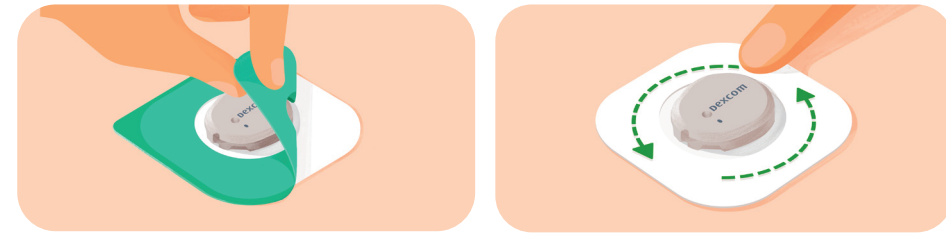## Step 6: Apply Overpatch

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

Use coloured tab to place overpatch around sensor.
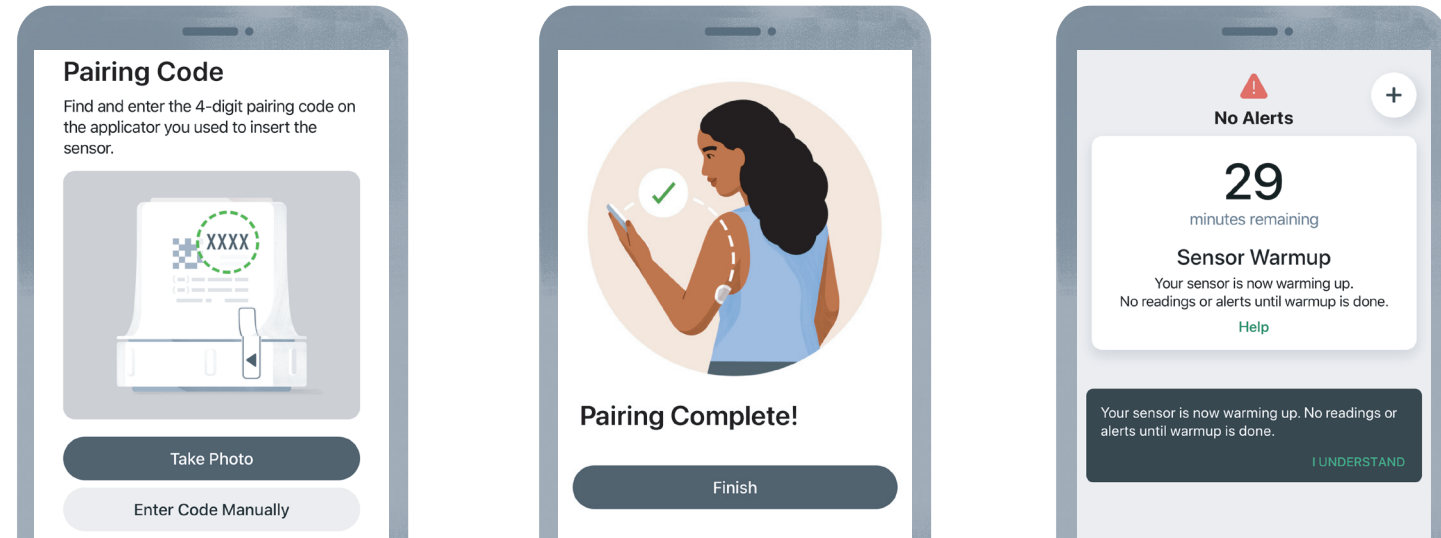

Rub around overpatch.

Use tab to peel off liner.

Rub around overpatch.

Step 7: Pair and Start Warmup

Pairing Code
Find and enter the 4-digit pairing code on the applicator you used to insert the sensor.

XXXX

Take Photo
Enter Code Manually

Enter pairing code.

Pairing Complete!
Finish

Wait for sensor to pair.

⚠ No Alerts   +
29
minutes remaining
Sensor Warmup
Your sensor is now warming up.
No readings or alerts until warmup is done.
Help

Your sensor is now warming up. No readings or alerts until warmup is done.
I UNDERSTAND

Sensor warmup timer tells you when you'll start getting readings and alerts.

