



Dexcom CLARITY

User Guide

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Table of Contents


1	Introduction to Dexcom CLARITY	4
1.1	Intended Use/Safety Statement	4
1.2	Computer and Internet Configurations	4
1.3	Terms of Use	5
1.4	Privacy Policy and Privacy Practices	5
1.5	Proprietary Rights	5
1.6	Contact Dexcom	6
1.7	About CLARITY	6
2	Access CLARITY	6
3	Upload Data	7
3.1	Install the CLARITY Uploader	7
3.2	Connect the CGM Receiver	7
3.3	Use the CLARITY Uploader	7
4	Settings	8
4.1	Patient’s Full Name	8
4.2	Glucose Time/Target Range	8
4.3	Daytime and Nighttime	9
4.4	Urgent Low Threshold	9
4.5	Data Sharing with Clinics	9
4.5.1	Accept an Invitation to Share Data	9
4.5.2	Stop Sharing Data	10
5	Navigate CLARITY	10
5.1	View Data	10
5.2	Date Range Selection	10
6	Overview	11
6.1	Dashboard	11
6.1.1	Insulin Data	12
6.2	Pattern Summaries and Best Day	12
6.3	Devices	13
7	Patterns	13
7.1	Pattern Graphs	13
7.1.1	Pattern Occurrences	14
7.1.2	Rebounds	14
7.1.3	Change the View	14
7.1.4	Health Events	14
7.2	Pattern Statistics	15
7.3	Considerations	15
8	Data	15


- 8.1 Trends Data.....15
 - 8.1.1 Trends Graph.....15
- 8.2 Overlay Data16
 - 8.2.1 Overlay Graph16
- 8.3 Daily Data.....17
 - 8.3.1 Daily Graph.....17
- 9 Compare 17
 - 9.1 Select Date Ranges.....17
 - 9.2 Compare Trends.....18
 - 9.3 Compare Overlay18
 - 9.4 Compare Daily.....18
 - 9.5 Compare Statistics18
 - 9.6 Compare Patterns19
 - 9.7 Compare Devices19
- 10 Statistics 19
- 11 AGP 20
- 12 Print, Download, Email and Export Reports..... 21
 - 12.1 Print Reports21
 - 12.2 Download Reports21
 - 12.3 Email Reports.....21
 - 12.4 Export Reports.....22
- 13 Help, Troubleshooting and Technical Support 22
 - 13.1 Help.....22
 - 13.2 Troubleshooting.....23
 - 13.3 Technical Support.....23
- 14 Appendix A: Dexcom CLARITY app 24
 - 14.1 Summary.....24
 - 14.2 Reports.....24
 - 14.3 Share.....24
 - 14.3.1 Accept Invitation25
 - 14.3.2 Generate Code25
 - 14.4 Settings25
 - 14.4.1 Notifications25
 - 14.4.2 Emails.....25
 - 14.4.3 Account.....25
 - 14.4.4 Support25


1 Introduction to Dexcom CLARITY

1.1 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 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.

1.2 Computer and Internet Configurations

A broadband network connection of 1.5 Mbps or more is required to install the software from the web, upload data or view the online User Guide.

It is recommended that you use an appropriate firewall program and an anti-virus program on your computer to protect against viruses, malware and unauthorized access to and use of your computer and the information stored, processed and transmitted by it.

CLARITY supports the following system configurations:

- Windows 7, 8 or 10
 - 1.3 gigahertz (GHz) processor and 1 gigabyte (GB) free RAM with 100 megabytes (MB) free disk space
 - Microsoft .NET Framework 4.6.1 or greater, full version
 - Display resolution of 1024 x 768 pixels or greater
 - Chrome 53, Firefox 47, or Internet Explorer 11 run in desktop mode or Microsoft Edge
 - USB 2.0+ port to connect the USB cable to upload from your Dexcom receiver

- Mac OSX 10.10, 10.11, 10.12, 10.13 or 10.14

- 2.3 gigahertz (GHz) processor and 4 gigabytes (GB) free RAM with 100 megabytes (MB) free disk space
- Display resolution of 1280 x 800 pixels or greater
- Safari 9.1, Chrome 53 or Firefox 47 for Mac OSX
- USB 2.0+ port to connect the USB cable to upload from your Dexcom receiver

Optional computer configurations:

- Mouse or track pad
- A PDF reader (for example, Adobe Reader) for viewing, saving, and printing the reports
- An Excel spreadsheet viewer (for example, Microsoft Excel or Excel Viewer)
- Printer, for printed copies of reports

To run CLARITY, your network must allow the following outbound network traffic, which might require changes to proxy and network configuration:

- dexcom.com (and all subdomains) on port 443
- agent.mydiabetesdata.com with DNS loopback support to 127.0.0.1

To run the CLARITY Uploader, your network must allow the following outbound network traffic: *.dexcom.com (and all subdomains) on port 443.

