

Continuous Glucose Monitoring (CGM)

Patient Welcome Packet

Welcome to the UW Medicine Continuous Glucose Monitoring (CGM) program! This packet includes information to help you get started with the CGM program. You can always reach out to your care team with any other questions you have.

What is the CGM Program?

We invite you to join our Continuous Glucose Monitoring Program. In this program, you will use a continuous glucose reader or smartphone app to track your *glucose levels* (blood sugar levels). You will also learn how to send glucose readings to your care team from your home. We believe this program will help you meet your healthcare goals and will make your healthcare easier for you to access.

What to Expect

- You will measure your glucose at home without finger pricks. This will reduce the number of in-person visits for diabetes care.
- You will talk with a nurse or diabetes educator from your UW Medicine primary care provider's clinic about your diabetes.
- You will learn easy ways to manage your diabetes.
- At your in-person clinic appointment, a *registered nurse* (RN) or diabetes educator will set up your glucose monitoring system.
- The RN or diabetes educator will teach you how to share data with the care team, using either your smartphone or a reader device.
- Continuous glucose monitoring will help you meet your diabetes goals.
- The care team will be in regular communication with you about your glucose levels and diabetes care plan.
- The clinic RN or diabetes educator will work closely with your primary care provider (PCP) to talk about your glucose levels and care plan.

Insurance Coverage

- Most commercial insurance plans cover this service for people with diabetes.

- Medicare and Medicaid usually cover this service for people taking multiple daily injections of insulin.
- Your cost will depend on your individual insurance plan.
- You may need to pay co-pays and deductibles.
- If you have specific questions about cost, please contact your insurance plan.

Getting Started

- Please schedule your initial set-up visit.
- Bring your continuous glucose reader or smartphone with you.
- Make sure your phone is plugged in or fully charged.

Tools and Support

The continuous glucose monitoring system is called FreeStyle Libre. Use the links below to learn more about how to use it.

- **Tutorial videos:** www.freestyle.abbott/us-en/support.html
- **Sharing glucose data with your doctor:**
 - https://provider.myfreestyle.com/content/dam/adc/myfreestyle-hcp/provider/images/cgm-resources/pdf/Reader%20Upload%20to%20LibreView%20for%20Patient%20s_ADC-20985%20v1.pdf
 - <https://uwmdi.org/wp-content/uploads/2021/03/home-upload-instructionsV2.pdf>
 - www.freestylelibre.us/content/dam/bss/divisionalsites/adc/document/digital_patient_to_practice_instructional_pdf_piece.pdf
- **Help with Libre 14**
 - **Quick Start Guide:** https://freestyleserver.com/Payloads/IFU/2018/ART39768-001_rev-A-Web.pdf
 - **In-service Training:** <https://provider.myfreestyle.com/pdf/In-Service-FreeStyle-Libre-14-Day-System-with-App-HCP-Sales.pdf>
- **Help with Libre 2**
 - **Quick Start Guide:** https://freestyleserver.com/Payloads/IFU/2020/q2/ART40392-001_rev-C-Web.pdf
 - **In-service Training:** <https://provider.myfreestyle.com/pdf/FreeStyle%20Libre%20%20In-Service%20Guide.pdf>

Questions?

Your questions are important. Call your primary care clinic or healthcare provider if you have questions or concerns.

Primary Care Clinic contact information:
