

Getting to Know Your CGM

What is a continuous glucose monitor (CGM)?

A **continuous glucose monitor (or CGM)** is a tiny device people can wear on their bodies to measure their glucose (sugar) levels throughout the day.

A CGM measures your glucose levels just under your skin. A sensor can be worn on your body (even in water) for about 10 to 14 days before it needs to be changed. Some sensors can be implanted (put under the skin) for months.



Why use a CGM?

Knowing your body's glucose levels helps you and your doctor find the best treatment plan for you! Usually, we check blood sugars a few times a day with a blood glucose meter, or "fingerstick". This gives us a snapshot of your blood sugars at each check.

A CGM measures your body's glucose levels many times during the day. This shows us how the body's sugar levels change over time, like seeing a "movie" of your sugar levels instead of just a snapshot.

Who should use CGMs?

- People with type 1 or type 2 diabetes who take insulin.
- People with type 2 diabetes who have low blood sugar levels often.
- People whose blood sugars are not at target range.
- People who want to learn more about how to improve their blood sugar levels.

A CGM can help you:

- Change your eating, exercise, and medicines based on glucose trends.
- Manage high or low blood sugars.
- Understand how different factors affect your blood sugar readings.

Talk with your CHN provider or nutritionist if you have questions!