1.3 Terms of Use

Use by you of CLARITY and Dexcom services is subject to the Terms of Use at: http://www.dexcom.com/terms_of_use

By using this guide, you agree to comply with the applicable terms and conditions in connection with your use of CLARITY, services and this User Guide.

1.4 Privacy Policy and Privacy Practices

To read Dexcom's Privacy Policy, go to: <http://www.dexcom.com>

Scroll to the bottom of the page, then click **Privacy Policy**.

1.5 Proprietary Rights

CLARITY and this User Guide are ©2016-2019 by Dexcom, Inc. and its licensors. All Rights Reserved. CLARITY downloaded onto your computer or other devices might include certain third-party software licensed by Dexcom and the notices for which are set forth at: <http://www.dexcom.com/notices>

Third party products mentioned in this guide are subject to the rights of their manufacturers and distributors in the products and their trademarks.

1.6 Contact Dexcom

For help with a Dexcom CGM system or questions about CLARITY contact Dexcom Support: <http://www.dexcom.com/support>

1.7 About CLARITY

CLARITY is a software program that allows the transfer of glucose data from your Dexcom CGM system to Dexcom remote servers for data management to assist in your use of the Dexcom CGM and to assist in healthcare services. Dexcom CLARITY can transfer and manage data from the Dexcom G4 PLATINUM, Dexcom G5 Mobile CGM System, and Dexcom G6 (all of which are referred to as Dexcom CGM systems).

After the glucose data is uploaded to CLARITY, the information is processed by CLARITY and displayed on your computer in graphs to help you and your healthcare professional analyze trends and patterns in glucose. You can review, save, email and print the software reports in your home environment.

CLARITY displays glucose data from a Dexcom CGM system 3 hours after the data is captured. This means that the most recent data you view in CLARITY is at least 3 hours old.

2 Access CLARITY

To access CLARITY on the web:

1. Go to <https://clarity.dexcom.com>
2. Click **Dexcom CLARITY for home users** at the bottom of the page.

On the Sign in page:

1. Enter the username and password for your Dexcom mobile or any other Dexcom account.
2. Click **Sign in**.
or
Click **Create Account** if you don't have a Dexcom account, complete the registration form, then sign in.

Your CLARITY account is specific to your geographical area. Accounts created in the United States won't work outside the United States, and accounts created outside the United States won't work within the United States.

3 Upload Data

After signing in the first time, if you are using a Dexcom CGM receiver, you'll see instructions to install the Dexcom CLARITY Uploader software. You must have the CLARITY Uploader installed on your computer to upload data from your Dexcom CGM receiver to CLARITY. You only need to install this once.

If you use the Dexcom mobile CGM system, your data is already streaming to CLARITY, so you do not need the Uploader.

It is possible to use both a smartphone and a receiver to provide CGM data. The smartphone system streams data to the CLARITY server, where that data is made available for reports after three hours. The Dexcom receiver requires connection to a computer to upload the data periodically. If you use a smartphone part of the time and a receiver part of the time, then CLARITY needs data from both to provide accurate statistics.

3.1 Install the CLARITY Uploader

1. Click **Download**.
2. Run the installer when the download is complete.

After the Uploader has been installed, a **D** icon (for Dexcom) appears in the system tray on Windows or at the top menu bar on a Mac.

3.2 Connect the CGM Receiver

1. Connect your Dexcom receiver to your computer using the USB cable supplied with your CGM.
2. Enter the username and password you use for CLARITY.
3. Click **Login**.

By default, the **Keep me logged in** box is checked so that each time you connect your Dexcom receiver to your computer, the Uploader will automatically open a browser window to show your CGM data page. Uncheck the **Keep me logged in** box if you want to disable auto-login.

3.3 Use the CLARITY Uploader

On a PC:

1. Select **Options**, then **Instructions** for how to upload your CGM data.
2. Select **Options** or **Preferences** tab to access the following:
 - **Auto-Display Reports:** Keep this box checked to allow the Uploader to automatically open CLARITY after uploading data.

- **Remembered Logins:** Click **Forget my login information** to reset the Uploader username autofill on the login screen. You can only access this feature if your Dexcom receiver is connected to the computer.
3. Select **View Report** to open CLARITY in a browser window. You may be asked to log in.

