Track your glucose with **Dexcom CLARITY**

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. While using the Dexcom CGM app you are automatically and continuously\(^*\) sending your glucose data to your Dexcom CLARITY account.

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

With the Dexcom CLARITY app, review key metrics, create reports, authorize data sharing with your clinic and get notifications and emails. Get notifications for Time in Range, Patterns, Best Day, and Goal: Time in Range.

**Average Glucose**
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.

**Standard Deviation**
Reflects how much your CGM glucose readings rise and fall also known as glycemic variability.

**GMI (Glucose Management Indicator)**
Approximates the laboratory A1C level expected based on average glucose measured using CGM values derived from at least 12 days of CGM data.

**Time in Range**
The percentage of time that your glucose levels are in low, target, and high ranges. Dexcom CLARITY default in-target range is 70-180mg/dl, which may not be what you set for your CGM.

**Patterns**
Consistent occurrences of high or low glucose, at the same time of day, on multiple days.

Use Dexcom CLARITY online at [clarity.dexcom.com](http://clarity.dexcom.com) to view detailed, interactive reports. For example, this trends report combines all the glucose readings to show a typical day from the date range you select.

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\(^*\) while connected to the internet with consent to share data.
Share data with your clinic

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

Share using the Dexcom CLARITY app

1. Log into the Dexcom CLARITY app with your Dexcom login.
2. Tap Profile > Authorize Sharing and follow the instructions.

Share using the Dexcom CLARITY website

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

Upload receiver data to prepare for visits

If you only use the Dexcom receiver with your CGM, you can prepare for clinic visits by uploading your CGM data to your Dexcom CLARITY account in advance.* Once you authorize sharing, for every upload, your clinic will also have access to that data. The receiver only holds about 30 days worth of data, so uploading once a month is recommended to save all your data.

1. First-time Dexcom CLARITY users must create an account at clarity.dexcom.com
2. Follow the onscreen instructions to install the Dexcom CLARITY Uploader software.
3. Connect your receiver to your computer to upload automatically.

*An internet connection is required while uploading to Dexcom CLARITY.

For more information on Dexcom CLARITY statistics, visit clarity.dexcom.com/glossary