







# Over-The-Counter Continuous Glucose Monitors (CGM) Comparison



This comparison tool will help patients decide which of the two most common brands of over-the-counter (OTC) continuous glucose monitors (CGM) is the best option for them.









*CGM technology is always improving so be sure to consult with your healthcare provider.*

Who It's For	Dexcom Stelo 	Abbott Lingo 
<b>Patient population</b>	<ul style="list-style-type: none"> <li>Adults (18+ years)</li> <li>Not on insulin</li> <li>With type 2 diabetes, prediabetes, or neither</li> </ul>	<ul style="list-style-type: none"> <li>Adults (18+ years)</li> <li>Not on insulin</li> <li>With type 2 diabetes, prediabetes, or neither</li> </ul>
<b>Cost</b>	<ul style="list-style-type: none"> <li>\$55 for 1 sensor for 15 days</li> <li>\$99 for 2 sensors for 30 days</li> <li>Subscriptions:                             <ul style="list-style-type: none"> <li>\$89 for 2 sensors/month</li> <li>\$252 for 6 sensors every 3 months</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>\$49 for 1 sensor for 14 days</li> <li>\$89 for 2 sensors for 28 days</li> <li>Subscriptions:                             <ul style="list-style-type: none"> <li>\$84 for 2 sensors/28 days</li> <li>\$249 for 6 sensors/12 weeks</li> </ul> </li> </ul>
<b>HSA/FSA eligible?</b>	Yes	Yes
<b>Where to purchase</b>	Online at <a href="https://stelo.com">stelo.com</a> or Amazon	Online at <a href="https://hellolingo.com">hellolingo.com</a> ; <a href="https://bestbuy.com">bestbuy.com</a> ; <a href="https://walmart.com">walmart.com</a> or Amazon  In stores at Walmart and select Walgreens

Sensor Hardware & Wearability	Dexcom Stelo 	Abbott Lingo 
<b>Sensor size</b>	Same size as Dexcom G7 (3 stacked quarters)	Same size as Libre 2 (2 stacked quarters)
<b>Wear Location</b>	Back of upper arm	Back of upper arm
<b>Grace period</b>	12 hours	None
<b>Warm up time</b>	30 minutes	1 minutes
<b>Wear time</b>	Up to 15 days	Up to 14 days
<b>Waterproof rating</b>	Up to 8 feet for up to 24 hours	Up to 3 feet for up to 30 minutes

Data & Measurement Performance	Dexcom Stelo 	Abbott Lingo 
Measurement range	70 - 250 mg/dL	55 - 200 mg/dL
Frequency of glucose measurement	Every 15 minutes	Every 1 minute
Low or high glucose alarms?	No	No

Connectivity & Compatibility	Dexcom Stelo 	Abbott Lingo 
Can sensor data be shared with a healthcare provider?	Yes	No
Smartphone compatibility	iOS 18.5 or newer Android 13 or newer  Full compatibility list: <a href="https://michmed.org/rwnnA">michmed.org/rwnnA</a>	iOS 16 or newer Android 12 or newer  Full compatibility list: <a href="https://michmed.org/KDAVy">michmed.org/KDAVy</a>

Support	Dexcom Stelo 	Abbott Lingo 
Support website	<b>Dexcom Stelo Support Website:</b> <a href="https://michmed.org/kVdkK">michmed.org/kVdkK</a> 	<b>Abbott Lingo Support Website:</b> <a href="https://michmed.org/RBeR9">michmed.org/RBeR9</a> 
Replacement policy	Product issues can be reported by logging into your account on Stelo.com and using the virtual assistant bot (SteloBot).  <a href="https://michmed.org/ByQ4n">michmed.org/ByQ4n</a>	 <a href="mailto:lingosupport-us@helloling.com">lingosupport-us@helloling.com</a>  <b>+1-888-764-7684</b> Submit a request for replacement:  <a href="https://michmed.org/vQDGx">michmed.org/vQDGx</a>
Mobile app	<ul style="list-style-type: none"> <li>• Artificial intelligence (AI) assisted smart food log</li> <li>• Glucose spike detection and weekly spike report</li> <li>• Personal insights</li> <li>• In-app education</li> <li>• Integrated sharing with care team via Dexcom Clarity™</li> </ul>	<ul style="list-style-type: none"> <li>• Food and activity logging</li> <li>• Glucose spike detection + daily Lingo Count™               <ul style="list-style-type: none"> <li>• Use Lingo Count as a goal to lower your count over time for better metabolic health</li> </ul> </li> <li>• Personal insights and recommendations</li> <li>• In-app education</li> <li>• Data sharing with care team unavailable via app</li> </ul>