On a Mac:

1. Click the **D** icon along the top of your screen to get upload instructions, set preferences or view reports.
2. Select **Instructions** for how to upload your CGM data.

4 Settings

Use the Settings page to customize data display and sharing. Changes only apply to CLARITY and do not change any settings on your Dexcom CGM system. Your healthcare professional may use different settings to view your data.

4.1 Patient's Full Name

Change how your name is displayed while viewing and for reports to your clinic. Use the name listed on your medical records.

4.2 Glucose Time/Target Range

Customize the upper and lower limits for the glucose target range by doing one of the following:

- Click a gray circle icon and drag it up or down to set the desired glucose levels for your target range.
or
- Select the time and thresholds of your glucose level for both Day and Night, from the drop-down lists.

Throughout CLARITY, the upper limit line is always yellow, and the lower limit line is always red. The colors may appear different based on your monitor settings.

4.3 Daytime and Nighttime

Customize your day and night by doing one of the following:

- Click a gray circle icon and drag it left or right to set when your day begins and ends.
or
- Select a start and end time for both Day and Night, from the drop-down lists below the chart.

4.4 Urgent Low Threshold

Choose 50 or 54mg/dL as the threshold for Urgent Low displays within CLARITY reports. Changing this setting does not change the Dexcom CGM Urgent Low threshold which is set at 55mg/dL.

4.5 Data Sharing with Clinics

You must give permission to share your CLARITY data with your clinic's CLARITY account, and for you to see data uploaded at a clinic on your CLARITY account.

You can share with more than one clinic. Clinics are displayed once you have accepted a sharing invitation from that clinic.

After you approve to share data with a clinic, any following data uploaded to CLARITY can be accessed by the healthcare professionals at that clinic.

Users or clinics can stop sharing data at any time.

- All data uploaded by receiver to the clinic's CLARITY account will still be accessible at the clinic. This data will not be accessible from your CLARITY account after sharing is stopped.
- All data streamed from the Dexcom Mobile app or uploaded from the receiver to your CLARITY account will not be accessible to the clinic after sharing is stopped.
- You will continue to see your own data within your CLARITY account via receiver upload or streaming from your Dexcom Mobile app.

4.5.1 Accept an Invitation to Share Data

A healthcare professional uses their CLARITY account to invite you to share data with their clinic. They will provide the invitation in print or by email.

The invitation includes a sharing code that you enter on your CLARITY Settings page to accept the invitation before the expiration date shown. Once you have completed the

acceptance, your account and the clinic's account will automatically share data between them.

You can accept the invitation from an internet browser or from a smart device with the Dexcom CLARITY app. See Appendix A for more information about the Dexcom CLARITY app that is separate from CLARITY.

To accept the invitation from an internet browser, log into your CLARITY account:

1. Click **Settings**.
2. Click **Share Data with a New Clinic**.
3. Enter the sharing code and your date of birth.
4. Click **Continue**.
5. Click the **I consent to share my data with my clinic** box.
6. Click **Yes, Share My Data** on the verification page to confirm sharing.
7. Click **Close** on the confirmation page.

Clinics you share with are listed under Data Sharing with Clinics. You may share with more than one clinic.

4.5.2 Stop Sharing Data

To stop sharing data with a clinic, from the Settings page:

1. Click **Stop Sharing with this Clinic** for every clinic you want to stop sharing data.
2. Click **Stop Sharing with this Clinic** again on the verify page.
3. Click **Close** on the success page.

The clinic's information will still appear on your Settings page for your reference.

5 Navigate CLARITY

5.1 View Data

In CLARITY, you view glucose data reports in organized graphs with several views and filters.

To view data, click **Overview**, **Patterns**, **Data**, **Compare** and **Statistics**.

Use the Settings page to customize data display and sharing. See Section 4 for more information.

5.2 Date Range Selection

CLARITY presents data in a default date range of the most recent 14 days of data.

The green date bar displays the current date range.

To change the date range:

1. Click anywhere on the green bar to open the selector window.
2. Click **7**, **14**, **30** or **90** for Number of days (most recent).
or
Click inside the **Start Date** and **End Date** boxes to choose dates for a custom view, then click **OK**.

6 Overview

The Overview page shows a glucose summary dashboard of statistics, pattern summaries and your best glucose day for the date range selected. It also provides information about the Dexcom CGM system used to upload the data shown.

