









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 care team.*

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

| Sensor Hardware & Wearability | Dexcom Stelo  | Abbott Lingo  |
|-------------------------------|--|--|
| Sensor size | Same size as Dexcom G7 (3 stacked quarters) | Same size as Libre 2 (2 stacked quarters) |
| Wear Location | Back of upper arm | Back of upper arm |
| Grace period | 12 hours | None |
| Warm up time | 30 minutes | 1 hour |
| Wear time | Up to 15 days | Up to 14 days |
| Waterproof rating | 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: michmed.org/rwnnA | iOS 16 or newer Android 12 or newer Full compatibility list: michmed.org/KDAVy |

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