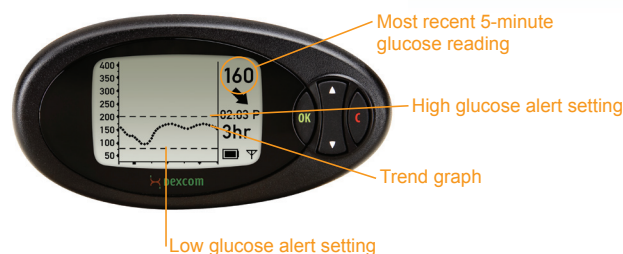


## Step 1 Get to Know Your

Your SEVEN PLUS is made up of 3 components: the Receiver, the Transmitter, and the Sensor Applicator/Sensor.

**Note: Your Receiver must be fully charged before you begin these steps. A full charge can take up to 3 hours; the Battery indicator will continue to fill until you take your Receiver off the charger.**

**Receiver** (press any button to turn on)



▼▲ buttons allow you to scroll through, highlight items, and set values

**OK** button (confirms entries; allows you to access menu items)

**C** (clear) button (clears alarms/alerts; allows you to access previous screen)

**Transmitter** (NOT DISPOSABLE!)



Note: Keep your Transmitter within 5 feet of your Receiver for best communication, even during the start-up period.

**Sensor Applicator** (disposable)



**Sensor** (disposable)

Note: If you have problems with your Sensor session, keep your Sensor until you speak with Technical Support.



## Step 2 Set Time/Date and ID

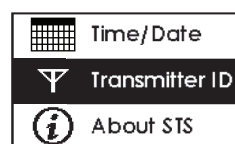
Initially, you'll need to set the time and date. Also, your Transmitter and Receiver need to be able to talk to each other—an ID code makes this possible.

**To Set Time/Date:**

- Press any button to turn Receiver on.
- Press **OK** to enter Main Menu.
- Scroll (using ▼▲ buttons) to highlight **Settings**. Press **OK**.
- Time/Date will be highlighted. Press **OK**.
- Use ▼▲ buttons to set time/date. Press **OK**.

**To Set ID (Note: ID may already be set):**

- Press **OK** to enter Main Menu.
- Scroll to highlight **Settings**. Press **OK**.
- Scroll to highlight **Transmitter ID**. Press **OK**.



- Use ▼▲ buttons to set 5-digit ID number (found on flat side of Transmitter). Press **OK**.

## Step 3 Set High/Low Alerts

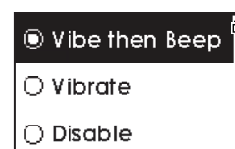
Based on the alert levels you set, your Receiver can alert you when your Sensor readings become too high or too low. These alerts are not meant to be your target levels, but the levels at which you want to be alerted so you can treat *before* you get too high or too low. You can leave levels at default settings (high: 200 mg/dL; low: 80 mg/dL) or customize them based on personal experience or suggestion from your health care provider.

**To Set High/Low Alerts:**

- Press **OK** to enter Main Menu.
- Scroll to highlight **Alerts**. Press **OK**.



- High Alert** will be highlighted. Press **OK**.
- Highlight desired alert type. Press **OK**.



- Use ▼▲ buttons to set glucose level. Press **OK**.
- Snooze feature is defaulted as "none" or "off." Press **OK**.

Note: See "Beyond the Basics" on back or refer to your User's Guide to learn about additional alert options, including "snooze."

- Repeat above instructions to set **Low Alert**.

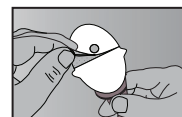
## Step 4 Insert the Sensor

Sensor insertion is quick and easy. Before starting this step, you should have a Sensor Applicator, the Transmitter, and alcohol wipes at hand.

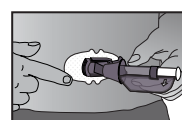
**To Insert the Sensor:**

- Clean the placement site with alcohol. Let dry. (Placement site: on your belly, out of the way of waistband or areas where you put pressure while sleeping and at least 3 inches away from insulin pump infusion set if applicable).