6.1 Dashboard

The Overview page includes a summarized dashboard of key measurements from the selected date range including:

- **Glucose Management Indicator (GMI):** Approximates the laboratory A1C level expected based on average glucose measured using continuous glucose monitoring (CGM) values. Average glucose is derived from at least 12 days of CGM data. The GMI may be similar to, higher than, or lower than the laboratory A1C. Differences between GMI and laboratory A1C may reflect differences among an individual's red blood cell lifespan, how glucose binds to hemoglobin, or due to a recent fluctuation in glucose control.
- **Average glucose (CGM):** The average of all the glucose readings in the selected date range.
- **Standard deviation (CGM):** Standard Deviation (SD) reflects the amount of variability in CGM readings. The larger the SD, the larger the variability in CGM readings.
- **Hypoglycemia risk:** This calculation estimates risk for severe hypoglycemia. It is 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. Experiencing frequent lower measured glucose values for short durations has more impact than minimal hypoglycemia for longer periods but with less frequency. Having more frequent lows for longer durations and at lower glucose levels carries a high risk for severe hypoglycemia. The hypoglycemia risk complements the patient's A1C measurements. Patients can have low or high A1C and still be at low, medium or high hypoglycemia risk. The impact of hypoglycemic risk on patients and diabetes management should be reviewed by a healthcare professional.

The hypoglycemia risk estimation is calculated from a minimum number of days with a minimum duration of CGM wear time as follows:

- For reports with fewer than 20 days in the selected date range, hypoglycemia risk is calculated from a minimum of 12 days that maintain CGM wear time of 66% or more.
- For reports spanning more than 20 days in the selected date range, hypoglycemia risk is calculated from at least 60% of all the days in the selected date range that maintain CGM wear time of 66% or more.
- **Time in range:** The percentage of time that glucose levels are in low, target and high ranges. CLARITY's default in-target range is 70-180mg/dL, which may be different settings than for the Dexcom CGM app or receiver. From the Settings page, CLARITY in-target ranges can be individually customized for daytime and nighttime. Each Dexcom CGM reading is compared against the custom glucose target range and assigned a category of High, In Range, Low, or Urgent Low. Readings are tallied, then percentages for each category are calculated.
- **Sensor usage:** Provides a high-level view of Dexcom CGM device usage.
 - **Days with CGM data** shows the number of days during the reporting period with at least 50% CGM readings.
 - **Avg. calibrations per day** displays the average number of calibrations per day, entered by the patient, during the reporting period. Only days with at least 50% CGM readings are included. The Dexcom G6 system is approved for use without calibrations or optionally with calibrations, making it possible to have zero average daily calibrations.

6.1.1 Insulin Data

This feature is only available for Dexcom compatible connected insulin devices. Connected insulin devices have Bluetooth capability and require pairing with their app. To see insulin data in Dexcom CLARITY, use the connected insulin device app to connect to Dexcom.

Dexcom CLARITY provides the following insulin statistics as manually entered into Dexcom apps, or as collected by a connected insulin device.

- **Fast-Acting to Long-Acting Insulin Ratio** compares fast-acting doses to long-acting doses. Long-acting doses may need to be configured in the connected device to display in Dexcom CLARITY.
- **Average Total Daily Dose:** The average amount of daily insulin doses in the selected date range.
- **Average Daily Fast-Acting Doses:** The average number of fast-acting insulin doses per day in the selected date range.

6.2 Pattern Summaries and Best Day

The Overview page shows up to four patterns identified in the data. To view a summarized pattern on the Patterns page, click the box of the pattern for detailed graphs and statistics.

Limits for low and high glucose levels are changed on the Settings page. See Section 4 for more information.

Your best glucose day is the day you were most within your target range for the selected date range. Click the best glucose day box for a detailed view.

6.3 Devices

Details about your Dexcom CGM system including Serial Number, your last upload and current alert settings are located under Devices of the Overview page.

7 Patterns

The Patterns page provides graphical patterns, statistics and considerations for highs, lows and your best day within the selected date range. These are the same patterns summarized on the Overview page. You'll always have a Best Day tab to review. Click each tab to see details.

7.1 Pattern Graphs

Each pattern is represented by a series of graphs, dated by each time the pattern was found in the selected date range, or a pattern occurrence.

Each graph includes:

- A 24-hour timeline on the bottom x-axis.
- Scale for glucose readings on the left y-axis.
- Target range limits on the right y-axis.
- CGM lines that connect the individual CGM glucose readings.
- Values associated with each CGM reading viewed by moving your mouse along the CGM lines.
- Target glucose ranges shown by the colored lines that run parallel to the x-axis, as determined in Settings, Section 4. The yellow line is the upper limit and the red line is the lower limit.
- Significant daily data that is used to indicate the pattern, highlighted in the white background columns.
- Health events as recorded on the Dexcom CGM system shown with an icon below the x-axis and viewed by hovering your cursor over each icon.

