**Continuous Glucose Meters (CGM)s**

Updated 5/2021 by Kim Ladd, RN, BS, CPHQ, CDCES

A continuous glucose monitor (CGM) is a device used for monitoring blood glucose levels through interstitial fluid on a continual basis. A CGM takes a blood sugar reading on set intervals via a sensor that has a thin, flexible filament inserted just under the skin and held in place by an adhesive; it sends the data to either a reader device, an app, or both. CGMs can be a good choice for people with diabetes and vision loss, as they do not require finger sticks. The readers are not accessible, but the CGMs listed have an app that can be used with Talk Back on an android phone or Voice Over on an iPhone to make them accessible.

\*\*All phones are not able to download the apps, check your phone’s ability before getting a CGM.

**Freestyle Libre and Freestyle Libre 2**

The FreeStyle Libre is a continuous glucose monitoring system consisting of a handheld reader and a sensor worn on the back of the upper arm. The sensor measures glucose every minute. Use the handheld reader or the phone app to scan the sensor to find out your blood sugar level; you can scan the sensor as often as you like, even through clothing.

* FDA-cleared for adults and children 4 years and older
* The Freestyle Libre 2 has optional, real-time glucose alarms that notify you if you go too low or too high, however, at this time the accessible app for the Libre 2 is still under FDA review
* Each scan of the sensor provides a current glucose reading, a trend arrow, an 8-hour history and is water-resistant
* The sensor must be changed every 14 days and takes 1 hour after insertion to calibrate before it can be used

Educational Videos:

* Getting Started With the Freestyle Libre <https://youtu.be/QKi5T4uTGXk>
* Applying the Sensor <https://youtu.be/oJeOP7uBrgA>
* Replacing Your Sensor <https://youtu.be/FzeH48L1Zc8>
* Introducing the Freestyle LibreLink Mobile App <https://www.freestyle.abbott/us-en/products/freestyle-libre-app.html>

Getting a Freestyle Libre:

* Visit <https://www.freestylelibre.us/support/buying-guide.html>
* Medicare Guide to getting a Freestyle Libre <https://www.freestylelibre.us/content/dam/adc/freestylelibreus/documents/fourteendaytrial/adc-26372v1-populated-digital.pdf>

Freestyle Libre 2 System by Abbott <https://www.freestylelibre.us/system-overview/freestyle-libre-2.html>

Abbott customer service phone #: 855-632-8658

**Dexcom G6**

Dexcom CGM was the world’s first CGM system. It tracks your glucose levels continuously throughout the day and night and sends your glucose reading to your smart device or receiver every 5 minutes.

* FDA cleared for ages 2 years and older
* Sensor is usually applied to the abdominal area
* The Dexcom G6 features a 10-day wear sensor that is water-resistant and easy-to-insert with an auto-applicator; it takes 2 hours to calibrate before it will send readings.
* The transmitter needs to be changed every 30 days
* Has a Share and Follow app that can link your readings to a family member to share your real-time results

Educational Videos:

* Continuous Glucose Monitor: The Basics <https://youtu.be/6XrjnXlZ5WY>
* How the Dexcom CGM Works <https://youtu.be/PRSKJoUbQmc>
* The Benefits of Dexcom CGM <https://youtu.be/nT6RXojNULA>
* Taking the Next Step with Dexcom CGM <https://youtu.be/u_744L2AeVo>
* Inserting Sensor and Attaching the Dexcom Transmitter <https://youtu.be/Gw3Fs--OiMk> [This step does require some visual assistance because the new sensor needs to be synced to the transmitter by entering a number]
* Removing Your Sensor and Transmitter <https://youtu.be/TcLDh2EK7uY>
* How to Customize Alerts <https://youtu.be/inPhwCxKwrI>
* Setting Up Dexcom Share and Follow <https://youtu.be/uRzaL7mfUck>

Getting a Dexcom G6:

To help determine if the Dexcom CGM is right for you or your loved one, fill out the form on the Dexcom website <https://www.dexcom.com/lead/1?sfc=701f3000000ettAAAQ> or call 888-738-3646. A customer representative will follow up with you to process a full insurance benefits check after reviewing your information. If you have Kaiser Insurance, please contact your physician for more details.

Patients who do not have a pharmacy benefit should follow up with Dexcom for a DME benefit coverage check: Toll-free phone: 1-888-738-3646 (Monday - Friday, 6 a.m. to 5 p.m., PT; Saturday, 8 a.m. to 12 p.m., PT) or Email: CustomerService@dexcom.com

Dexcom customer service phone #: 888-738-3646