CUSTOMISING YOUR ALERTS

Your glucose alerts help you stay in your preferred range. The default alert settings are:
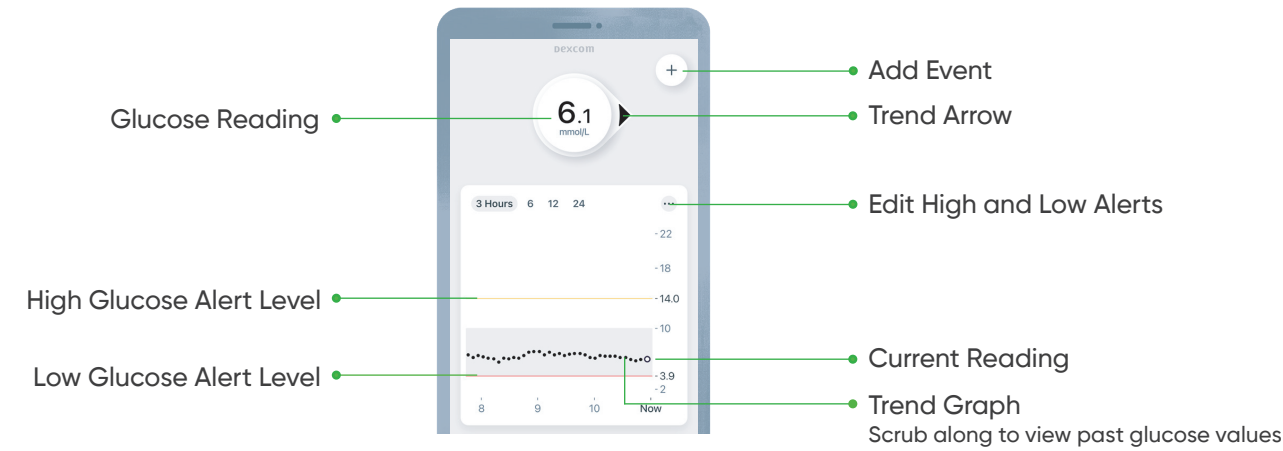**High:** 14 mmol/L
Low: 3.9 mmol/L
Work with your healthcare provider to customise your alerts to fit your lifestyle and goals.
You can customise your alerts in **Profile > Alerts**

UNDERSTANDING YOUR TREND SCREEN AND ARROWS

Your trend screen shows your sensor glucose reading, trend graph, and trend arrow. Trend arrows show the speed and direction that your glucose is heading.

Glucose Reading → 6.1
Add Event
Trend Arrow
Edit High and Low Alerts
High Glucose Alert Level
Low Glucose Alert Level
Current Reading
Trend Graph
Scrub along to view past glucose values

▶	**Steady** Changing less than 1.7 mmol/L in 30 minutes	▲ ▼	**Rising or falling** Changing 3.3–5.0 mmol/L in 30 minutes
◤	**Slowly rising or falling** Changing 1.7–3.3 mmol/L in 30 minutes	▲	**Rapidly rising or falling** Changing more than 5.0 mmol/L in 30 minutes