- Calibration events entered into the Dexcom CGM system shown by the gray circle C icon, when the calibration toggle is active.

7.1.1 Pattern Occurrences

A pattern occurrence is a period of glucose data that matches a larger pattern of similar periods of glucose data. For example, if your data shows a pattern of nighttime lows, one of those nighttime lows would be an occurrence. Days may have multiple occurrences of a pattern.

Pattern occurrence are the white columns. Gray areas of the graph are not part of the pattern. Glucose values and events are viewed by moving your mouse over any part of the graph and hovering.

A letter marks each pattern occurrence. This letter is displayed at the top of the graph, above the white column, and displayed at the left of the graph with the times of the occurrence.

Column and left side pattern occurrences will be highlighted in a blue color when you hover your cursor over occurrences.

7.1.2 Rebounds

A rebound is when a pattern occurrence is followed immediately by the opposite – a high after a low, or a low after a high. The number of rebounds in the glucose data set is noted in the summary before the graphs.

7.1.3 Change the View

You can view or hide both CGM data and Calibration events from the graphs. By default, both events are on as indicated by the green in the slider.

To turn these events off so they do not appear on the graphs:

1. Click the **CGM** slider to white.
2. Click the **Calibrations** slider to white.

7.1.4 Health Events

Health events you enter into your Dexcom CGM system, appear on the graphs. Events show up on all graphs that include the date of the event. Each event is marked with an icon displayed below the x-axis and viewed by hovering your cursor over the icon.

If you enter multiple events within the same one-hour window, the icons display stacked on top of each other. Hover over one of the icons to view all the hourly information.

7.2 Pattern Statistics

Statistics for patterns found from the selected date range include Average glucose (CGM), Standard deviation (CGM) and Time in range.

7.3 Considerations

Based on the patterns of the selected date range, some possible considerations are provided at the bottom of the Patterns page. Consult a healthcare professional before making any medical interpretations and therapy adjustments from this information.

8 Data

The Data page allows you to see glucose data for the selected date range in trends, overlay and daily views. The top section of the page displays view options, filters and graphs. The bottom section displays the content from the Overview page.

8.1 Trends Data

Trends allows you to see glucose trends at different times of day over the selected date range. For example, you might see that your glucose levels are stable during mornings but are less stable during afternoons. Trends is the default view of Data.

To filter the Trends data:

1. Click **Trends**.
2. Click **Days, Time of Day, Events** and **Usage** filters as needed.
3. Click **Apply**. You must click Apply every time you change a filter to update the graph.
4. Click the **CGM** and **Calibrations** sliders to toggle them on or off. See section 7.1.3.

8.1.1 Trends Graph

The Trends graph includes:

- A 24-hour timeline along the bottom x-axis.
- Scale for glucose readings on the right y-axis.
- CGM lines that trace CGM glucose data readings.
- Values associated with each CGM readings viewed by moving your mouse along the CGM lines.
- Target glucose ranges shown by the colored lines that run parallel to the x-axis and values as set in Settings, Section 4, on the left y-axis. The yellow line is the upper limit and the red line is the lower limit.

- Calibration events entered into the Dexcom CGM system shown by the gray circle C icon, when the calibration toggle is active.

The yellow and red shaded bars show patterns of clinically significant hyper- or hypoglycemia, respectively. Three factors determine clinical significance:

- Time spent in hyper- or hypoglycemia
- Scale of hyper- or hypoglycemia
- Frequency of hyper- or hypoglycemia

The darkest shaded bars are the most significant areas of hyper- and hypoglycemia. Lighter shaded bars show other patterns of hyper- and hypoglycemia, including data not clinically significant.

8.2 Overlay Data

Overlay displays one week of data in each graph with colored lines to represent a single day's data over time. For example, if you chose a date range of 10 days and do not apply any filters, you'd see two graphs, one with seven lines and one with three.

To filter the Overlay data:

1. Click **Overlay**.
2. Click **Days**, **Time of Day**, **Events** and **Usage** filters as needed.
3. Click **Apply**. You must click Apply every time you modify a filter.
4. Click the **CGM** and **Calibrations** sliders to toggle them on or off. See section 7.1.3.

