



Patient Guide

# UNDERSTANDING CONTINUOUS GLUCOSE MONITORS (CGM)

And How to Know Which One is Right for You



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# INTRODUCTION

If you or someone you care for is navigating life with diabetes, you've probably started to hear more about continuous glucose monitors, otherwise known as CGMs.

This guide covers essential information about CGM devices for those who are newly diagnosed, caring for someone with diabetes, or looking to transition from their current diabetes management routine.

CGM devices can be used for managing either Type 1 or Type 2 diabetes and some devices are approved for children as young as 2.

## WHAT IS CONTINUOUS GLUCOSE MONITORING (CGM)?

CGM devices are compact medical systems designed to provide a continuous, near real time log of your blood glucose levels. The devices normally take readings every five minutes, so they give a far more complete picture of what's happening with blood glucose throughout the day than traditional methods.

## HOW TO USE A CGM:

CGMs are a kind of wearable medical device. They work through sensors that use a very small plastic tube to penetrate the top layer of the skin. Depending on the brand, CGM sensors have to be replaced after 7-14 days.

Devices are worn on either the arm or the abdomen and are held in place by an adhesive patch. Rather than taking readings directly from blood, CGMs measure glucose via interstitial fluid. This fluid surrounds the cells in your body and offers a good proxy for blood glucose.



While a traditional fingerstick provides just a momentary snapshot of blood glucose, CGMs provide close to 300 readings every day.



# HOW CGMS BENEFIT PEOPLE WITH DIABETES

For people living with diabetes, CGMs are nothing less than a game changer.

These devices provide both medical and lifestyle benefits.

One of the main benefits of CGM devices is that they are able to send their real time readings wirelessly so that you can easily monitor your blood glucose via a connected device. This is done with a reusable transmitter.

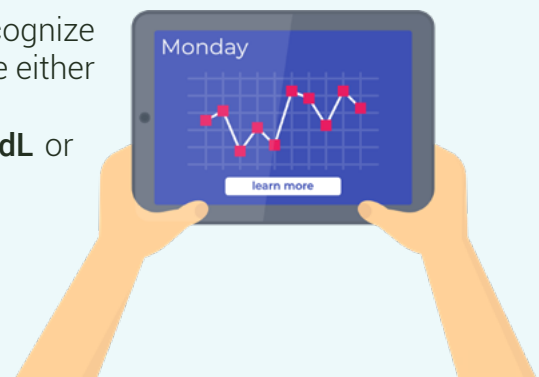
While some CGMs come with their own dedicated monitor, most now share information via a smart phone app as well, allowing you to monitor your blood glucose right from your phone.

In addition to providing a record of blood glucose trends throughout the day, most CGMs can send proactive alerts when levels are out of range. Some devices even offer predictive alerts, which can detect worrisome dips or spikes in blood glucose before they even start.

## UNDERSTANDING HYPO AND HYPERGLYCEMIA:

A benefit of using a CGM is that you'll be able to more quickly recognize when your blood glucose is out of range: in other words, when you're either hyper or hypoglycemic.

- Hyperglycemia is defined as a blood glucose level of **250 mg/dL** or over
- Hypoglycemia is a blood sugar **70 mg/dL** or below.







Because they are worn at all times throughout the day, CGMs can catch glucose fluctuations that might otherwise go unnoticed, such as when exercising.

Here are some additional ways that CGM devices benefit people with diabetes.



#### Catch blood glucose issues faster.

Since CGMs allow you to catch incidents of hyperglycemia (high blood glucose) and hypoglycemia (low blood glucose) as they happen, they help you learn how food affects you and can prevent or lessen the potentially dangerous consequences of being out of range. This provides a huge advantage over a traditional fingerstick that only provides static readings.



#### More time in range leads to better health outcomes.

Numerous studies have shown that CGMs are highly effective at reducing A1C. They can also increase the a person's time-in-range, meaning the overall amount of time spent in a healthy glucose range.



#### No more constantly stopping to check your numbers.

While using a fingerstick is sometimes needed to calibrate a CGM, these devices eliminate the need to check blood glucose in this way at regular intervals.



#### Supports an active lifestyle.

You can't always stop to do a fingerstick during a soccer game, so CGMs are especially beneficial for children and active adults. They can ensure that glucose levels remain in a safe range throughout physical activity.