Day 10: Ending Your Dexcom Sensor Session
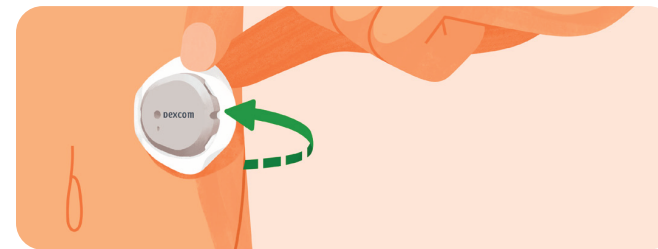
Each sensor session lasts up to 10 days plus a 12-hour grace period. You will get alerts letting you know when the sensor session or grace period will end soon.
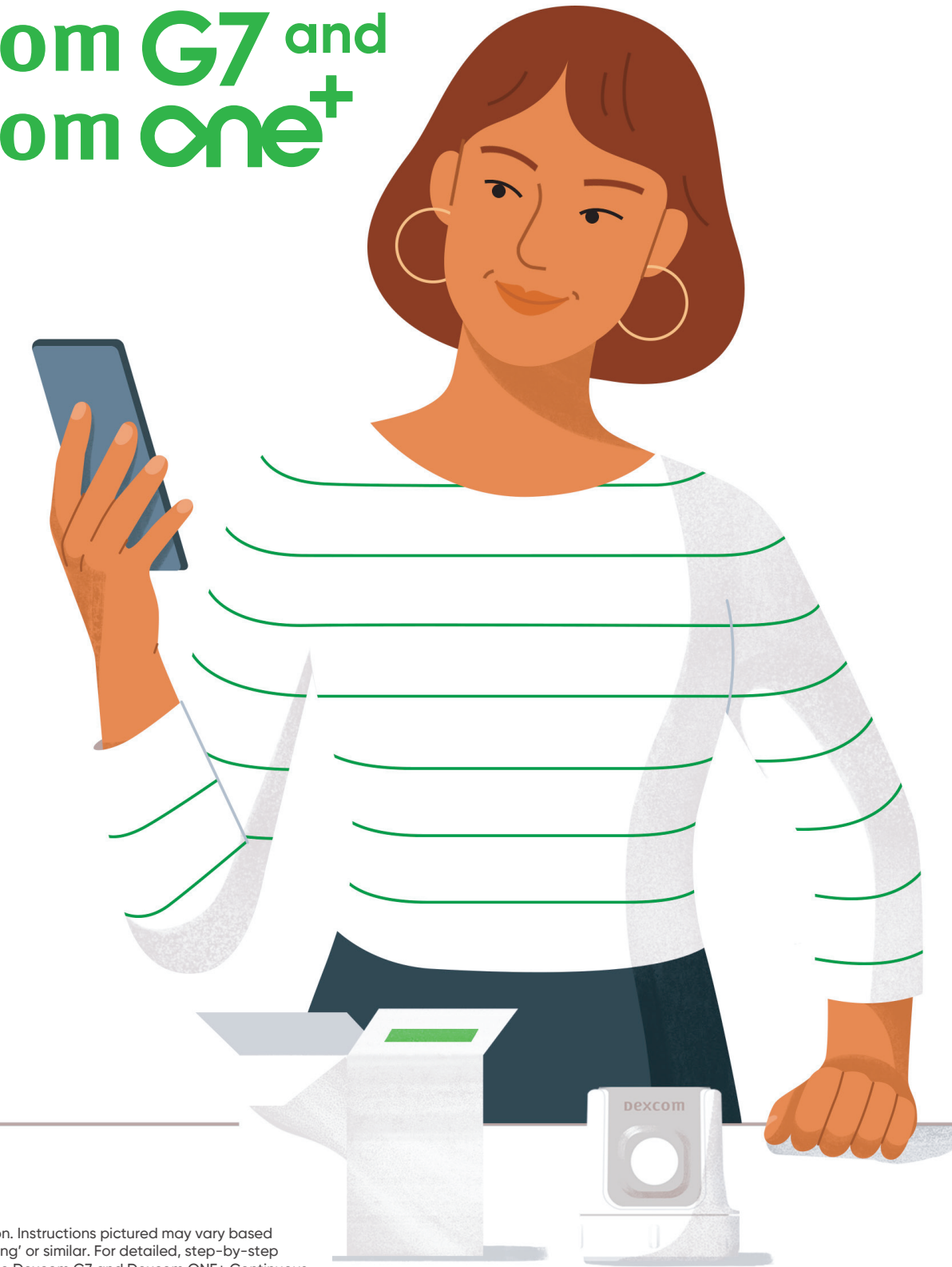
After the sensor session ends, peel off the patch like a bandage.

DEXCOM CLARITY

Download on the App Store
GET IT ON Google Play

DOWNLOAD THE DEXCOM CLARITY APP
or visit Dexcom Clarity at clarity.dexcom.eu to track your progress and share data with your clinic. Login using your existing Dexcom account or create a new account.

app setup for
Dexcom G7 and
Dexcom ONE+

nzms diabetes | DEXCOM
a Dexcom company

# HOW DOES THE DEXCOM CGM WORK?
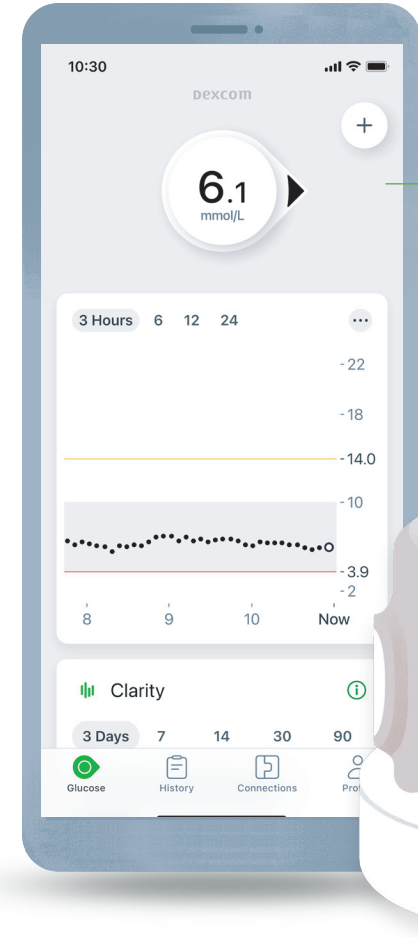
Dexcom G7 or Dexcom ONE+ app

- Displays a glucose reading up to every 5 minutes
- Smart devices sold separately. For a list of compatible devices see: dexcom.com/compatibility