8.2.1 Overlay Graph

The Overlay graph has several components:

- A 24-hour timeline along the bottom x-axis.
- Scale for glucose readings on the left y-axis.
- CGM lines: Each line on the Overlay graph represents a different day's data. A key above the graph shows which line corresponds with which day. Use these CGM lines to spot trends and compare data from different days in the selected date range.
- Hover: Put the cursor anywhere on a CGM line and rest it there for a moment to get detailed glucose information from that point in time.
- Target glucose ranges shown by the colored lines that run parallel to the x-axis and values as set in Settings, Section 4, on the right y-axis. The yellow line is the upper limit and the red line is the lower limit.
- Calibration events entered into the Dexcom CGM system shown by the gray circle C icon, when the calibration toggle is active.

8.3 Daily Data

Daily displays glucose data in graphs by the day over the selected time range. Daily graphs are displayed with the most recent day first. Use the numbers along the bottom of the last graph to load previous days.

To filter the Daily data:

1. Click **Daily**.
2. Click **Days, Time of Day, Events** and **Usage** filters as needed.
3. Click **Apply**. You must click Apply every time you access each filter to update the graph.
4. Click the **CGM** and **Calibrations** sliders to toggle them on or off. See section 7.1.3.

8.3.1 Daily Graph

The Daily graphs include:

- A 24-hour timeline along the bottom x-axis.
- Scale for glucose readings on the left y-axis.
- CGM lines that trace CGM glucose data readings.
- Values associated with each CGM readings viewed by moving your mouse along the CGM lines.
- Target glucose ranges shown by the colored lines that run parallel to the x-axis, as determined in Settings, Section 4. The yellow line is the upper limit and the red line is the lower limit.
- Health events as recorded on the Dexcom CGM system, shown with an icon below the x-axis and viewed by hovering your cursor over each icon.
- Calibration events entered into the Dexcom CGM system shown by the gray circle C icon, when the calibration toggle is active.

If the black trace line in the graph has interruptions or stops, then your Dexcom CGM system did not record glucose data during that time.

9 Compare

The Compare page is divided into two columns containing graphs, statistics, patterns and devices to compare within selected date ranges.

9.1 Select Date Ranges

Each column has its own date range selector. You can compare a range of up to 90 days of data. Use the numbers located below the last graph to view more graphs in your selected date range.

The green date bars display the current date ranges for comparison.

To change the ranges for each column:

1. Click anywhere on the green bar to open the selector window.
2. Click **7**, **14**, **30** or **90** for Number of days (most recent).
or
Click inside the **Start Date** and **End Date** boxes to choose dates for a custom view, then click **OK**.

You can compare the graphs through the Trends, Overlay, or Daily views and apply filters.

To change the data views and filters:

1. Click **Trends**, **Overlay**, or **Daily** to select the view.
2. Click **Days**, **Time of Day**, **Events** and **Usage** filters as needed.
3. Click **Apply**. You must click Apply every time you access each filter to update the graph.
4. Click the **CGM** and **Calibrations** sliders to toggle them on or off. See section 7.1.3 for more information. The sliders are located below the graphs.

9.2 Compare Trends

In the Trends view, see side-by-side glucose trends throughout the day over the selected date ranges. These graphs include the same features as the Trends Graph. See Section 8.1.1 for more information.

9.3 Compare Overlay

In the Overlay view, compare day by day, a week of data over the selected date ranges. These graphs include the same features as the Overlay Graph. See Section 8.2.1 for more information.

9.4 Compare Daily

In the Daily view, see side-by-side Daily 24-hour graphs for the selected date range. These graphs include the same features as the Daily Graph. See Section 8.3.1 for more information.

9.5 Compare Statistics

All Compare views include the Overview dashboard statistics for review. See section 6.1 for more information.

Statistics in the right column are marked with arrows to indicate changes from the left column values. An arrow pointed up means the statistic on the right is higher than the same statistic on the left. An arrow pointed down means it is lower.

9.6 Compare Patterns

Click the name of the pattern to view the time range, number of events and rebounds of the pattern.

Patterns that were resolved from the left column are marked on the right column with strikethrough green text and a checkmark icon.

New patterns in the right column are highlighted with a NEW icon. Best Days are always included for both selected date ranges.

9.7 Compare Devices

Click the device name at the bottom of the page to compare the Dexcom CGM type, serial number and upload date of the selected date ranges.

10 Statistics

Statistics for CGM data are shown either Daily or Hourly with standard and advanced views for the date range selected.

Daily statistics are calculated values for the individual day of the week over the date range selected. For example, if the date range is 14 days, all the CGM values collected on the two Mondays would be used in the Monday calculations.

Hourly statistics are calculated values for the individual hour of the day over the date range selected. For example, if the date range is 7 days, all CGM values collected for each individual hour for each of the seven days would be used in the calculations.

