

Continuous Glucose Monitors (CGMs): Are They Right for You?

Potential Benefits



Requires fewer fingersticks



Shows where your glucose is now and where it is going



Provides alerts for your highs and lows



More glucose data which allows to calculate Time in Range

Other Things to Consider



Need to wear the sensor all the time (24/7) to get the most benefit



Glucose readings available all the time, which some people say can be overwhelming



Provide more glucose data to share with healthcare providers and family members

CGM Systems Approved in the US

	Abbott FreeStyle® Libre 2 / Libre 3	Dexcom G6®	Dexcom G7®	Medtronic Guardian™ Connect	Senseonics Eversense® E3®
Ages	4+	2+	2+	Guardian Sensor 3 with Guardian Connect transmitter is approved for ages 14+. Guardian Sensor 3 with Guardian Link 3 transmitter is approved in ages 2+.	18+
How It Attaches to the Body?	Sensor is inserted in one step, and integrated adhesive holds it in place	Sensor is inserted with the Dexcom auto applicator and integrated adhesive holds the sensor in place. The transmitter is then attached to the sensor.	All-in-one sensor and transmitter are inserted with the Dexcom auto applicator and integrated adhesive holds the sensor 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.	The sensor is inserted by a trained health care provider in the upper arm. The transmitter is worn over the sensor and is held in place by an adhesive patch.
Location(s)	Back of arm	Abdomen or buttocks (2-17), Abdomen (18+)	Buttocks (2-6), Upper Arm (7+)	Abdomen or buttocks (2-13), Abdomen or arm (14+)	Upper arm
How to View Data	Libre 2: Reader or Smartphone (Libre 2 app for iOS or Android) Libre 3: Smartphone (Libre 3 app for iOS or Android)	Smartphone (Dexcom CLARITY for iOS or Android), smartwatch, or Dexcom receiver	Smartphone (Dexcom CLARITY for iOS or Android), smartwatch, or Dexcom receiver	Smartphone (Guardian Connect app for iOS or Android)	Smartphone (Eversense Mobile app for iOS or Android)
How Many Fingersticks to Calibrate?	None	None	None	2 per day	2 per day
How Long the Sensor is Used?	14 days	10 days	10 days	7 days	Up to 6 months
Connects to Insulin Pump	No (currently in development for Tandem t:slim X2™ AND Omnipod 5®)	Tandem t:slim X2™ or Omnipod 5®	No (currently in development for Tandem t:slim X2™ AND Omnipod 5®)	MiniMed™ 770G or 630G	No

Getting a CGM

If you think a CGM might be right for you, consult with your physician.

For more information about insurance coverage for CGMs, [consult JDRF's Health Insurance Guide](#).

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