

# Track your glucose with



Dexcom CLARITY is an important part of your continuous glucose monitoring (CGM) system, providing a holistic view of your diabetes management by highlighting glucose patterns, trends and statistics. While using the Dexcom CGM app you are automatically and continuously\* sending your glucose data to your Dexcom CLARITY account.

**Dexcom CLARITY viewers experience up to 15% increased time spent in range (70-180 mg/dL) as compared to non-users.<sup>1</sup>**

With the Dexcom CLARITY app, review key metrics, create reports, authorize data sharing with your clinic and get notifications and emails. Get notifications for Time in Range, Patterns, Best Day, and Goal: Time in Range.

## Average Glucose

The average of all your CGM glucose readings from the selected date range. Knowing your average glucose gives you a good place to start when trying to get your numbers into target.

## Standard Deviation

Reflects how much your CGM glucose readings rise and fall also known as glycemic variability.

## GMI (Glucose Management Indicator)

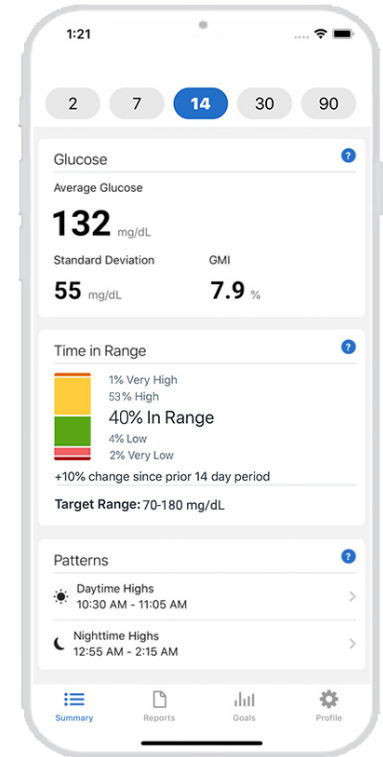
Approximates the laboratory A1C level expected based on average glucose measured using CGM values derived from at least 12 days of CGM data.

## Time in Range

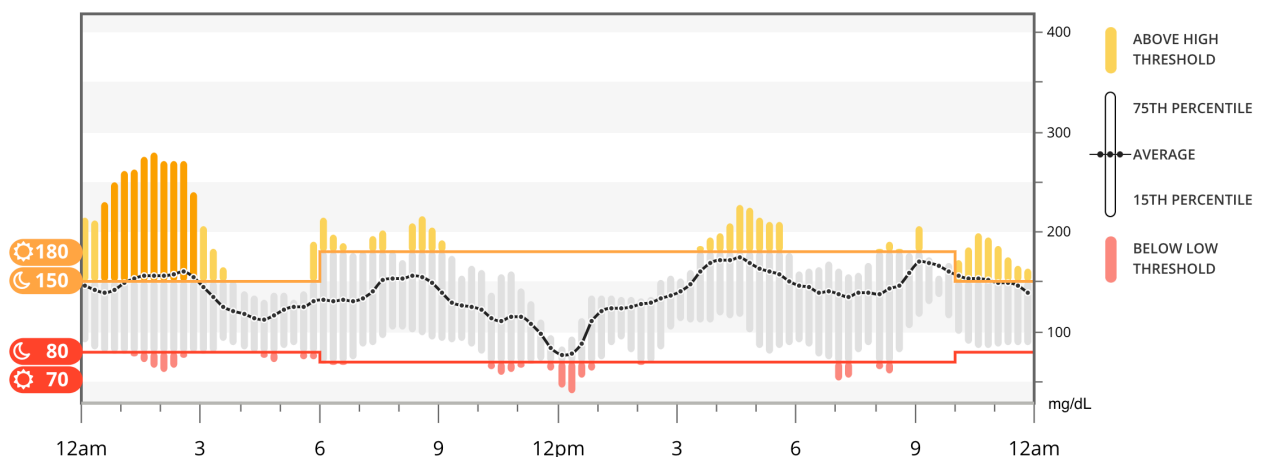
The percentage of time that your glucose levels are in low, target, and high ranges. Dexcom CLARITY default in-target range is 70-180mg/dL, which may not be what you set for your CGM.

## Patterns

Consistent occurrences of high or low glucose, at the same time of day, on multiple days.



Use Dexcom CLARITY online at [clarity.dexcom.com](https://clarity.dexcom.com) to view detailed, interactive reports. For example, this trends report combines all the glucose readings to show a typical day from the date range you select.