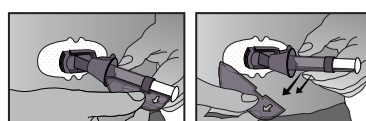
- Remove adhesive tabs from bottom of Sensor Pod.



- Place Sensor horizontally, NOT vertically. Rotate your fingers around adhesive to secure.

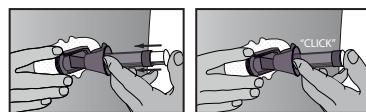


- Remove Safety Lock/Transmitter Key by pulling straight out (follow arrows in picture). Save Transmitter Key.

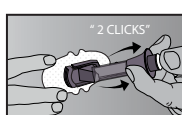


- Using your thumb and finger, it may help to pinch up on your skin at base of the Sensor Pod (use non-dominant hand).

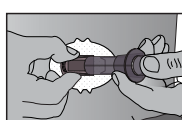
- With dominant hand, place 2 fingers *above* collar (see picture). Put your thumb on plunger and push down completely. You should hear 2 clicks.



- Using your thumb as a base, place your 2 fingers *below* the collar and pull up completely.



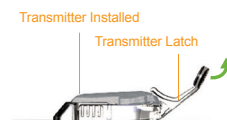
- Make sure the Transmitter Latch is flush against the skin. While still holding the Sensor Applicator, use your other hand to squeeze ribbed tabs on sides of Sensor Pod. Rock the Sensor Applicator forward and lift up and away from your body.



**To Attach the Transmitter:**

- Clean Transmitter with alcohol wipe. Let dry.
- Using your thumb and finger, it may help to pinch up on your skin at the base of the Sensor Pod. Place Transmitter in Sensor Pod (flat side down, thinner side away from latch).

- Use a finger to hold Transmitter in place. With your other hand, move Transmitter Latch forward until you hear 2 clicks.



- To remove Transmitter Latch, hold sides of Sensor Pod with one hand and Transmitter Latch with the other. Twist off Latch.

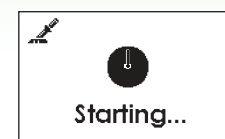


## Step 5 Start the Sensor Session

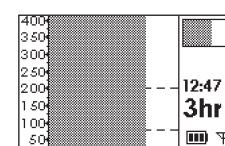
Once you've inserted the Sensor, your Receiver needs to know it's there.

**To Start the Sensor Session:**

- Make sure antenna symbol is visible (lower right corner of Receiver). Press **OK**.
- Scroll down to highlight **Start Sensor**. Press **OK**.



- Starting screen will appear and Receiver will return to trend graph. The 2-hour start-up period has begun (no data displayed during start-up); grayed-out Status Box will gradually disappear.



## Step 6 Calibrate

At the end of the 2-hour start-up period, you'll calibrate your device by taking 2 fingerstick readings with your BG meter (within 5 minutes or less of each other) and then immediately entering them into your Receiver. You'll also need to calibrate daily with 1 fingerstick approximately every 12 hours. Calibrations can be entered sooner if desired.

**To Calibrate:**

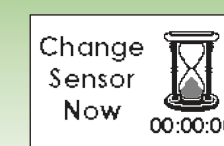
- After 2 hours, the Double Blood-Drop screen will appear on your Receiver. Press **C**.



- Wash hands, perform fingerstick, and get reading with BG meter.
- Press **OK** on Receiver.
- Scroll to highlight **Enter BG**. Press **OK**.
- Scroll to enter BG reading. Press **OK**.
- Press **OK** a second time to confirm.
- Repeat instructions (starting with step b) to enter second fingerstick reading. Both readings need to take place within 5 minutes or less of each other and be entered into the Receiver immediately.
- Two calibrations are needed each day (more calibrations per day are OK, but not necessary). Every 12 hours you'll be prompted to enter another fingerstick reading; follow above instructions (steps b-f). Remember, you can calibrate sooner than every 12 hours if desired.



## Step 7 End the Sensor Session



The Sensor automatically shuts off after 7 days (the Receiver will alert you before this happens), or you can shut it off at any time by choosing the **Stop Sensor** menu option.