Click **Daily** or **Hourly** for standard views, then click the **Advanced** checkbox if you want to view all the statistics.

Daily and Hourly both have the same statistics and include:

- **Time in Range:** The percentage of time that glucose levels are in low, target and high ranges. CLARITY's default in-target range is 70-180mg/dL, which may be different settings than for the Dexcom CGM app or receiver. From the Settings page, CLARITY in-target ranges can be individually customized for daytime and nighttime. Each Dexcom CGM reading is compared against the custom glucose target range and assigned a category of High, In Range, Low, or Urgent Low. Readings are tallied, then percentages for each category are calculated.
- **# Readings:** Total number of CGM readings.
- **Min:** Minimum is the lowest CGM reading.
- **Mean:** The average of CGM readings.

- **Max:** Maximum is the highest CGM reading.
- **Quartile 25:** The CGM reading where 25% of all readings fell at or below this value, after ranking all values from lowest to highest.
- **Median:** The midpoint of all CGM readings where half the readings fall above.
- **Quartile 75:** The CGM reading where 75% of all readings fell at or below this value, after ranking all values from lowest to highest.
- **IQR:** Inter Quartile Range (IQR) is the difference between the Quartile 75 and Quartile 25 readings.
- **Std. Dev.:** Standard Deviation (SD) reflects the amount of variability in CGM readings. The larger the SD, the larger the variability in CGM readings.
- **IQ Std. Dev.:** Inter Quartile Standard Deviation (IQSD) removes the top 25% and bottom 25% of CGM before calculating the SD.
- **SD Mean:** Standard Deviation of the Mean (SD Mean) estimates variability by dividing the SD by the square root of the number of values.
- **%CV:** The Coefficient of Variation (%CV) is calculated by dividing the glucose Standard Deviation by the mean glucose. %CV is a standardized measure that assesses the magnitude of glucose variability. The larger the %CV, the larger the variability in CGM readings.

11 AGP

The Ambulatory Glucose Profile (AGP) is a licensed, standardized glucose report created by the International Diabetes Center (IDC). AGP provides a standard set of information and graphs relating to your diabetes management and is only one part of understanding your glucose patterns.

The report is divided into these sections:

- **Glucose Statistics** summarize the glucose values from the selected date range.
 - **Glucose Exposure:** The average of all the glucose readings in the selected date range.
 - **Glucose Ranges:** Percentage of time spent in each of the glucose ranges.
 - **Glucose Variability:** How far readings are from the average.
 - **Data Sufficiency:** Percentage of time CGM readings were provided.
- **Ambulatory Glucose Profile** readings are combined to make a one day, 24-hour picture.
 - **50% Median:** Half of glucose values are above this line and half are below.

- **25/75%-IQR**: Half of the glucose values are between these lines and half are outside these lines.
- **10/90%**: 80% of glucose values are between these lines.
- **Daily Glucose Profiles** contain single day views of glucose values from the selected date range.

12 Print, Download, Email and Export Reports

You can print, download, email and export reports with the links located at the top of CLARITY.

12.1 Print Reports

To print a report:

1. Click **Reports** at the top of the page.
2. Select **Print**.
3. Click anywhere on the green bar to select a date range.
4. Click **7**, **14**, **30** or **90** for Number of days (most recent).
or
Click inside the **Start Date** and **End Date** boxes to choose dates for a custom view, then click **OK**.
5. Click at least one report to print.
6. Click Print Report.

Printed reports include a section at the bottom for writing notes.

12.2 Download Reports

To download a report as a PDF:

1. Click **Reports** at the top of the page.
2. Select Download PDF.
3. Click anywhere on the green bar to select a date range.
4. Click **7**, **14**, **30** or **90** for Number of days (most recent).
or
Click inside the **Start Date** and **End Date** boxes to choose dates for a custom view, then click **OK**.
5. Click at least one report to download.
6. Click Save Report.

12.3 Email Reports

You can email a report as a PDF to anyone you want. To send an email:

1. Click **Reports** at the top of the page.
2. Select **Email**.

3. Click anywhere on the green bar to select a date range.
4. Click **7**, **14**, **30** or **90** for Number of days (most recent).
or
Click inside the **Start Date** and **End Date** boxes to choose dates for a custom view, then click **OK**.
5. Click at least one report to email.
6. Click **Continue**.
7. Enter the email address to send the report.
8. Enter an optional message.
9. Click the **Send a copy to myself** box if you would like a copy of the email.
10. Click Continue.
11. Click **I Agree to the Terms** after you have read them.

You can only email the report to one recipient at a time. To email more recipients, repeat the process after the first email has sent.

