

# Resources for Getting Started with Continuous Glucose Monitors

Continuous glucose monitors (CGMs) can help you manage your diabetes by providing real-time glucose readings, eliminating the need for frequent finger pokes. CGMs allow you to learn how food impacts your blood sugar, helping you make healthier decisions in the future. You can also easily share glucose data with your family and healthcare team while tracking your trends over time. We've gathered some resources to help you get started with your CGM. If you have any more questions, reach out to your healthcare team for support.

*Two of the most common brands of CGMs used by patients with type 2 diabetes:*



**FreeStyle Libre 2 or 3**  
from Abbott



**G6 or G7**  
from Dexcom

*I am using or was prescribed this brand and model of CGM:* \_\_\_\_\_  
*Write in your CGM here*

**I want to learn more about getting started with a CGM.**

ABBOTT

## **FreeStyle Libre 2 or 3**

Get the Support you need with guides and videos.

**FreeStyle Libre 3:** [www.freestyle.abbott/us-en/freestyle-libre-3-resources.html](http://www.freestyle.abbott/us-en/freestyle-libre-3-resources.html)

**FreeStyle Libre 2:** [www.free.style.abbott/us-en/freestyle-libre-2-resources.html](http://www.free.style.abbott/us-en/freestyle-libre-2-resources.html)

## **Dexcom G6 or G7**

Attend a free online classes on a variety of topics including app and receiver setup, CGM basics, and data sharing. See back for more info.

**Register online at** [www.dexcom.com/en-us/dexcom-care](http://www.dexcom.com/en-us/dexcom-care)

DEXCOM

**I need help affording my CGM.**

ABBOTT

## **FreeStyle Libre 2 or 3\***

If you have a commercial insurance plan with a high deductible, call the Abbott customer care team at **(844) 330-5535** or **scan the QR code** to ask about two voucher options you may be eligible for:

1. Receive 1 free sensor (14 days)
2. Receive 2 sensors per month for \$75 monthly copay (*Talk to your local pharmacist for more information*)

\* If you have Medicare, the Libre 3 is only available at medical suppliers at this time.



## **Dexcom G6 or G7**

Have Dexcom complete an insurance benefits check and get help understanding coverage by completing a new patient form at [www.dexcom.com/en-us/start](http://www.dexcom.com/en-us/start)

If you have a commercial insurance plan with a high deductible, visit [www.dexcom.com/en-us/savings-center](http://www.dexcom.com/en-us/savings-center) or **scan the QR code**

DEXCOM



## I need technical support or a replacement sensor.

ABBOTT

### FreeStyle Libre 2 or 3

Call the Abbott customer care team at **(855) 632-8658** or complete an online form by scanning the QR code.

[www.freestyle.abbott/us-en/support/contact-us.html](http://www.freestyle.abbott/us-en/support/contact-us.html)



DEXCOM

### Dexcom G6 or G7

Call the Dexcom product support line at **(844) 607-8398** or complete an online form at

**[www.dexcom.com/en-us/contact](http://www.dexcom.com/en-us/contact)**

*Tip: Keep your CGM's packaging incase you need to request a replacement.*

## I want more education and support as I start using my CGM.

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### FreeStyle Libre 2 or 3

The MyFreeStyle program is a free 6+ month diabetes education and support program that will teach you how to use your CGM to manage your diabetes. Visit:

**[www.StartMyFreeStyle.com](http://www.StartMyFreeStyle.com)**

DEXCOM

### Dexcom G6 or G7

Dexcom offers robust online education for getting started and using a G6 or G7 CGM including videos and live chat support. Visit:

**[www.dexcom.com](http://www.dexcom.com)** (then click 'Learn')

## Additional information on Dexcom learning opportunities in Michigan

**Online Classes for G6 or G7** (Register online at [www.dexcom.com/en-us/dexcom-care](http://www.dexcom.com/en-us/dexcom-care))

DEXCOM

- **What a Dexcom G7 Can Do For You**

An introduction to the G7 CGM, the benefits of trend arrows, alerts, and advantages of CGM vs. fingersticks with a blood glucose monitor. You will review insights gained from viewing CGM readings in Clarity and how it can help you better manage your diabetes.

*This class will not provide step by step instruction on set up.*

- **G7 Getting Started (separate classes for the G7 app and the G7 receiver)**

Walk through setting up the G7 CGM for the first time, using either the G7 app on a smart phone or the G7 receiver. Other training topics will include how to change the sensor every 10 days, trend arrows, guidelines to follow when using the G7 system for treatment decisions and how the alerts work.

- **Clarity: Preparing for Your HCP Appointment with G6 and G7**

Review Dexcom Clarity including how to access Clarity, how data is imported into Clarity and how to share reports with your healthcare team. The class will provide an explanation of Clarity reports and discuss insights that can be gained to help facilitate a more meaningful discussion with your healthcare team.



Scan the QR code to register for a Dexcom online class.

**For any additional Dexcom training needed, please call 1-888-738-3646 and choose "training and education" as the prompt.**

**MCT2D**  
[www.MCT2D.org](http://www.MCT2D.org)