

Dexcom **CLARITY[®]** **Patient Guide to Reports**

Dexcom CLARITY users experience up to 15% increased time in range.



Dexcom CLARITY users experience up to 15% increased time spent in range (70-180 mg/dl) as compared to non-users. ¹

¹Parker 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.

clarity.dexcom.com

Access Dexcom CLARITY online and log in with your Dexcom account.
Get the Dexcom CLARITY app from your app store.

An internet connection is required to use CLARITY.

The reports shown in this guide should only be used for reference.

Minimum requirements: dexcom.com/clarity-requirements | Smartphone compatibility: dexcom.com/compatibility
Dexcom Support: **1-888-738-3646** or dexcom.com/support

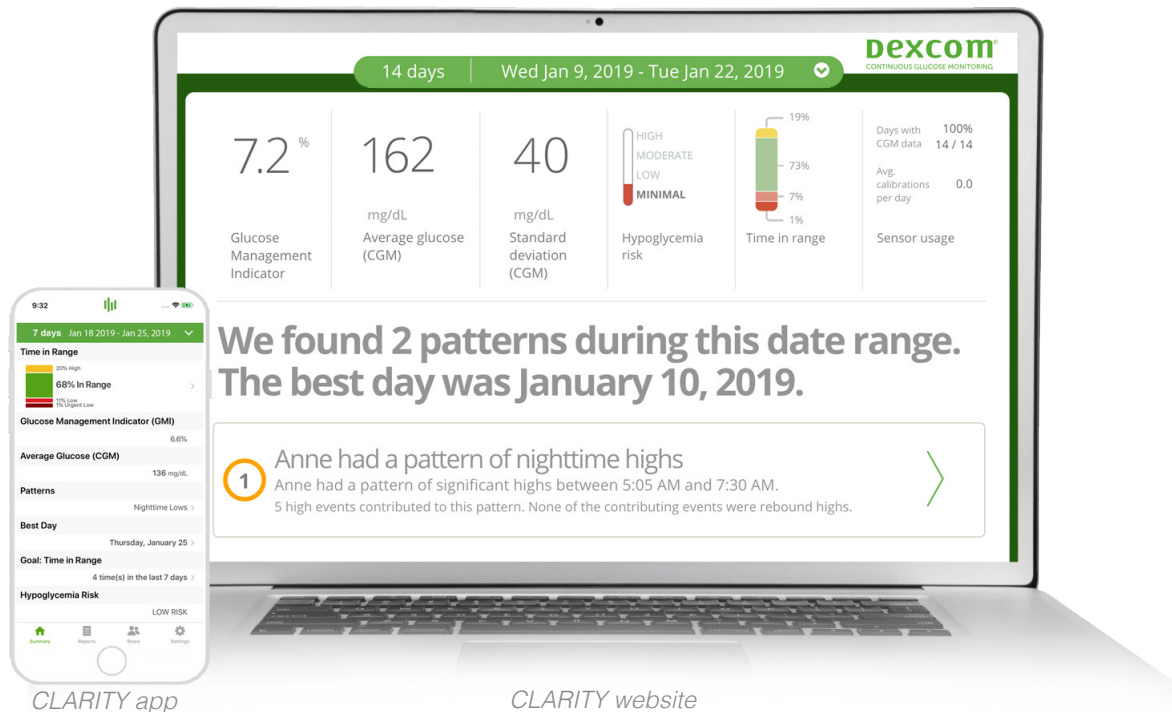
Intended Use/Safety Statement

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 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.

Tracking Your Glucose

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. It can help you identify glucose patterns and, with your healthcare professional (HCP), determine the potential causes of those patterns.

Get reports on the web at clarity.dexcom.com and on the go using the CLARITY app.