12.4 Export Reports

You can export raw glucose data values, calibration values and events to an Excel spreadsheet, saved to your computer. This generates a .csv file. To export a report:

1. Click **Export** at the top of the page.
2. Click anywhere on the green bar to select a date range.
3. Click **7**, **14**, **30** or **90** for Number of days (most recent).
or
Click inside the **Start Date** and **End Date** boxes to choose dates for a custom view, then click **OK**.
4. Click **Export**.
5. Click **Close** on the success page.

13 Help, Troubleshooting and Technical Support

13.1 Help

To get help with CLARITY:

1. Click **Help** at the top of the page.
2. Select **Help**.
or
Select **User Guide** to view, print or save this guide in PDF format.

To access this User Guide, contact Dexcom or to uninstall CLARITY:

1. Click **Help** at the top of the page.
2. Select **Help**.
 - Click **User Guide** to view, print or save this guide in PDF format.

- Click **Contact Us** to view questions and FAQs about Dexcom or to email Dexcom.
- Click **Uninstall** to remove CLARITY from your computer.

13.2 Troubleshooting

If you're having trouble accessing CLARITY, try these troubleshooting steps:

- Make sure your computer is connected to the Internet throughout the session. If the computer loses that connection, it might not display the screens properly.
- Check that the computer's operating system and browser are supported. See Section 1 for more information.
- Know where downloaded files are stored. This will make finding reports and downloads easier.
- Make sure that no other glucose data software or Dexcom software is open. If any such programs are open, they could cause stalls or failures during uploads from a CGM.
- Make sure you have appropriate permissions on your computer to download reports or install Uploader software.
- Make sure the following URLs are included in any trusted website browser lists:
 - https://*.dexcom.com
 - https://*.sweetspotdiabetes.com
 - <https://agent.mydiabetesdata.com>

13.3 Technical Support

For help with a Dexcom CGM system or questions about CLARITY, contact Dexcom Support at **1-844-607-8398** or www.dexcom.com/support

14 Appendix A: Dexcom CLARITY app

The Dexcom CLARITY mobile app allows you to view glucose statistics, save and email reports, and enter the sharing code from your clinic to allow data sharing.

Download the Dexcom CLARITY app from the app store of your smartphone. The localization and languages selected on your smartphone and how you have your Dexcom account set up, controls how you view the CLARITY app. To view CLARITY compatible smartphones, visit: dexcom.com/compatibility

14.1 Summary

View the glucose summary dashboard of statistics from the date range selected.

- To select a date range, tap the green date bar at the top of the screen, then tap the most recent amount of days you want to view.
- Tap the statistics showing a greater than sign (>) to view detailed information.

14.2 Reports

Choose the reports you want to view, save, print and email. CLARITY generates reports for the last 7, 14, 30 or 90 days.

To view reports:

1. Tap **Reports** from the menu.
2. Tap **7 Days**, **14 Days**, **30 Days** or **90 Days**.
3. Tap the center report selection box.
4. Tap each report you want to include. Your selections are saved for your next visit.
5. Tap **Done**.
6. Tap **View Reports**.

To save, print or email reports:

- To save the report, tap the paper-arrow icon.
- To print the report, tap the printer icon.
- To email the report, tap the envelope icon.

14.3 Share

Accept invitations to share data with your clinic or generate a sharing code for limited access. See section 4.5 for more information on data sharing with clinics.

14.3.1 Accept Invitation

To accept a sharing invitation from your clinic:

1. Tap **Share**.
2. Tap **Accept Invitation**.
3. Enter the sharing code provided by your clinic.
4. Select your date of birth.
5. Tap **Continue**.
6. Tap the **I consent to share my data with my clinic** box.
7. Tap **Yes, Share My Data**.

14.3.2 Generate Code

Use this option to share data with your clinic if they do not provide sharing invitations.

To generate a share code:

1. Tap **Share**.
2. Tap **Generate Code**.
3. Tap **3 Months**, **6 Months** or **1 Year** to select how long the code is valid.
4. Tap **Generate Code**.

14.4 Settings

14.4.1 Notifications

Turn on the notifications you want to receive on your smartphone when data is available and connected to the internet.

14.4.2 Emails

Turn on **Email Summary** to receive a summary of your available data to the email address you use with Dexcom.

14.4.3 Account

- Tap **Target Ranges** to adjust the time and range for use in CLARITY only.
- Tap **Logout** to sign out of the app.
- Tap **Manage Profile** to update your Dexcom account.

14.4.4 Support

Tap the desired support option to get more information.



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