

Diabetes Prevention Strategy



Continuous Glucose Monitoring (CGM)

Continuous glucose monitors (CGMs) are small wearable sensors that allow you to easily monitor your glucose levels 24 hours a day, helping you see trends over time and understand how food, activity, stress, and sleep impact you. Prescription CGMs are used by people with type 1 or type 2 diabetes, but they are now available over-the-counter (OTC) for adults who want to improve their metabolic health.

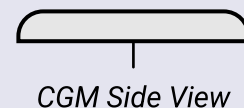
OTC CGMs are available without a prescription and can be purchased directly from the manufacturer's website, Amazon, and some retail pharmacies.



How it works

A CGM is a small disk-shaped device (about the size of a quarter) that you place on the back of your upper arm with a skin-safe adhesive. It has a tiny flexible fiber (think like an individual bristle on a toothbrush) that goes under your skin and can read your glucose levels in real-time. Your levels are sent wirelessly to your smartphone, allowing you to see your glucose trends throughout the day and night.

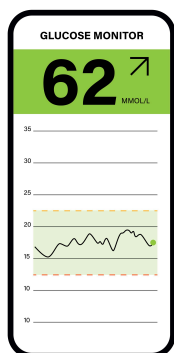
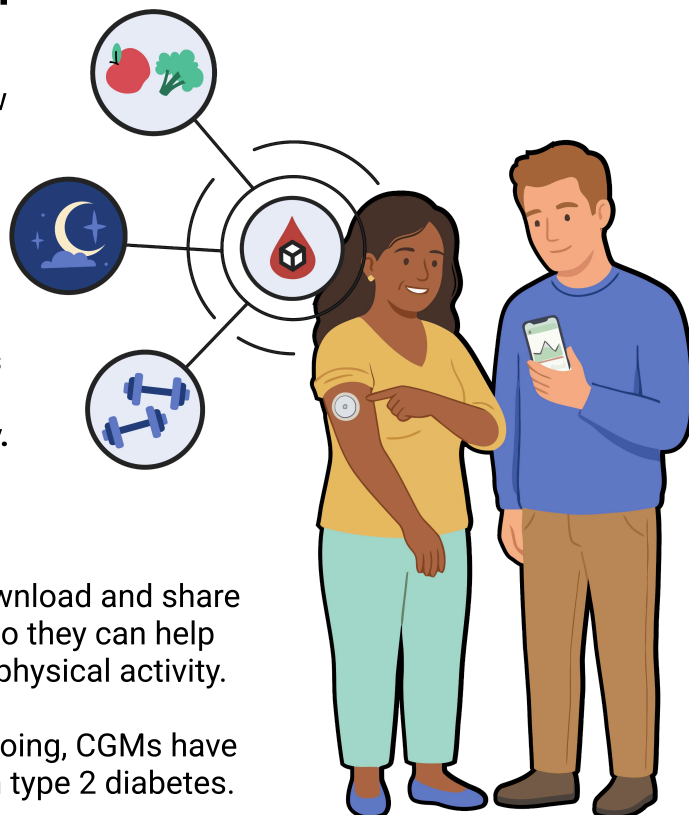
Each sensor lasts for approximately 2 weeks before needing to be replaced.



How CGM improves your metabolic health

CGMs show how food, activity, sleep, and stress affect your glucose in real-time. They help you understand how your body responds to daily choices and how glucose levels relate to how you feel, including energy, focus, and fullness.

With these insights, you can make personalized changes that work for you, rather than relying only on general recommendations. **CGMs put you in the driver's seat, allowing you to take control of the lifestyle changes you make along your metabolic health journey.**



With some OTC CGMs you can even download and share your glucose data with your care team so they can help you make adjustments to your diet and physical activity.

Although studies in prediabetes are ongoing, CGMs have been shown to lower A1C in people with type 2 diabetes.

Pros



- Immediate insights into how your blood sugar is affected by different foods and daily activities.
- Can help you tailor your lifestyle changes and stay motivated to maintain healthy habits.
- Small and painless to wear.

Cons



- Not usually covered by insurance for people with prediabetes.
- Requires a smartphone with Bluetooth.
- Some people experience mild skin irritation from the adhesive.
- CGMs may feel overwhelming because they provide so much data.

Insurance and cost

Most insurance plans do not currently cover CGMs for people with prediabetes, though they are usually **Health Savings Account (HSA)** or **Flexible Spending Account (FSA)** eligible.

How can I use my HSA/FSA to buy a CGM?

These accounts let you pay for CGMs with pre-tax dollars, lowering your overall cost.

If you already have an HSA or FSA, you can usually use it to cover the cost of a CGM. If you don't have one, but have a high-deductible insurance plan, you may be eligible to open an HSA through your employer, your bank, or directly through an HSA provider.

If your employer offers an FSA, you can enroll during open enrollment or after certain life events.

There are two OTC CGM options available:



Dexcom STELO

The out-of-pocket cost is \$55 per sensor (2 weeks), \$99 for 2 sensors (4 weeks) or \$89 for a monthly subscription.



Abbott LINGO

The out-of-pocket cost is \$49 per sensor (2 weeks), \$89 for 2 sensors (4 weeks), or \$249 for a three-month subscription.

Next steps

Learn more about CGMs



michmed.org/JDPPd

Check out our **OTC CGM comparison guide**



michmed.org/AQ9PA

If you decide to start a CGM, **let your care team know** at your next scheduled appointment or through a portal message.