

# Track your glucose with



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 CLARITY account.

With the Dexcom CLARITY app, review key metrics, create reports, authorize data sharing with your clinic and sign up for weekly progress notifications.

## Time in Range

The percentage of time that your glucose levels are in low, target and high ranges.

## eA1C

CLARITY determines an estimated A1C as the average glucose from a minimum number of days with a minimum duration of CGM wear time.

## Average Glucose (CGM)

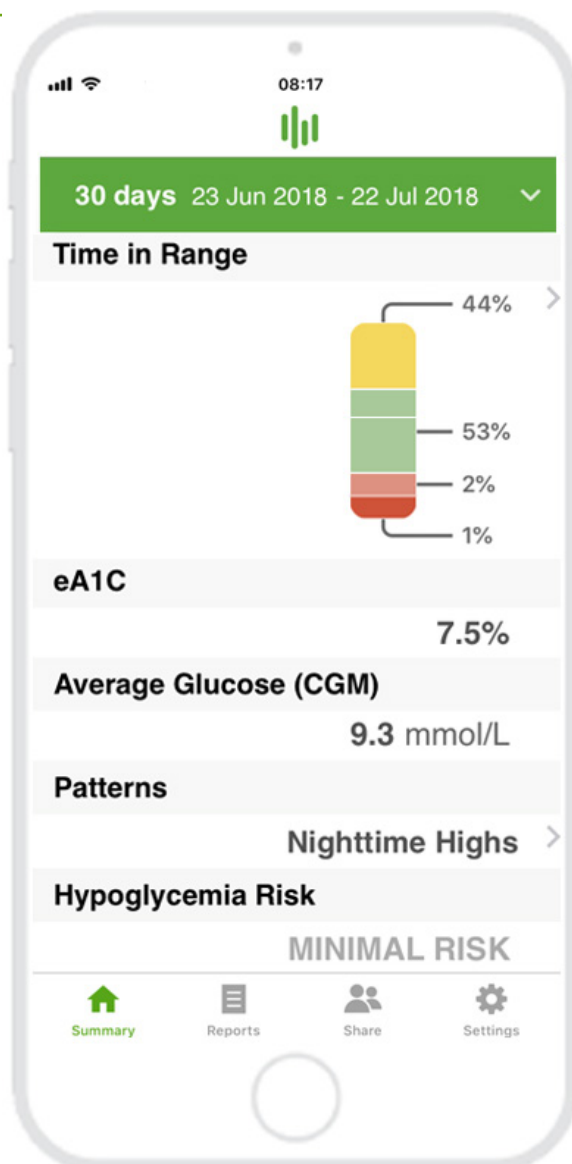
The average of all your glucose readings from the selected date range.

## Patterns

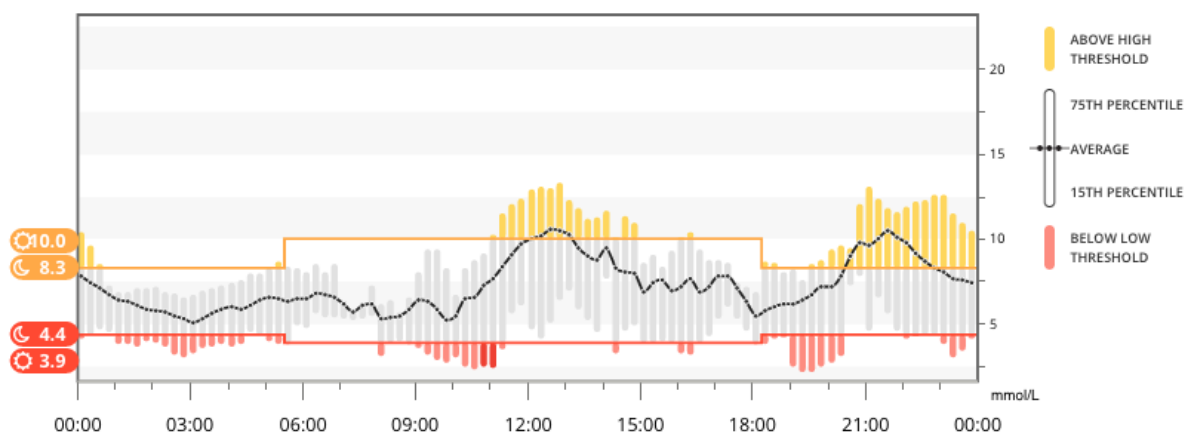
Consistent occurrences of high or low glucose, at the same time of day, on multiple days.

## Hypoglycemia Risk

Estimates the risk for severe hypoglycemia based on a combination of the number of times glucose was low, the magnitude of the low glucose and for how long there was low glucose.



Use CLARITY online at [clarity.dexcom.eu](http://clarity.dexcom.eu) to view detailed, interactive reports. This Trends report combines all glucose readings from the date range selected to show a typical day.



For more information on CLARITY statistics, visit [clarity.dexcom.eu/glossary](http://clarity.dexcom.eu/glossary)  
\*while connected to the internet with consent to share data

# Share data with your clinic

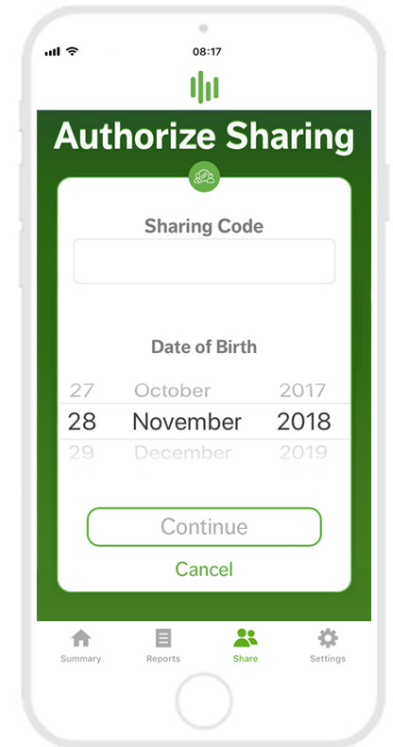
You can authorize data sharing with your clinic so they have access to your data during visits or anytime you might need assistance. Your clinic will provide you with the Sharing Code. To begin sharing data, complete one of the following:

## Share using the Dexcom CLARITY app

- 1 Log into the Dexcom CLARITY app with your Dexcom login.
- 2 Tap **Share** and follow the onscreen instruction.

## Share using the Dexcom CLARITY website

- 1 Log into CLARITY online at [clarity.dexcom.eu/share](http://clarity.dexcom.eu/share)
- 2 Follow the onscreen instruction.



### Share Data with a New Clinic

Your clinic will provide a sharing code for your data so that they have continuous access and can make your appointments more efficient. If your clinic hasn't provided you an invitation to share, you can ask your clinic to create one for you. You can stop sharing with your clinic at any time.

Enter the sharing code provided by your clinic

Verify your date of birth

DD	Month	YYYY
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**Continue** Cancel

# 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 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 CLARITY users must create an account at [clarity.dexcom.eu](http://clarity.dexcom.eu)
- 2 Follow the onscreen instructions to install the Uploader software.
- 3 Connect your receiver to your computer to upload automatically.



For all future uploads, just connect your receiver to your computer.

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

Minimum requirements: [dexcom.com/clarity-requirements](http://dexcom.com/clarity-requirements) | Dexcom CLARITY is not yet available for all countries. For questions about CLARITY, contact your local Dexcom representative.

#### 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 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.