



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 ^a	Senseonics Eversense ^a
				
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

^aIndicated 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 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.