**To Remove the Sensor Pod and Transmitter:**

- Loosen adhesive and peel Sensor Pod/Transmitter from body.
- Place Sensor Pod/Transmitter on hard surface. Insert jagged edges of Transmitter Key (from Sensor Applicator) so they "hug" Transmitter wings in Sensor Pod.



- Press Transmitter Key down until you cannot press anymore and then pull up. The Transmitter will pop out of the Sensor Pod.



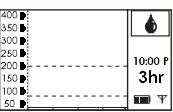
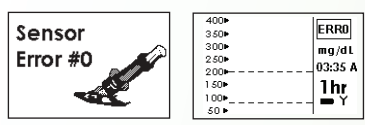
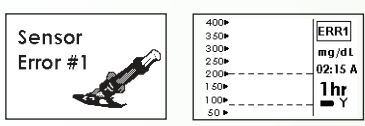


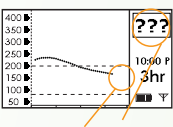
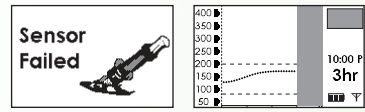

Note: If you did not keep the Transmitter Key, you can use your fingers and spread out the back tabs of the Sensor Pod. The Transmitter will then pop out.

- Keep Transmitter.



## Troubleshooting

Refer to your User's Guide or contact Technical Support at 1-888-SEVENGO (1-888-738-3646) for any unresolved questions/troubleshooting issues. An online tutorial is also available at [www.DexCom.com](http://www.DexCom.com).

<p><b>Blood Drop in Status Box</b></p> 	<p>Calibration needed.</p> <ul style="list-style-type: none"> <li>Perform calibration as described in Step 6 on back</li> </ul>
<p><b>Sensor Error #0</b></p> 	<p>Sensor cannot calibrate.</p> <ul style="list-style-type: none"> <li>Press <b>C</b>. <b>Err0</b> will appear in Status Box</li> <li>Enter 1 fingerstick reading within 10-15 minutes</li> <li>If error continues, add additional fingerstick reading</li> <li>If no glucose readings appear, contact Technical Support</li> </ul>
<p><b>Sensor Error #1</b></p> 	<p>Sensor is not calibrating correctly.</p> <ul style="list-style-type: none"> <li>Press <b>C</b>. <b>Err1</b> will appear in Status Box</li> <li>Wait approximately 1 hour, then enter 1 fingerstick reading</li> <li>If no glucose readings appear after 10 minutes, contact Technical Support</li> </ul>
<p><b>Receiver Error Code</b></p> 	<p>Receiver is not working properly.</p> <ul style="list-style-type: none"> <li>Contact Technical Support</li> </ul>
<p><b>System Recovery Check</b></p> 	<p>Receiver had a problem, but the System corrected itself.</p> <ul style="list-style-type: none"> <li>Press <b>C</b> and your Sensor session will continue</li> </ul>
<p><b>Unknown Sensor Glucose Readings ??? in Status Box</b></p> 	<p>Wait. ??? usually resolves itself within several minutes or up to several hours.</p> <ul style="list-style-type: none"> <li>Do not calibrate</li> <li>Make sure Sensor Pod is sticking well to your body and nothing is rubbing against it</li> <li>Check that Transmitter is snapped in on both sides</li> <li>When you see a single blood drop or glucose reading in Status Box, enter fingerstick reading</li> </ul>
<p><b>Sensor Failed</b></p> 	<p>Sensor has shut off before end of 7-day session.</p> <ul style="list-style-type: none"> <li>Press <b>C</b>. The Status Box will appear grayed out</li> <li>Contact Technical Support</li> <li>Remove failed Sensor and insert new Sensor</li> </ul>
<p><b>Out of Range/No Antenna</b></p> 	<p>Receiver and Transmitter are not communicating.</p> <ul style="list-style-type: none"> <li>Make sure the Receiver is within 5 feet of the Transmitter/Sensor Pod</li> <li>Wait 5-10 minutes. If no glucose reading appears, contact Technical Support</li> </ul>

