

Metrics Beyond A1C

THE VALUE OF METRICS BEYOND A1C

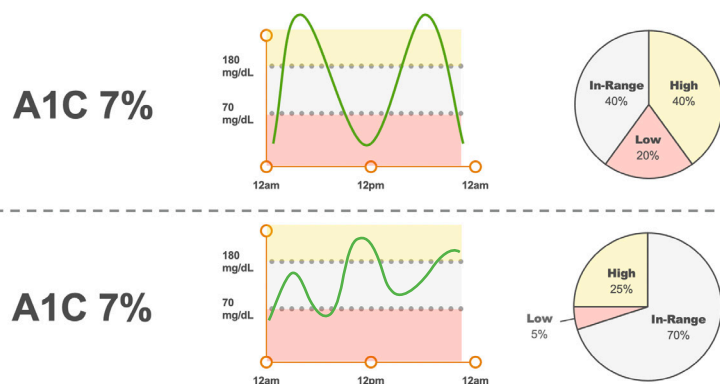
A1C is the average glucose over the last 2-3 months but does not identify glycemic variability¹

CGM data can identify patterns of hypo- and hyperglycemia, assess glycemic excursions and glucose variability to allow for therapy modification.¹



Same A1C but CGM Patterns Drive Different Treatment Plans²

Estimated A1C for a Time in Range (TIR) level³



TIR 70-180 mg/dL	A1C
20%	10.6%
30%	9.8%
40%	9.0%
50%	8.3%
60%	7.5%
70%	6.7%
80%	5.9%
90%	5.1%

Each 5% increase in TIR is considered clinically significant.¹
 For every 10% increase in TIR = ~0.8% A1C reduction.³



KEY METRICS

Number of days with CGM data

14+ days recommended

Percentage of time CGM is active

>70% of data recommended

Mean glucose

The average glucose

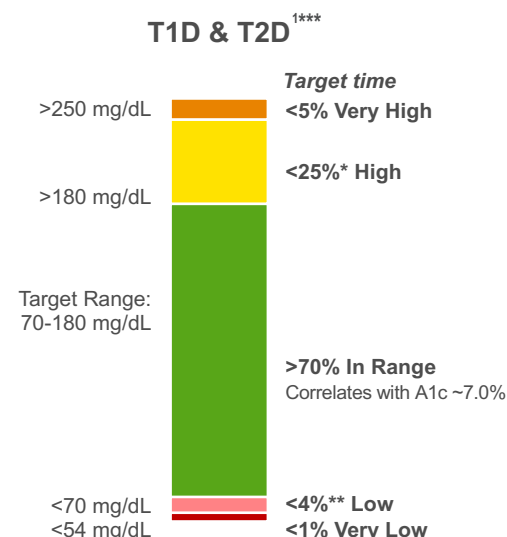
Glucose Management Indicator (GMI)

Approximate A1C levels based on average glucose measured using CGM values

Coefficient of Variation (CV)

Measure of glycemic variability ≤36% is recommended¹

GOALS FOR TIR



^{*}Includes percentage of values >250 mg/dL ^{**}Includes percentage of values <54 mg/dL

^{***}Recommendations from the International Consensus on Time in Range, 2019 recommend individualized glycemic targets for high risk and/or older adults with a focus on reducing the percentage of time spent less than 70 mg/dL and preventing excessive hyperglycemia.

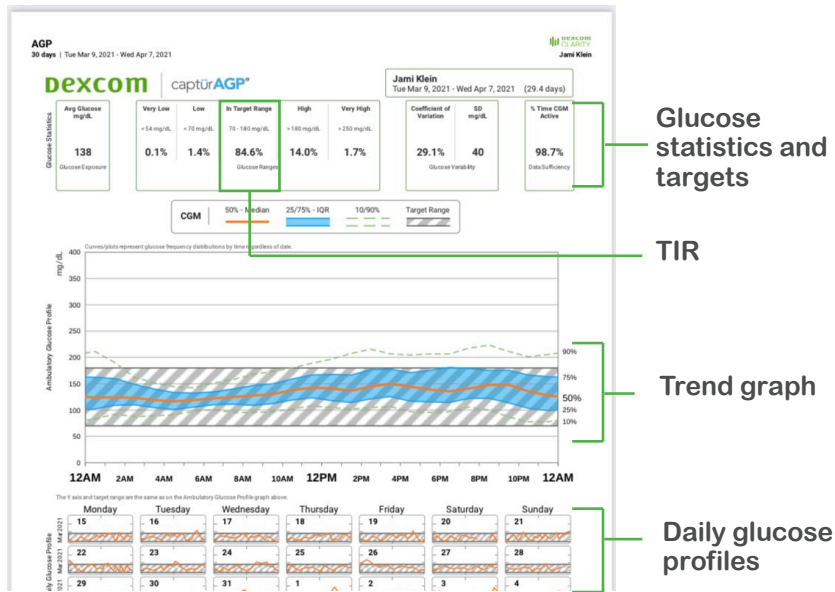
1. Battelino T et al. Diabetes Care. 2019;42(8):1593-1603.

2. Adapted from <https://diatribe.org/BeyondA1c>, Assessed March 18, 2021

3. American Diabetes Association. Diabetes Care. 2019

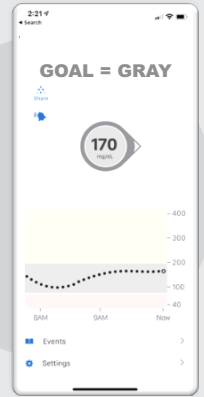
THE AMBULATORY GLUCOSE PROFILE (AGP)

Report contains data helpful to make therapeutic decisions



Strategies to Help People with Diabetes Increase TIR

- **Discover** -What food or activity choices helped glucose to stay in range (70-180 mg/dL)?
- **Be curious** -Experiment with portion sizes to evaluate post-prandial peak after eating favorite foods.
- **Strive for FNIR** (flat, narrow, in-range) on the trend graph
- **Celebrate** -Acknowledge the hard work required to manage diabetes and stay in-range.



Using Strength-Based Language³ While Talking About TIR

- Emotions tied to living with diabetes
- Numbers are data, not a judgement^{*3}
 - Not “good” vs “bad” numbers
- Develop SMART goals to move towards more TIR and less time below range
- Create an action plan together using shared decision-making
 - What is one way you might move towards more TIR?
 - Would you prefer to eat fewer carbs at breakfast or increase your insulin?
- Celebrate the success!
 - Identify the positives

* Extreme hyper- or hypo-glycemic events warrant serious discussion between a HCP and patient
3. Dickinson, J.K. et al., Diabetes Care 2017 Dec; 40(12): 1790-1799.

Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms or expectations or you're taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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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.

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Dexcom G6 Pro report shows a daily TIR bar for strength-based discussion

3 Joe's best glucose day was April 23, 2021
Joe's glucose data was in the target range about 83% of the day.

