

# Continuous Glucose Monitors: Are They Right for You?

**What are potential benefits of using a Continuous Glucose Monitor (CGM) (may also be referred to as a glucose sensor, or sensor)?**

-  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

## Available Sensors

	Dexcom G6	Medtronic Guardian Connect	Abbott FreeStyle Libre 14 Day <sup>a</sup>	Senseonics Eversense <sup>a</sup>
How many parts does it have?	3: transmitter, sensor, and receiver	3: transmitter, sensor, and smartphone used as the receiver	2: sensor and 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	No	Yes, can be customized
How do I view data?	On a smartphone (Apple or Android), smartwatch, or the receiver	On an Apple smartphone	On a smartphone (Apple or Android) or on the receiver	On a smartphone (Apple or Android) or smartwatch
How do I share the data with family members?	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	Data from whenever you scan can be shared using an app	Real-time data can be shared using an app
How many fingersticks are needed to calibrate the sensor?	None	2 per day	None	2 per day
How long is the sensor used?	10 days	7 days	14 days	90 days
How does it attach to the body?	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 is inserted in 1 step, and integrated adhesive holds it in place	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

<sup>a</sup>Indicated for use in adults aged 18 years and older with diabetes.

## How do I get a CGM?

If you think a CGM might be right for you, visit [DiabetesWise.org](https://DiabetesWise.org) for more information about:

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

Developed by Med-IQ in collaboration with JDRF.



Content developed by JDRF and supported by an educational grant from Medtronic.  
© 2019 JDRF, Inc.