

Continuous Glucose Monitors: Are They Right for You?

What are potential benefits of using a Continuous Glucose Monitor (CGM)?

-  Requires fewer fingersticks
-  Shows where your glucose is now and where it is trending
-  Provides alerts for your high and low blood sugars

What are some other things to consider about CGMs?

-  You need to wear the CGM all the time (24/7) to get the most benefit
-  Glucose readings are available all the time, which some people say can be overwhelming
-  They provide more glucose data to share with healthcare providers and family members

CGM Systems Approved in the US

	Abbott FreeStyle Libre 2	Dexcom G6	Medtronic Guardian Connect	Senseonics Eversense
				
How many parts does it have?	2: sensor and reader	3: transmitter, sensor, and receiver	3: transmitter, sensor, and smartphone used as the receiver	3: transmitter, implantable sensor, and smartphone/smartwatch used as the receiver
Does it offer alerts and alarms?	Yes, can be customized	Yes, can be customized	Yes, can be customized	Yes, can be customized
How do I view data?	On a reader (FreeStyle Libre 2 app is currently under FDA review)	On a smartphone (Apple or Android), smartwatch, or the receiver	On an Apple smartphone	On a smartphone (Apple or Android) or smartwatch
How do I share the data with family members?	FreeStyle Libre 2 app is currently under FDA review	Real-time data can be shared using an app	Real-time data can be shared using an app; family members can also receive text message alerts	Real-time data can be shared using an app
How many fingersticks are needed to calibrate the sensor?	None	None	2 per day	2 per day
How long is the sensor used?	14 days	10 days	7 days	90 days
How does it attach to the body?	Sensor is inserted in 1 step, and integrated adhesive holds it in place	Sensor is inserted in 1 step, and integrated adhesive holds the sensor and transmitter in place	Sensor is inserted with the use of a Medtronic one-press insertion aid, then the sensor and transmitter are held in place by an outer adhesive	Sensor needs to be inserted by a doctor, nurse practitioner, or physician assistant, then the transmitter sits outside the body and is held in place by an adhesive
Age Indications for Use	4 years and older	2 years and older	14 to 75 years old	18 years and older

How do I get a CGM?

If you think a CGM might be right for you, visit DiabetesWise.org for more information about:

- Other people's experiences using each type of CGM
- Key questions to ask your diabetes care team
- Support resources

For more information about insurance coverage for CGMs, see the JDRF Health Insurance Guide at www.jdrf.org/t1d-resources/living-with-t1d/insurance.