

Simple Steps for Success Checklist



Patient Name:	Training Date:
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This Checklist is to be used with the SEVEN PLUS Quick Start Guide during your basic training. It is designed to outline the most important information to help you get comfortable and confident using your SEVEN PLUS Continuous Glucose Monitoring System, and to document your training. If you have questions or need more detailed information, you can refer to the SEVEN PLUS User's Guide or contact DexCom's Technical Support Team at 1.888.SEVENGO (738-3646). To get started tear out this Checklist at the perforated edge and follow along with your Quick Start Guide.

I. The Basics

- Review the 3 technologies in the SEVEN PLUS System:
 - Receiver: Review the 4 buttons and the display.
 - Transmitter: Review the ID number located on the flat side of the device.
 - Sensor: Review the package to make sure the Sensor has not expired.
- Meter: For your Sensor Session, you will also need an FDA-cleared Blood Glucose (BG) Meter and strips.

II. Before You Start

- Charge your Receiver.
- Review the Transmitter ID; set if necessary.
- Check the Receiver date and time; set if necessary.
- Check to see that your Transmitter and Receiver are Talking, or “” is in the bottom right corner of your Receiver.
- Set your High and Low Glucose Alerts.
- Your SEVEN PLUS has a non-adjustable Hypo Safety Alarm that is fixed at 55mg/dL.

III. Getting Started

- Review Sensor Tips
- Review Step 1: Placing Your Sensor**
 - Locate appropriate Sensor sites on your abdomen.
 - Review steps to Insert the Sensor.
 - Review steps to Remove the Applicator.
- Review Step 2: Attaching your Transmitter**
 - Review steps to insert the Transmitter into the Sensor Pod.
 - Review steps to remove the Transmitter Latch.
- Review Step 3: Starting Your Sensor Session**
 - Review steps to start your Sensor Session.
- Review Step 4: Calibrating**
 - Review Start-Up Calibration – Open Choice Method. Remember, do not calibrate when you see or [??] in the Status Box.
 - Remember to always dose your insulin using the glucose values from your blood glucose (BG) meter.

IV. Using Your SEVEN PLUS

- Review Calibration Update and Recalibration – Open Choice Method
 - Minimum calibration is one fingerstick every 12 hours, and sometimes more often if your Sensor needs it.
 - Review Calibration Tips.

V. Troubleshooting and Technical Support

- DexCom Technical Support is available 24/SEVEN to help you with any questions about your SEVEN PLUS System. Call 1-888-SEVENGO (738-3646).
- During your Sensor Session, do not use any products containing acetaminophen (such as Tylenol®). This will cause your Sensor to read your glucose inaccurately.
- Remove your Sensor prior to an MRI.
- For additional product support and training please see the SEVEN PLUS Tutorial at www.DexCom.com.

I have read the SEVEN PLUS Quick Start Guide along with this Simple Steps for Success Checklist. I am aware of the Indications For Use, Contraindications, Warnings and Precautions of the System outlined at the end of the SEVEN PLUS Quick Start Guide.

Patient Signature:	Date:	Trained by:	Date:
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RETURN THIS FORM TO DEXCOM

Please sign, date and return this document to DexCom Inc. via fax (877-633-9266), email at customerservice@DexCom.com, or US mail to 6340 Sequence Drive, San Diego, CA 92121 USA.