\*while connected to the internet with consent to share data

Frequent\* Dexcom CLARITY viewers experience up to 15% increased time spent in range (70-180 mg/dL) as compared to non-users.<sup>1</sup>

\*Frequent use is defined as four or more monthly log ins to Dexcom CLARITY.

<sup>1</sup>Parker AS, Welsh J, Jimenez A, Walker T. Insights from big data (2): Benefits of self-guided retrospective review of continuous glucose monitoring reports. *Diabetes Technol Ther.* 2018;20(S1):A-27.

# Share data with your clinic



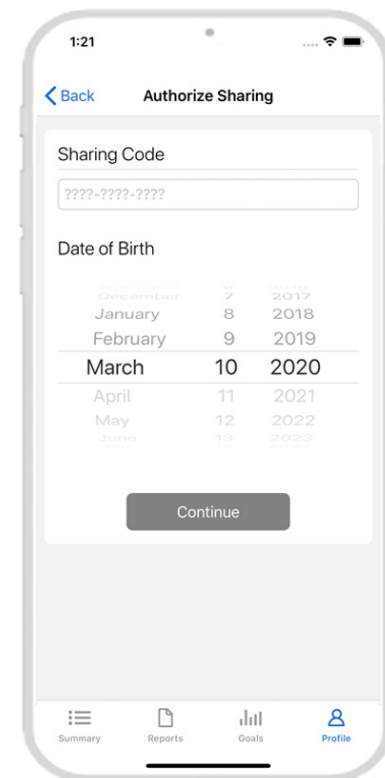
You can authorize data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. Your clinic will provide you with a sharing code. To begin sharing data, complete one of the following:

## Share using the Dexcom CLARITY app

- 1 Log into the Dexcom CLARITY app with your Dexcom login.
- 2 Tap Profile > Authorize Sharing and follow the instructions.

## Share using the Dexcom CLARITY website

- 1 Log into Dexcom CLARITY online at [clarity.dexcom.com/share](https://clarity.dexcom.com/share)
- 2 Follow the onscreen instruction.



## Share Data with a New Clinic

Your clinic will provide a sharing code for your data so that they have continuous access and can make your appointments more efficient. If your clinic hasn't provided you an invitation to share, you can ask your clinic to create one for you. You can stop sharing with your clinic at any time.

Enter the sharing code provided by your clinic

Verify your date of birth

Month	DD	YYYY
-------	----	------

[Continue](#) [Cancel](#)

# Upload receiver data to prepare for visits

If you only use the Dexcom receiver with your CGM, you can prepare for clinic visits by uploading your CGM data to your Dexcom CLARITY account in advance.\* Once you authorize sharing, for every upload, your clinic will also have access to that data. The receiver only holds about 30 days worth of data, so uploading once a month is recommended to save all your data.

- 1 First-time Dexcom CLARITY users must create an account at [clarity.dexcom.com](https://clarity.dexcom.com)
- 2 Follow the onscreen instructions to install the Dexcom CLARITY Uploader software.
- 3 Connect your receiver to your computer to upload automatically.

For all future uploads, just connect your receiver to your computer.



\*An internet connection is required while uploading to Dexcom CLARITY.

Minimum requirements: [dexcom.com/clarity-requirements](https://dexcom.com/clarity-requirements) | Dexcom Support: **1-888-738-3646** or [dexcom.com/support](https://dexcom.com/support)  
For more information on Dexcom CLARITY statistics, visit [clarity.dexcom.com/glossary](https://clarity.dexcom.com/glossary)

### Intended Use/Safety Statement

The web-based Dexcom CLARITY software is intended for use by both home users and healthcare professionals to assist people with diabetes and their healthcare professionals in the review, analysis, and evaluation of CGM data to support effective diabetes management. **WARNING:** Treatment decisions, like treating for a low or dosing for a high, should not be made based on this software. Home users should follow instructions on the CGM system. **WARNING:** The software is not intended to replace self-monitoring practices as advised by a healthcare professional. **CAUTION:** Dexcom CLARITY provides recently available CGM information from the Dexcom CGM app or receiver. Since the smartphone system sends data to the Dexcom server, the information is always older than the real-time data displayed on the user's CGM app or receiver. Use the current information on the CGM app or receiver for treatment decisions, not the information from Dexcom CLARITY as that information is outdated. **CAUTION:** The software does not provide any medical advice and should not be used for that purpose. Home users must consult a healthcare professional before making any medical interpretation and therapy adjustments from the information in the software. **CAUTION:** Healthcare professionals should use information in the software in conjunction with other clinical information available to them. **CAUTION:** Federal (US) law restricts this device to sale by or on the order of a licensed healthcare professional.