

# Dexcom technology is more accessible on the NHS than ever before

NICE, the National Institute for Health and Care Excellence, is a body responsible for providing guidance and advice to improve health and social care, such as for people with diabetes.

If you live in England, Wales, or Scotland, you could be offered a Continuous Glucose Monitor (CGM) to help you manage your diabetes.<sup>1, 2-3</sup> Your Diabetes Healthcare Team will have their own local policy which they use in line with the NICE guidelines.

Speak to your Diabetes Healthcare Team at your next visit and ask what the guidelines mean for you.



Shreya is a sponsored spokesperson of Dexcom.

## IF YOU DON'T QUALIFY FOR TECH

We know it can be frustrating if you don't meet the criteria set out by the NHS to access your tech. But there are steps you can take to try and change this.

Firstly, you can make your case to your healthcare professional, explaining how and why using a CGM will help you to manage your condition.

When making your case for any type of tech, include answers to the questions below if they're relevant, giving as much detail as possible.



If you've been self-funding your tech, what did you notice about your diabetes management before, during and after using the device?

What are the challenges you're currently facing with your diabetes management?

How do you think using the tech would help you with your blood sugar control?

Do you test as often as you have been advised or would like to? If not, why is that?

Do you experience regular hypos and what are the effects of this on your day-to-day life?

How does your lifestyle make it hard to monitor your diabetes without tech?

Do you struggle to perform finger prick tests regularly as part of your everyday routine?

Do you work in an environment where it is difficult to perform finger prick tests regularly? Can you explain why?

How would tech benefit you if you regularly play sport?

# discussing your choice of Dexcom CGM system with your Diabetes Healthcare Team

Here are some things to consider to help you get the most from your appointment.

1

## WHAT MATTERS MOST

Identify your or your child's treatment goals and what matters most. It could be you want to reduce your HbA1c, reduce frequent hypos, or spend more time in range.

A useful guide can be found on [diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-plan](https://diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-plan)

What matters to me:

.....

.....

2

## DECIDE WHAT'S IMPORTANT

Different real-time CGM systems offer different functionalities. Before considering the different options, it's a good idea to consider what you want your CGM system to do. For example, you may want customisable alerts or alert schedules to fit around your lifestyle or be able to share your glucose information with your support network.!

The things that are important to me are:

.....

.....

3

## DISCOVER REAL-TIME CGM

Discover the many benefits of real-time continuous glucose monitoring by visiting [dexcom.com](https://dexcom.com). Think about whether this is the right fit for you or your child and your lifestyle.

Real-time CGM is right for me, or my child, because:

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.....

## WHICH DEXCOM CGM SYSTEM FEATURES COULD BENEFIT YOU

Your Diabetes Healthcare Team will recommend the best product for you and your lifestyle. Below is a comparison of the Dexcom range of products and their features and benefits to help aid your conversation.

BENEFITS OF CGM	 one	 G6	 G7
	Sends readings automatically to your smartphone <sup>‡</sup> , smartwatch <sup>†</sup> , or receiver <sup>§</sup> without scanning	✓ (not smartwatch)	✓
Delay 1 <sup>st</sup> High alert designed to help avoid alert fatigue	✓	-	✓
Predictive Urgent Low Soon alert to help alert you up to 20 minutes before a hypo	-	✓	✓
Share data with up to 10 followers to help widen your support circle <sup>  </sup>	-	✓	✓
Both zero fingersticks <sup>*</sup> and zero scanning	✓	✓	✓
Customisable alarm, alerts and readings to help you stay in range	✓	✓	✓
Flexible wear locations with discreet sensor placement on the abdomen or arm	✓	✓	✓
Connects with insulin pumps and pens for more integrated diabetes management	-	✓	-
Suitable for the widest age range, recommended for patients from 2 and up <sup>  </sup>	✓	✓	✓
Glucose pattern and trend reports to give you valuable insights into your levels <sup>  </sup>	✓	✓	✓
Data sharing with your Diabetes Healthcare Team to make conversations more insightful and beneficial <sup>  </sup>	✓	✓	✓

# Dexcom is made for more

Since August 2022, NICE (National Institute for Health and Care Excellence) Guidelines have recommended offering real-time continuous glucose monitoring (CGM) sensors to anyone with type 1 diabetes and considering the life-changing technology for anyone with type 2 diabetes on insulin treatment.<sup>1-3</sup>



## REAL-TIME MAKES A REAL DIFFERENCE

With Dexcom real-time Continuous Glucose Monitoring (CGM) technology, you receive glucose readings right on your compatible smartphone<sup>†</sup> or optional receiver.<sup>‡</sup>

Customisable alerts and alarms can help keep you in range throughout the day – without finger pricks<sup>†</sup> or scanning.



