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

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 Dexcom 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.

WARNING: Treatment decisions, like treating for a low or dosing for a high, should not be made based on this software. Home users should follow instructions on the CGM system. WARNING: The software is not intended to replace self-monitoring practices as advised by a healthcare professional. 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.

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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 Dexcom CLARITY app.

Tracking Your Glucose

Dexcom CLARITY provides a comprehensive view of your glucose management, helping you identify patterns and trends. With the assistance of your healthcare professional, you can determine the causes of these patterns.

Get reports on the web at clarity.dexcom.com and on the go using the Dexcom 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 Dexcom CLARITY with your Dexcom login.
2. Tap Profile > Authorize Sharing and follow the onscreen instruction.

Share using the Dexcom CLARITY website
1. Log into Dexcom 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.

<table>
<thead>
<tr>
<th>Glucose Management Indicator (GMI)</th>
<th>Approximates the laboratory A1C level expected based on average glucose measured using CGM values derived from at least 12 days of CGM data.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Average Glucose</td>
<td>Reflects how much your CGM glucose readings rise and fall also known as glycemic variability.</td>
</tr>
<tr>
<td>Hypoglycemia Risk</td>
<td>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.</td>
</tr>
<tr>
<td>Time in Range</td>
<td>Is 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. You can change the Dexcom CLARITY ranges in Settings.</td>
</tr>
</tbody>
</table>

### Glucose Management Indicator (GMI)

- **8.1 %** Glucose Management Indicator (GMI)
- **200 mg/dL** Average glucose (CGM)
- **61 mg/dL** Standard deviation (CGM)
- **61% High** Hypoglycemia risk
- **93%** Days with CGM data
- **13 / 14** Avg. calibrations per day
- **0.0** Sensor usage

### Average Glucose

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.

### Standard Deviation (SD)

Standard Deviation (SD) reflects how much your CGM glucose readings rise and fall also known as glycemic variability.

### Hypoglycemia Risk

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.

### Time in Range

Time in Range is 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. You can change the Dexcom CLARITY ranges in Settings.
Reading the Data

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

We found 2 patterns during this date range.
The best day was March 6, 2020.

1. Logan had a pattern of nighttime highs
   Logan had a pattern of significant highs between 11:10 PM and 6:00 AM. 13 high events contributed to this pattern. None of the contributing events were rebound highs.

2. Logan had a pattern of daytime highs
   Logan had a pattern of significant highs between 2:25 PM and 2:45 PM. 10 high events contributed to this pattern. None of the contributing events were rebound highs.

Look for these patterns:
1. hypoglycemia
2. hyperglycemia
3. wide glycemic variability

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

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 March 6, 2020.

Logan had a pattern of nighttime highs
Logan had a pattern of significant highs between 11:10 PM and 6:00 AM. 13 high events contributed to this pattern. 1 of the contributing events was a rebound high.

Logan had a pattern of daytime highs
Logan had a pattern of significant highs between 2:25 PM and 2:45 PM. 10 high events contributed to this pattern. None of the contributing events were rebound highs.

Patterns Report

See if Dexcom 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 Dexcom 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.

In Dexcom 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.
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 Dexcom CLARITY account.

clarity.dexcom.com

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

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