Sharing Data with Your Clinic

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

Share using the Dexcom CLARITY app

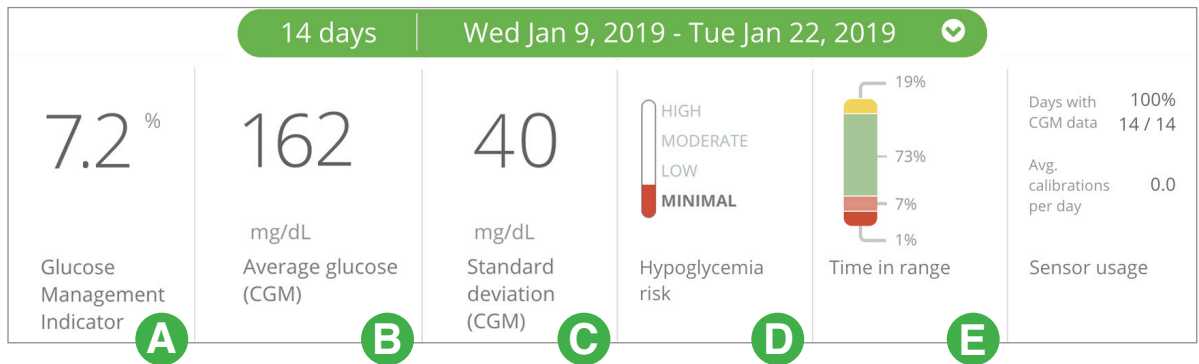
1. Log into CLARITY with your Dexcom login.
2. Tap Share and follow the onscreen instruction.

Share using the Dexcom CLARITY website

1. Log into CLARITY with your Dexcom login at clarity.dexcom.com/share
2. Follow the onscreen instruction.

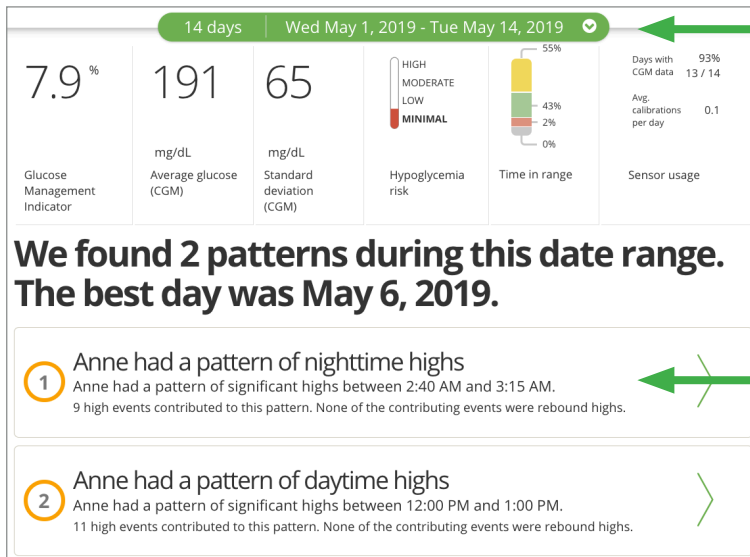
Understanding the Metrics

Your glucose numbers can show how well you're managing your diabetes. You can look back and see what made your numbers go up or down. This is useful to understand what may be working for you and what might need to change. Work with your HCP to understand what numbers make sense for you.



- A Glucose Management Indicator (GMI)** approximates the laboratory A1C level expected based on average glucose measured using CGM values derived from at least 12 days of CGM data.
- B Average Glucose** is 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.
- C Standard Deviation (SD)** reflects how much your CGM glucose readings rise and fall also known as glycemic variability.
- D Hypoglycemia Risk** estimates the risk for severe hypoglycemia based on a combination of the number of times your glucose was low, the magnitude of your low glucose and for how long you had low glucose.
- E Time in Range** is the percentage of time that your glucose levels are in low, target and high ranges. CLARITY default in-target range is 70-180mg/dl, which may not be what you set for your CGM. You can change the CLARITY ranges in Settings.

