

CGM FAQ



Dexcom G6



Freestyle Libre

Many people with diabetes can greatly benefit from using continuous glucose monitors (CGMs) for their diabetes management. At DNE we offer placement of Professional CGMs and help with the placement of personal CGMs.

What is a CGM?

Continuous glucose monitors, or CGMs, are small wearable devices that track glucose levels continuously throughout the day and night.

What are the types of CGMs?

- **Personal** CGMs are owned by the person with diabetes and are able to see their blood glucose values in real-time *without finger sticks*.
- **Professional** CGMs are owned by the DNE clinic. In this case, DNE's nurses and dietitians analyze the data retrospectively to understand the glucose patterns of the patient. Professional CGMs do not display the data while the patient is wearing it and *must continue SMBGs by finger sticks*.

How does CGM Work?

A CGM system consists of three parts:

- Sensor
- Transmitter
- Viewing device

The sensor sits on the skin with adhesive, typically on the abdomen or the back of the arm, and contains a thin filament that goes through the skin into the interstitial fluid to measure the glucose level (*there is no needle that remains in the body, it is only used once to place the filament and then retracts into applicator*).

Does insurance cover CGM?

A CGM device and supplies require a prescription. Many insurance plans will cover the use of Professional CGM, but there are also options for those without coverage.

Personal CGMs are less often covered by insurance but patients can purchase them out of pocket if they'd like.

How long does a CGM last?

A CGM sensor generally needs to be replaced every 7 to 14 days, depending on the device.

If you have more questions or are a provider that is interested in wearing a CGM yourself, please contact DNE @ 530-672-7021