Applicator with built-in sensor

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

ACCURACY
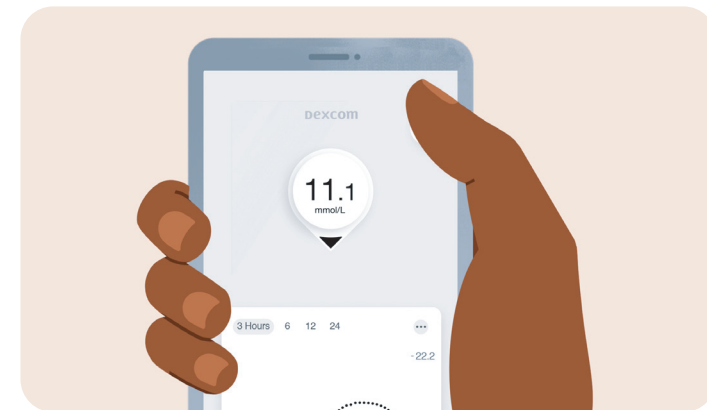
Dexcom CGM readings and meter values may not be the same and that's okay. The Dexcom CGM and a meter measure glucose from two different types of body fluids: interstitial fluid and blood.

Readings can be different and still be considered accurate.

Note: This guide is for concept illustration only. Instructions pictured may vary based on Dexcom device you're using' or similar.


Step 1: Check Smart Device Compatibility

Scan the QR code or visit **dexcom.com/compatibility** to check that your smartphone is compatible with the Dexcom G7 or Dexcom ONE+ app.

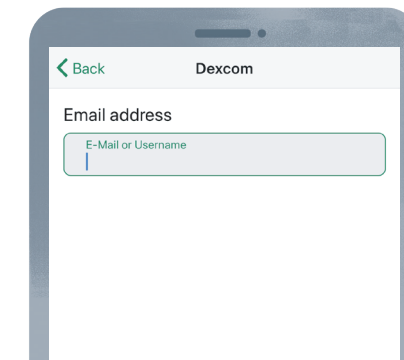## Step 2: Download the Dexcom app for your CGM (Dexcom G7 or Dexcom ONE+)

Download on the App Store   GET IT ON Google Play

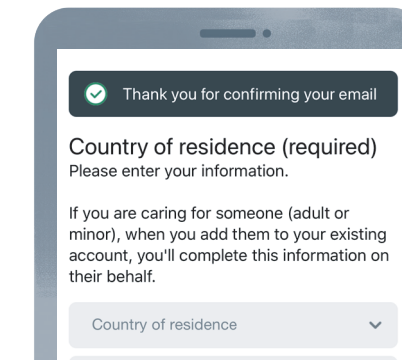## Step 3: Create Dexcom Account (New Users) and Login

NOTE: If you already have a Dexcom account use that to sign in.
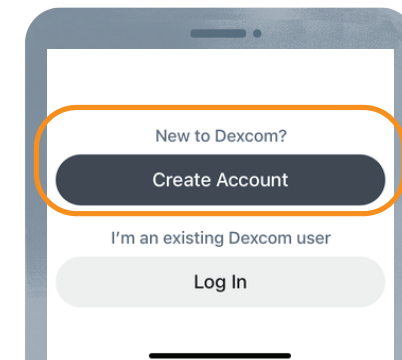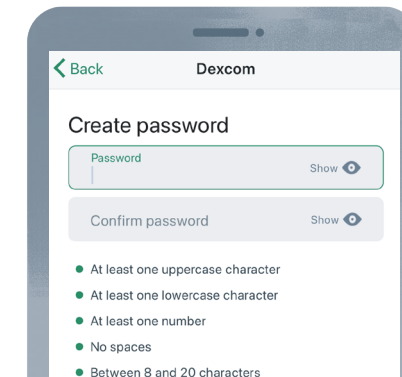
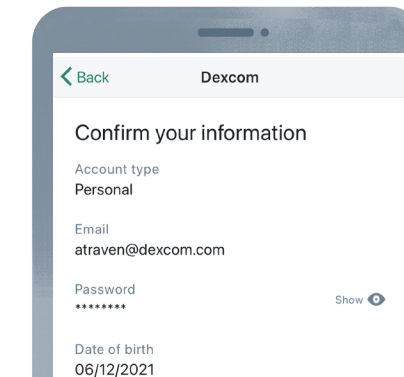Open the app for your Dexcom CGM and tap create account.