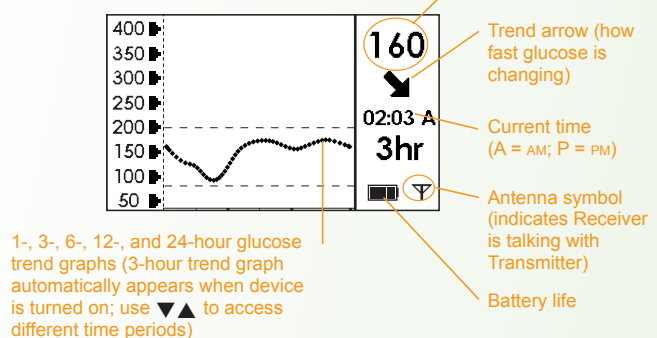
## Helpful Hints

### Charging Your Receiver

- Charge your Receiver completely before starting a Sensor session
- A full charge can take up to 3 hours and will last 3-5 days
- To charge, insert Receiver Charging Cable into connection port on bottom of Receiver. White arrow must face up (toward you); cable button should face down
- Periodically charge your Receiver every 3-5 days. Suggest not charging overnight
- Fully charged = 3 full bars on Battery Indicator. To view, take Receiver off charger (Battery Indicator will continue to fill when charging)

### Receiver Display

Below is the screen you'll see when you turn on your Receiver during a Sensor session.



### Calibration Tips

- Use same BG meter for all calibrations
- Wash hands before each calibration
- Quality-check BG meter (check code number and use control solution to ensure BG meter is giving the best calibration readings) if applicable.

#### Calibration "Do's"

- Calibrate at any time as long as you see glucose value or Blood Drop symbol in Status Box
- Calibrate a minimum of once every 12 hours
- Calibrate during any glucose rate of change<sup>1</sup>

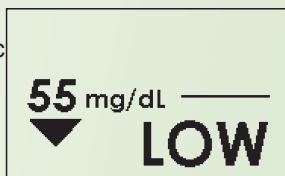
#### Calibration "Don't's"

- Don't calibrate when you see 🚫 or ??? in Status Box
- Don't calibrate if your BG is higher than 400 mg/dL or lower than 40 mg/dL
- Don't use alternative sites for calibrations (fingersticks only)

### Low Glucose Alarm

The SEVEN PLUS has an automatic Low Glucose Alarm set at 55 mg/dL. You cannot change or disable this Alarm or its re-alert settings. If this Alarm occurs:

- Press **C** to clear
- You will be notified again in 30 minutes if your glucose reading is still at or below 55 mg/dL



## Beyond the Basics

You've learned how to use the basic features of your DexCom SEVEN PLUS. If you're ready to learn more, these "Beyond the Basics" features are options you can use at any time. These features are customizable to help you best meet your needs and your diabetes management goals.

### Alert Snoozing

You can program high/low glucose alerts to "snooze" (re-alert you) if levels continue to be outside target range. Snooze can be set for every 30 minutes or 1, 2, 3, 4, or 5 hours. See User's Guide Section 2.3.2.

### Trend Arrows

Trend arrows can be used along with trend graphs to assess glucose direction and how rapidly glucose levels are changing.

→	<b>Constant:</b> Glucose steady (not increasing/decreasing more than 1 mg/dL/min)
↗	<b>Slowly Rising:</b> Glucose rising 1-2 mg/dL/min
↑	<b>Rising:</b> Glucose rising 2-3 mg/dL/min
↑↑	<b>Rapidly Rising:</b> Glucose rising more than 3 mg/dL/min
↘	<b>Slowly Falling:</b> Glucose falling 1-2 mg/dL/min
↓	<b>Falling:</b> Glucose falling 2-3 mg/dL/min
↓↓	<b>Rapidly Falling:</b> Glucose falling more than 3 mg/dL/min
no arrow	<b>No Rate of Change Information:</b> Receiver not currently calculating how fast glucose is rising/falling. If you are concerned that your glucose level may be rising or falling, take a fingerstick to check your readings.

## Rise and Fall Alerts

Rise and Fall Alerts may let you know when your glucose is rising or falling rapidly. See User's Guide Section 5.3.4.

