-up to the Dexcom device
- At least double the amount of Dexcom product that is required, should be taken on the trip

Every Student is Unique

If other issues come up regarding the student and their CGM, speak to the main caregiver and adjust the diabetes management plan as needed.



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