Enter your email; then, check your email to confirm and continue.
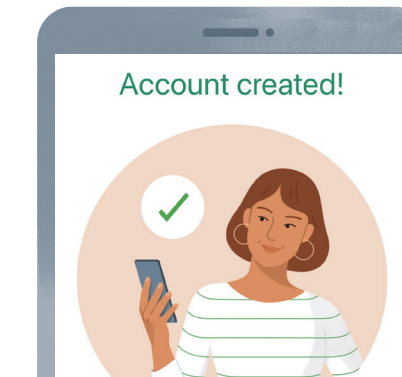
After confirming your email follow the on screen instructions.

Create your password.

Confirm your information.

Your account is created.

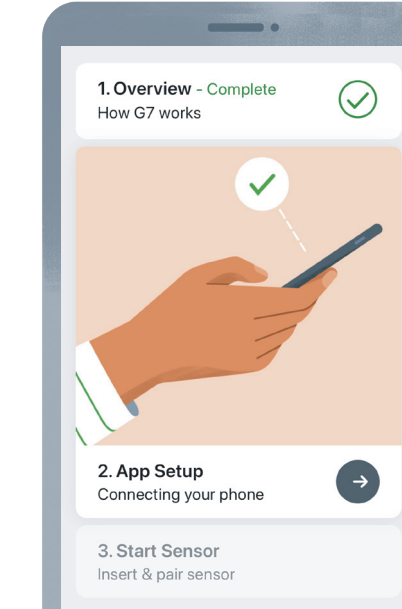**Setting up with your healthcare provider?**
If you are getting set up with your healthcare provider, you are now all set for your appointment. Your healthcare provider will take you through the remaining steps.
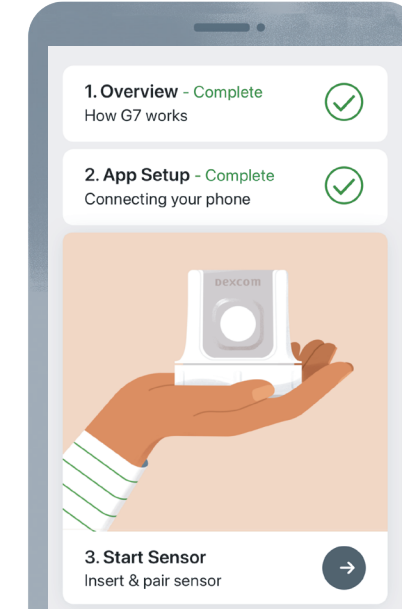

Step 4: Set Up Dexcom app

The app walks you through setup step-by-step. There are three main sections in the app:
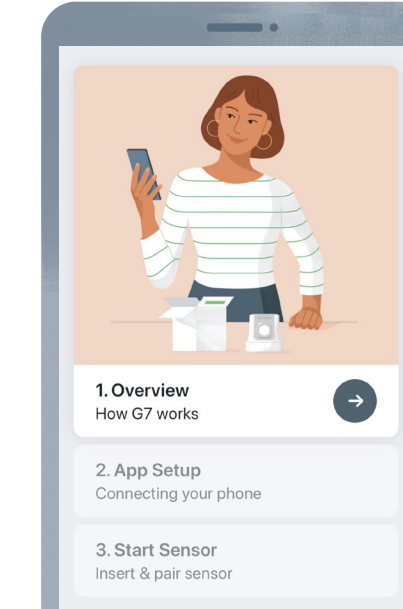
Overview: view the mini tutorial.

App Setup: enable bluetooth and set other required phone settings.

Start Sensor: insert sensor and pair.
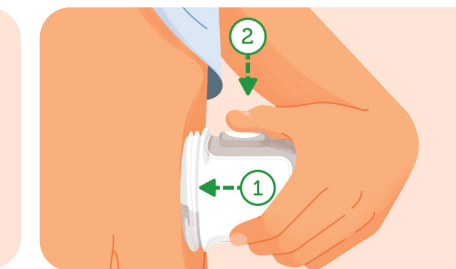
Step 5: Insert Sensor

Age 7 years and older: Use abdomen or back of upper arm

Age 24 months - 6 years: Use abdomen, upper buttocks, or back of upper arm

Before you begin, wash and dry your hands; then clean the sensor site with alcohol.

Unscrew Cap. Don't touch inside applicator.

Press and hold applicator firmly against skin and then push button.

Remove applicator.

Rub firmly around patch 3 times.   Gently press for 10 seconds.