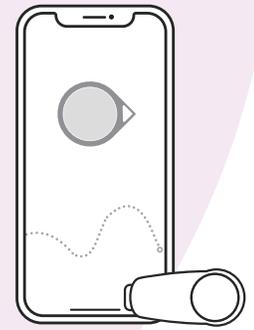


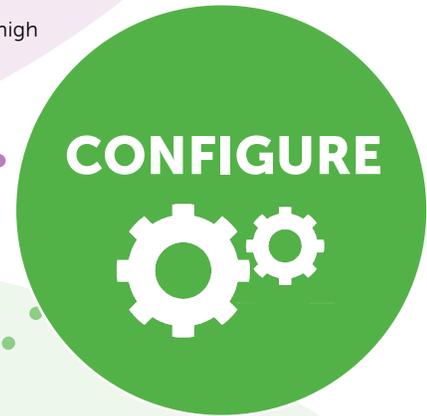
# Apply the Identify, Configure, Collaborate (ICC) Framework to Dexcom G6 Real-Time Continuous Glucose Monitoring (CGM) System<sup>1</sup>

The Identify-Configure-Collaborate framework guides healthcare professionals to implement and optimize technology-enabled services in a standardized way.



Identify individuals who can benefit from using technology. Dexcom real-time CGM (RT-CGM) has been proven in clinical trials<sup>2 3</sup> to:

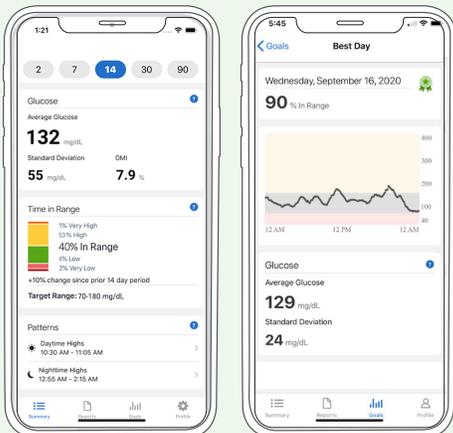
- Reduce hypoglycemia
- Increase time-in-range (TIR)
- Decrease hyperglycemia
- Decrease diabetes burden
- Randomized controlled trials show improved outcomes and high utilization using Dexcom CGM in diverse populations.<sup>2 3 4 5 6</sup>



Configure the Dexcom G6 and CLARITY apps and modify actionable alerts and notifications to customize the experience.

## DEXCOM G6 APP

- Modify High Alert and Low Alert Thresholds to optimize management<sup>7</sup>
- Discuss benefits of keeping Urgent Low Soon Alert enabled for predictive low alerts when glucose is projected to be at or below 55mg/dl within 20 minutes<sup>7</sup>
- Consider minimizing alerts as needed to reduce alert fatigue
- Discuss the option of entering events into the G6 app (carbs, insulin, exercise, health)\*
- Consider adding Followers to share RT-CGM data



Smart device sold separately

## DEXCOM CLARITY APP

- View interactive reports for retrospective data analysis
- Enable weekly push notifications for TIR and patterns
- Weekly email summary provides insights into TIR, patterns and trends from past week
- Encourage ongoing data sharing with care team via CLARITY Clinic

\*Events are available for retrospective data review in the CLARITY app.

<sup>1</sup>Greenwood, D.A. et al. A Framework for Optimizing Technology-Enabled Diabetes and Cardiometabolic Care and Education: The Role of the Diabetes Care and Education Specialist. TDE. 2020; 46(4): 315-322.

<sup>2</sup>Beck RW. et al. Effect of Continuous Glucose Monitoring on Glycemic Control in Adults with Type 1 Diabetes Using Insulin Injections: The DIAMOND Randomized Clinical Trial. JAMA. 2017; 317(4): 371-378.

<sup>3</sup>Beck RW et al. Continuous Glucose Monitoring Versus Usual Care in Patients with Type 2 Diabetes Receiving Multiple Daily Insulin Injections. Ann Intern Med. 2017; 167(6): 365-374.

<sup>4</sup>DiMeglio L. SENCE: Strategies to Enhance New CGM Use in Early Childhood: primary study results. Presented at American Diabetes Association 79th Scientific Sessions. June 7-11, 2019; San Francisco, CA.

<sup>5</sup>Laffel LM et al. Effect of continuous glucose monitoring on glycemic control in adolescents and young adults with type 1 diabetes: a randomized clinical trial. JAMA. 2020; 323(23): 2388-2396.

<sup>6</sup>Pratley RE et al. Effect of continuous glucose monitoring on hypoglycemia in older adults with type 1 diabetes: A randomized clinical trial. JAMA. 2020; 323(23): 2397-2406.

Continued on the other side

## COLLABORATE



Collaborate with individuals using a shared decision-making approach following the DATAA model.<sup>8</sup> Review Dexcom CGM reports using CLARITY software to facilitate data driven discussions.

# D



### DOWNLOAD DATA

- Ensure open communication to facilitate meaningful discussion
- Ask the person with diabetes what's going well for them
- Download or view data in CLARITY clinic
- Review glucose metrics and patterns within CLARITY reports (Overview, Daily, AGP, Compare etc.)

# A



### ASSESS SAFETY

- Ask the person with diabetes if they've experienced hypoglycemia
- If hypoglycemia is present, engage in interactive discussion around potential reasons and realistic solutions
- Review % time below range and glucose variability
- Re-configure Dexcom G6 alarms and alerts as needed
- Discuss the value of sharing CGM data with family or friends through the Dexcom G6 app

# T



### TIME IN RANGE

- Start with the "Best Day" pattern in the CLARITY Overview report to discuss what's working well and how to do more of those activities
- Review progress towards time-in-range goals
- Use CLARITY weekly push notifications or email summaries to track progress towards newly defined goals

# A



### AREAS TO IMPROVE

- Reinforce that all data provide information and CGM values are not "good" or "bad"
- Review time above range and identify possible causes, solutions and adjustments to self-management
- Tailor education based on data to provide person-centered care
- Review use of Trend Arrows in Dexcom G6 app and how to treat for hypoglycemia or adjust insulin for hyperglycemia<sup>9</sup>

# A



### ACTION PLAN

- Collaboratively engage in feedback
- Encourage engaging in personal experiments choosing one small change at a time (healthy eating, being active etc.)
- Discuss potential changes in the treatment plan
- Identify ongoing support needs
- Plan for follow up

<sup>7</sup>Dexcom CGM: Integrating data science and clinical application to support patient glycemic management. ATTD (Advanced Technologies and Treatments in Diabetes) 2020. February 19-22, 2020; Madrid Spain.

<sup>8</sup>Isaacs, D. et al. Technology-Integration: The Role of the Diabetes Care and Education Specialist. TDE. 2020; 46(4): 323-334.

<sup>9</sup>Corathers S & DeSalvo DJ. Therapeutic Inertia in Pediatric Diabetes: Challenges to and Strategies for Overcoming Acceptance of the Status Quo. Diabetes Spectrum. 2020; 22-30.

**BRIEF SAFETY STATEMENT** Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms or expectations or you're taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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 historical CGM data to support effective diabetes management. It is intended for use as an accessory to Dexcom CGM devices with data interface capabilities. 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.