Reading the Data



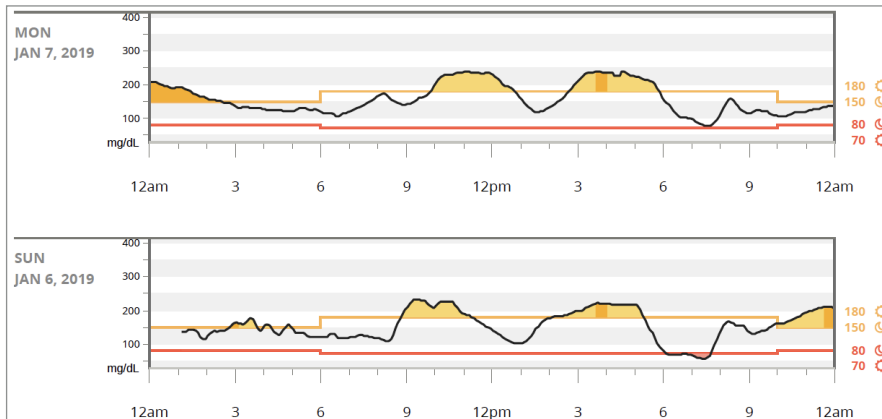
1 Choose the date range you want to view. A good place to start is the most recent 14 days.

2 Look for these patterns:

1. hypoglycemia
2. hyperglycemia
3. wide glycemic variability

3 Reflect on what may be causing patterns and think about potential changes you can make to improve your time spent in range.

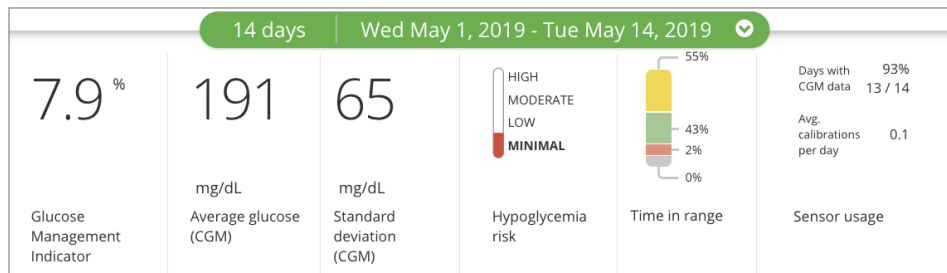
4 Use the Daily report to find other patterns that happen in groups or on certain days.



Work with your healthcare professional to develop an action plan.

Overview Report

First, review the metrics across the dashboard. This could give you an indication of where you need to focus and prepare you for discussions with your HCP. Then, review patterns.



We found 2 patterns during this date range.
The best day was May 6, 2019.

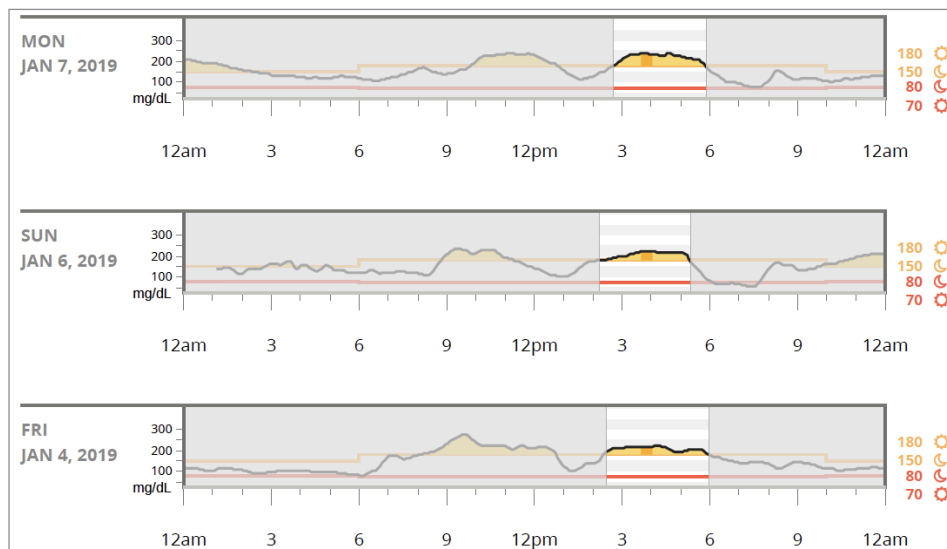
Review patterns in detail with the Patterns report.