## WHY CHOOSE DEXCOM

Dexcom real-time CGM devices are proven to make life easier by lowering HbA1c and increasing time in range.<sup>4-6</sup> All with no scanning, ever.

With multiple wear locations, customisable alerts and alert schedules, Dexcom CGM systems allow you to personalise your device to suit your lifestyle.



## PROVEN ACCURACY\*\*<sup>7-9</sup>

Real-time makes living with diabetes easier. A recent study<sup>10</sup> involving 246 adults with type 1 diabetes showed that, compared to scanning devices, use of a real-time CGM system with a suite of alerts resulted in:

- Increased time in range
- Decreased HbA1c
- Less fear of hypoglycaemia
- Greater treatment satisfaction

## WHATEVER YOUR DIABETES NEEDS ARE, WE HAVE A REAL-TIME CGM FOR YOU

### dexcom ONE

Best for people with T1 or T2 diabetes using insulin who are looking for an easy and accessible real-time CGM system.

Available on prescription in the UK.

### dexcom G7

Best for people with T1 diabetes who may need extra support, such as people who are hypo unaware or children.



Smart devices sold separately<sup>†</sup>

### dexcom G6

Best for those using a connected insulin pump.

## WE ARE HERE TO HELP

0800 031 5761 | [ukie.sales@dexcom.com](mailto:ukie.sales@dexcom.com) | [dexcom.com](https://www.dexcom.com)

# Dexcom

<sup>†</sup>If your glucose alerts and readings from a Dexcom CGM system do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions. <sup>‡</sup>Access to Dexcom real-time CGM systems can vary in different parts of the UK. Talk to your diabetes healthcare team to find out more about access and which product would work best for you. <sup>§</sup>For a list of compatible smart devices, please visit [www.dexcom.com/compatibility](https://www.dexcom.com/compatibility). Watch can only be used in conjunction with a compatible smartphone. <sup>¶</sup>A receiver can be acquired as an optional display device. <sup>||</sup>Internet connection and separate Follow app required. <sup>¶¶</sup>An internet connection is required to send data to Dexcom Clarity. <sup>\*\*</sup>Results obtained with Dexcom G6 study, which uses the same applicator and sensor (and algorithm) as Dexcom ONE. <sup>1</sup>Type 1 diabetes in adults: diagnosis and management. NICE guideline [NG17]. <https://www.nice.org.uk/guidance/ng17>. <sup>2</sup>Diabetes (type 1 and type 2) in children and young people: diagnosis and management. NICE guideline [NG18]. <https://www.nice.org.uk/guidance/ng18>. <sup>3</sup>Type 2 diabetes in adults: management. NICE guideline [NG28]. <https://www.nice.org.uk/guidance/ng28>. <sup>4</sup>Beck, RW, et al. JAMA. 2017;317(4):371-378. <sup>5</sup>Beck RW, et al. Ann Intern Med. 2017;167(6):365-374. <sup>6</sup>Welsh JB, et al. J Diabetes Sci Technol. 2022;19322968221099879. <sup>7</sup>Garg SK, et al. Diabetes Technol Ther. 2022;24(6):373-380. <sup>8</sup>Laffel LM, et al. J Diabetes Sci Technol. 2022;19322968221091816. <sup>9</sup>Shah VN, et al. Diabetes Technol Ther. 2018;20(6):428-433. <sup>10</sup>Visser MM, et al. Lancet. 2021;397(10291):2275-83. <sup>11</sup>Dexcom G6, G7, ONE User Guides. Abbott Freestyle Libre Systems and Medtronic Guardian Systems User Guides. Dexcom, Dexcom ONE, Dexcom Follow, Dexcom Share, and Dexcom Clarity are registered trademarks of Dexcom, Inc. in the U.S. and may be in other countries. ©2023 Dexcom International Ltd. All rights reserved. Dexcom International Ltd and its affiliated European entities. This product is covered by U.S. patent. [dexcom.com](https://www.dexcom.com) | +1.858.200.0200 Dexcom, Inc. 6340 Sequence Drive San Diego, CA 92121 USA | MDSS GmbH Schiffgraben 41 30175 Hannover, Germany. LBL-1003094 Rev001