

## Memorandum

TO: Diabetes Care and Education Dietetic Practice Group (DCE DPG) members

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TOPIC: Reproduction of the education handout *Continuous Glucose Monitoring*

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## Considerations for CGM

Advantages	Disadvantages
<ul style="list-style-type: none"><li>• Provides updated information every few minutes.</li><li>• Helps identify trends and patterns in glucose, with the goal of preventing high and low glucose levels or catching them early.</li><li>• Alerts you to a low glucose before it is extremely low. The alarm feature can also alert you to a high glucose that may be due to a missed insulin dose or a problem with insulin delivery (expired insulin or insulin pump issue) so that you can correct it sooner.</li><li>• Helps evaluate the effect of food and activity on glucose. It may also help you determine the amount and timing of your pre-meal insulin doses if you have been instructed to adjust your own insulin.</li></ul>	<ul style="list-style-type: none"><li>• Requires traditional fingerstick blood glucose monitoring to calibrate the device and to confirm a low or high blood glucose reading.</li><li>• Requires time and patience to understand the technical functions of the device.</li><li>• Involves a “lag time” that averages 15 minutes because the blood glucose reading is taken from interstitial fluid and does not reflect actual blood glucose concentration that is found in standard fingerstick (capillary) blood samples.</li><li>• Features alarms that may initially be disruptive. It will take time to find the right alarm settings. Alarm settings need to be adjusted based on the glucose level at which you wish to take action.</li></ul>

### Will my health insurance cover a personal CGM?

Insurance coverage for CGM technology is steadily increasing, particularly for individuals with type 1 diabetes on insulin pump therapy. However, patients with gestational and type 2 diabetes are also obtaining reimbursement.

Each company’s policy is different, and coverage varies for individual situations. Some factors that your insurance company may consider before deciding if you are eligible for CGM coverage include:

- Type of diabetes (type 1, 2 or gestational)
- Diabetes treatment (insulin injections/insulin pump therapy)
- Pregnancy
- Current level of diabetes control
- Frequency of hypoglycemia
- Hypoglycemia unawareness

### What steps should I take if I am interested in using a CGM device?

Discuss CGM with your health care provider to determine whether it is appropriate for you. If you are found to be a good candidate, ask your health care provider for assistance with insurance coverage.

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For more information: Contact the American Dietetic Association at [www.eatright.org](http://www.eatright.org)

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