- 1 Anne had a pattern of nighttime highs
- Anne had a pattern of significant highs between 2:40 AM and 3:15 AM.
- 9 high events contributed to this pattern. None of the contributing events were rebound highs.

Patterns Report

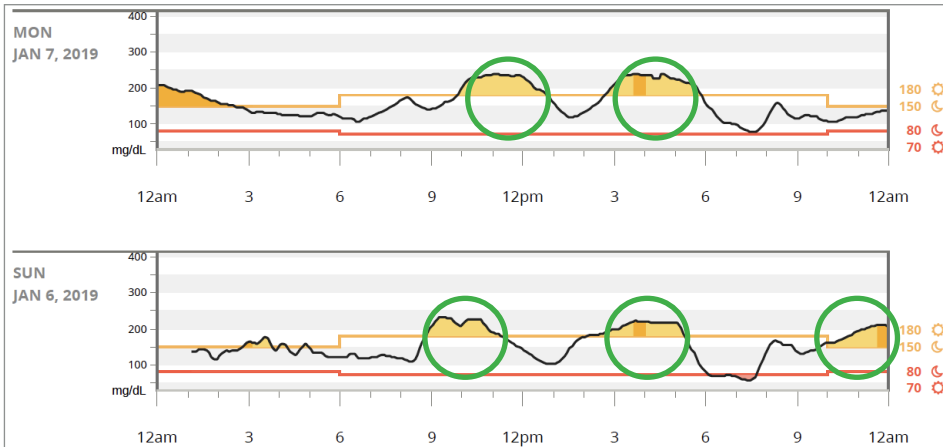
See if CLARITY has found patterns for you. Locate lows first, then consider:

- your basal rates
- the amount of insulin taken with meals
- your correction factor
- how often you're taking insulin and if you're overcorrecting
- if you're going low after exercise.



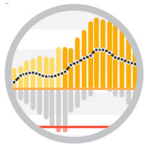
Daily Report

If CLARITY doesn't detect a pattern, look for groups of time that you are low or high. See if these groups are on weekends, special activity days, or exercise days. If your glucose was stable before dinner, but then went high and stayed high all night, you should look to see what happened the night before.



Highs after meals

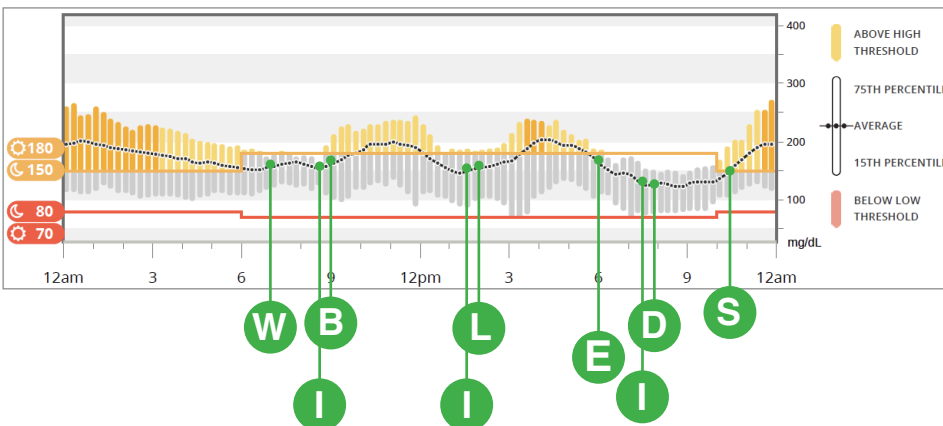
Meal-time pattern



In CLARITY, shades of yellows and reds indicate significant hyper- or hypoglycemia. The time spent in, the scale of, and the frequency of hyper- or hypoglycemia determine the significance. The darker the color, the more significant.