### Event Markers

With the SEVEN PLUS, you can document activities and events that may affect your diabetes, including information about:

- Carbohydrates (grams)
- Insulin (units)
- Exercise (intensity and duration)
- Health (illness, stress, high/low symptoms, menstrual cycle, alcohol)

Event markers can give you and your health care team additional information that may help you make better decisions about your diabetes management. Event markers do not appear on the Receiver but are visible when data is downloaded with the Data Manager software. See User's

# Seven Steps to Start

The DexCom™ SEVEN® PLUS Quick Start Guide

## Step 1

Get to Know Your Device

## Step 2

Set Time/Date and ID

## Step 3

Set High/Low Alerts

## Step 4

Insert the Sensor

## Step 5

Start Sensor Session

## Step 6

Calibrate

## Step 7

End Sensor Session

Congratulations on making the DexCom SEVEN PLUS part of your life! The SEVEN PLUS System is not a replacement for your traditional blood glucose meter. When you use the SEVEN PLUS, you will see real-time continuous glucose readings every 5 minutes for up to 7 days. These readings will help you detect trends and patterns in your glucose levels, allowing you to see where your glucose levels have been, which direction your levels are headed, and how fast they may be rising or falling.

Below are the SEVEN basic steps you'll need to set up and use your SEVEN PLUS. At any time, feel free to call 1-888-SEVENGO (1-888-738-3646) for assistance—DexCom Technical Support is available 24/SEVEN/365. Before you begin or anytime you have questions, review the SEVEN PLUS tutorial CD in your SEVEN PLUS Starter Kit or online at [www.DexCom.com](http://www.DexCom.com).

## WARNING

Review all Contraindications, Warnings, Precautions, and detailed procedures in the User's Guide before using the SEVEN PLUS Continuous Glucose Monitoring System.

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

## 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.

## Frequently Asked Questions

### What can the SEVEN® PLUS System do for me?

The SEVEN PLUS System can give you a continuous picture of your glucose levels, which will help you detect trends and patterns in your glucose levels. These glucose trends let you see where your glucose levels have been, which direction your levels are headed, and how fast they may be rising or falling.

### Does the SEVEN PLUS replace my traditional BG meter?

No, it's meant to be used IN ADDITION TO your BG meter. When you use the SEVEN PLUS, you need to take 2 measurements on your BG meter to start your Sensor session and 1 measurement every 12 hours.

### Should I make treatment decisions based on the results from my SEVEN PLUS?

Treatment decisions should NOT be based solely on results from your SEVEN PLUS. You must confirm glucose readings with a BG meter before making therapeutic adjustments.

### Is it okay if my SEVEN PLUS and fingerstick readings don't match exactly?

Yes. This is normal.

### Does my Receiver need to be charged before set-up?

Yes. A full charge takes approximately 3 hours. Take Receiver off charger to see if it is fully charged.

### Day to day, when should I charge my Receiver?

Periodic charging every 3-5 days is ideal. Suggest not charging overnight.

### Is my Transmitter disposable?

No. DO NOT THROW AWAY YOUR TRANSMITTER.

### How close do my Receiver and Transmitter have to be?

They should be within 5 feet of each other, even during the start-up period and while you are sleeping.

### My high/low glucose alerts are set to "vibrate then beep." Why don't I always hear the beep?

This alert vibrates first, THEN beeps. If you confirm the alert right away by pressing any button on the Receiver, the re-alert (beep) will not occur.

### What do I do if I see "???" instead of a glucose value?

Wait. Unknown Sensor Glucose Readings ("???" in the Status Box) are periods of time when the system does not understand the glucose readings. This is usually temporary. Your SEVEN PLUS will normally correct itself, after which you will see glucose values again.

### How do I reorder Sensors?

Reorder Sensors from DexCom Customer Support: 1-888-SEVENGO (1-888-738-3646) (Monday-Friday 6 AM-5 PM PST).

### What do I do if I have questions?

Call DexCom Technical Support—1-888-SEVENGO (1-888-738-3646)—available 24/SEVEN/365. You can also visit [www.DexCom.com](http://www.DexCom.com) to view the SEVEN PLUS tutorial for additional product training and support.

## References

- Kamath A, Mahalingam A, Brauker J. Analysis of time lags and other sources of error of the DexCom SEVEN continuous glucose monitor. *Diabetes Technol Ther.* 2009;11(11):689-695.

## 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.