

Beyond the Seven Steps

DexCom™ SEVEN® PLUS Beyond the Basics Training Checklist



The SEVEN PLUS is designed with convenience, performance, and simplicity in mind. Many people who are already using the basic features of their SEVEN PLUS want additional information and features that go "Beyond the Basics." This checklist will help you review relevant topics so you can get the most out of continuous glucose monitoring (CGM) and your SEVEN PLUS.

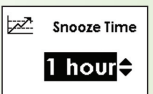
If you have questions or need more information, refer to the SEVEN PLUS User's Guide, view the SEVEN PLUS tutorial at www.DexCom.com, or contact DexCom Technical Support at 1-888-SEVENGO (1-888-738-3646).

Topic 1 Site Selection/Preparation

- Review recommendations for Sensor site selection
 - Choose sites that are at least 3 inches from insulin pump infusion site (if applicable)
 - Avoid areas with scarring, bending, or pressure from clothing or while sleeping
- Establish a rotation schedule
- Discuss skin preparation and need for adhesives (ie, tape) if applicable

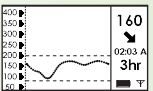
Topic 2 Snooze Feature

- Adds second level of awareness to glucose alerts.
- Program re-alerts at set intervals to remind you when glucose levels continue outside target range
- Review steps for set-up
- Review examples of when to use



Topic 3 Trend Arrows + Rise/Fall Alerts

- Adds awareness about the direction of glucose change and how fast it is changing.
- Locate Trend Arrows on the upper right of Receiver screen
 - Review meanings of Trend Arrows
 - Avoid reacting to Trend Arrows only
 - Review trend graphs and take action based on fingerstick value
- Review Rise/Fall Alert capabilities
- Review examples of when to use



Topic 4 Out-of-Range

- Lets you know when Receiver and Transmitter are not communicating.
- Note Out-of-Range symbol in Status Box and Out-of-Range screen
- Set the amount of time allowed for Receiver and Transmitter to be out of range before alerting
- Review examples of when to use



Topic 5 Event Markers

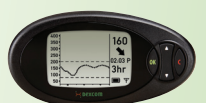
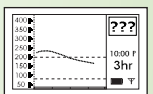
- Allow you to enter information about activities/ events that may affect your diabetes (can be viewed only when Receiver data is downloaded into the DexCom Data Manager®3 [DM®3] software).
- Review Event Marker options (carbohydrates, insulin, exercise, health-related events)
- Review examples of when to use (eg, before appointment with health care provider)
- Review troubleshooting issues and recommendations in Quick Start Guide and User's Guide, or the online tutorial at www.DexCom.com



Topic 6 Troubleshoot-

Topic 7 Making CGM and the SEVEN PLUS Part of Your Life

- Use the SEVEN PLUS every day and refer to the Receiver regularly
- Use the trend information to be more aware and proactive before your glucose becomes too high or too low
- Review basic features/capabilities of the SEVEN PLUS data management DM®3 software
- Review the DM®3 download reports to look for patterns in your glucose trends that may need to be addressed with your health care team



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INDICATION FOR USE

The SEVEN PLUS Continuous Glucose Monitoring System is a glucose-monitoring device indicated for detecting trends and tracking patterns in adults (**age 18 and older**) with diabetes. The SEVEN PLUS System is intended for use by patients at home and in health care facilities. The device is for prescription use only.

The SEVEN PLUS Continuous Glucose Monitoring System is indicated for use as an adjunctive device to complement, not replace, information obtained from standard home glucose monitoring devices.

The SEVEN PLUS Continuous Glucose Monitoring System aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments, which may minimize these excursions. Interpretation of the SEVEN PLUS System results should be based on the trends and patterns seen with several sequential readings over time.

CONTRAINDICATIONS

The SEVEN PLUS System must be removed prior to Magnetic Resonance Imaging (MRI).

Use of acetaminophen-containing medications while the SEVEN Sensor is inserted may affect the performance of the device.

WARNINGS

This device is not designed to replace a blood glucose meter. The SEVEN PLUS must be used with a blood glucose meter.

Treatment decisions should not be based solely on results from the SEVEN PLUS. You must confirm with a blood glucose meter before making therapeutic adjustments.

Symptoms related to low or high blood glucose levels should not be ignored. If you have symptoms of low or high glucose, use your blood glucose meter to check the SEVEN PLUS results.

You should update the SEVEN PLUS' calibration every 12 hours at a minimum. The performance of the SEVEN PLUS System when calibrated less frequently than every 12 hours has not been studied.

Sensors fracture on rare occasions. If a sensor breaks and no portion of it is visible above the skin, do not attempt to remove it. Seek professional medical help if you have symptoms of infection or inflammation—redness, swelling or pain—at the insertion site. If you experience a broken sensor, please report this to our Technical Support department.

The SEVEN and SEVEN PLUS Systems **are not approved for use** in children or adolescents, pregnant women or persons on dialysis.

The safety and effectiveness of the SEVEN and SEVEN PLUS Systems have not been evaluated for sensor probe insertion sites other than the skin of the **abdomen**.

PRECAUTIONS

Always wash hands with soap and water before opening the Sensor package. After opening the package, avoid touching the adhesive area.

Before inserting the Sensor, always clean the skin at the Sensor insertion location with a topical antimicrobial solution such as isopropyl alcohol. Do not apply the Sensor until the cleaned area is dry.

Establish a rotation schedule for choosing each new Sensor location. Avoid Sensor locations that are constrained by clothing, accessories, or subjected to rigorous movement during exercise.

Avoid injecting insulin or placing an insulin pump infusion set within 3 inches of a Sensor.

The Sensor is sterile in its unopened, undamaged package. Do not use any Sensor if its sterile package has been previously damaged or opened.

For OpenChoice Calibration you must enter the exact fingerstick reading that your blood glucose meter displays. Enter all fingerstick readings for calibration within 5 minutes. Entering incorrect fingerstick readings that occurred more than 5 minutes ago will affect device performance.