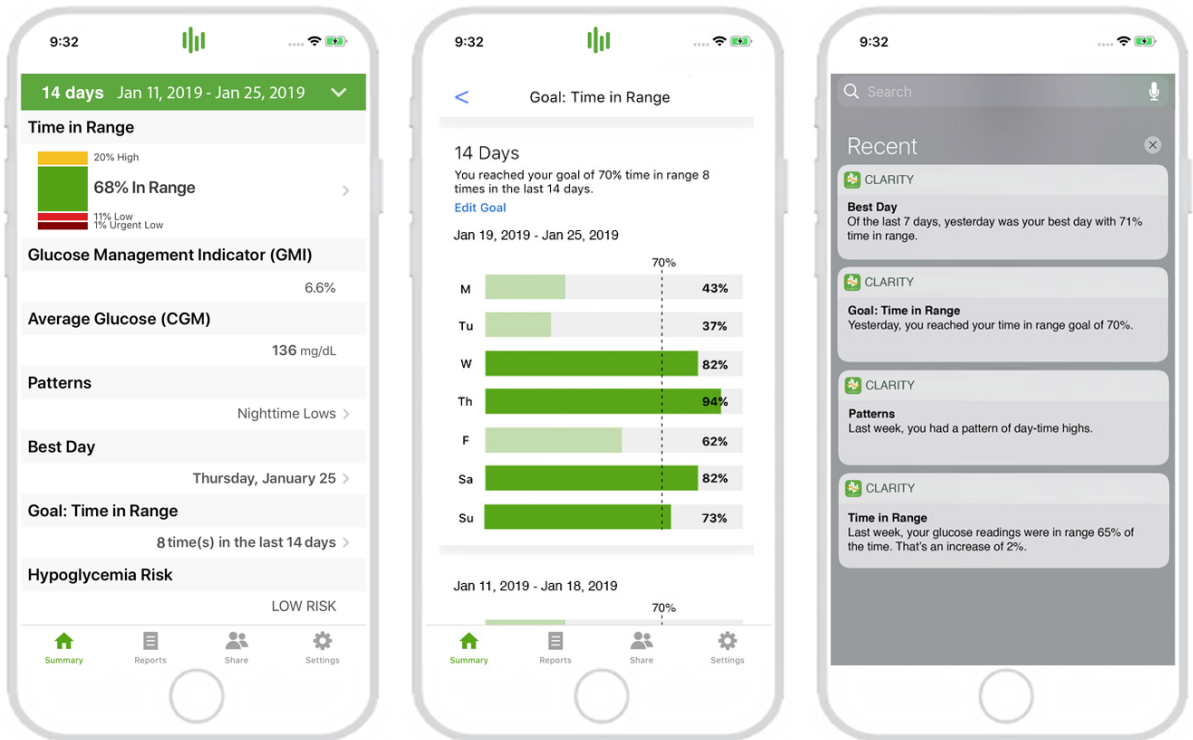
Trends Report

Print this report and mark it with your usual times for waking (W), breakfast (B), lunch (L), dinner (D), sleeping (S), Insulin (I), exercise (E), and snacks (SN). Then, think about what you see and why. This could help explain your glucose patterns.



dexcom CLARITY[®] Keeping Track

Get the Dexcom CLARITY app to review key metrics, authorize data sharing with your clinic, set goal, and get notifications. And when you use the Dexcom CGM app, you automatically and continuously* send your glucose data to your CLARITY account.



clarity.dexcom.com

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*An internet connection is required to send data to CLARITY.