# HOW DO I GET A CGM?

Like many other types of medical technology, you need a prescription from your doctor to get a CGM. However, getting your insurance company to cover your CGM involves some additional steps.

With most major private insurers and Medicare, patients need to have what's called a prior authorization (PA) in order to get a CGM covered. This is a form completed by your doctor. Its purpose is to demonstrate that the device is medically necessary.

## WHAT DETERMINES MEDICAL NECESSITY?

While specific requirements vary depending on the insurance company, here are some general guidelines for what constitutes medical necessity.

### **A CGM may be medically necessary if the patient...**

- Has a Type 1 diabetes diagnosis.
- Has completed a comprehensive diabetes education program.
- Uses multiple daily insulin injections or an insulin pump with frequent dosage adjustments.
- Self-tests their glucose an average of four times per day over the last two months.
- Will use the CGM to complement a standard diabetes care plan.
- Has recurring, unexplained episodes of hypoglycemia or has recurrent night time hypoglycemia.



Traditionally, it's been easier to qualify for a CGM with a type 1 diabetes diagnosis since these patients have to inject insulin more frequently.





Quest Health Solutions can assist with assessing identifying criteria and navigating the insurance approval process.

Here's how our process works:

- 01. Patient Identification:** The first step is to determine whether a patient meets the eligibility requirements for a CGM. A key advantage of working with Quest Health Solutions is that we qualify patients for you. If you have questions regarding eligibility under Medicare or a specific private insurance plan, you can contact the Quest Health Solutions team for assistance.
- 02. Documentation:** Once it is determined that a patient qualifies for a CGM the next step is to prepare appropriate documentation in the patient's medical record to prove eligibility. Documentation always includes the following information:
  - Beneficiary's diagnosis
  - Duration of condition
  - Clinical course
  - Prognosis
  - Functional limitations
  - Past experience with related items
- 03. Order Form Completion & Prescription:** Once documentation is complete, the next step is to order the selected CGM. This is done through a simple, two-step process.
  - For the selected product:
    - Complete patient information form
    - Complete physician's authorization form

# CHOOSING WHICH CGM DEVICE IS RIGHT FOR YOU

Currently, the Food and Drug Administration (FDA) has approved four CGM systems for sale in the United States. The below table provides an overview of their key features.

Device	Dexcom G6	Medtronic Minimed Guardian Connect	Abbott FreeStyle Libre 2	Eversense Implantable CGM
Calibration	None	2x/day	None	2x/day
Sensor Wear	10 days	7 days	14 days	90 days
Transmitter wear:	90 days	12 months	12 months	90 days
Ages Approved for:	2+	14-75	4+	18+
Device compatibility:	Bluetooth connectivity, compatible with iOS and Android devices, and insulin pumps	iOS or Android smartphone app	Optional receiver or smart phone app (LibreLink)	iOS or Android smartphone app

Here is some additional information about each device that can help you decide which one is right for you.

## DEXCOM G6



### Highlights:

- Comes “factory calibrated” so no finger stick calibration is needed
- FDA approved for children as young as two years old
- Customizable alerts

### Costs:

- Dexcom G6 transmitters: \$1200 for annual supply (4 per year)
- Dexcom G6 sensors: \$4,800 for annual supply
- **Total: \$6,000 per year, \$500 per month**

### Why choose Dexcom G6:

- Offers highly accurate readings, within 9% of lab results
- Long standing, popular product with reputation for quality

### Why it may not be right for you:

- High-cost device

## MEDTRONIC MINIMED GUARDIAN CONNECT



### Highlights:

- Offers predictive alerts to warn users between 10 and 60 minutes before their blood glucose falls out of a safe range
- Designed to help users avoid high and low episodes

### Costs:

- Minimed transmitter: \$620
- Medtronic Minimed Guardian Connect CGM sensors: \$345 for a 5 pack
- **Total: \$4,760 per year, or \$397 per month**

### Why choose Minimed Guardian Connect:

- Accuracy is close to that of Dexcom
- Shares data with providers automatically

### Why it may not be right for you:

- High price point similar to Dexcom

## ABBOTT FREESTYLE LIBRE



### Highlights:

- Factory calibrated
- Flash system that is manually scanned, rather than sending automatic readings
- Small, inobtrusive device—about the size of two quarters, can be scanned through clothing
- Water resistant. Can be worn during swimming or bathing

### Costs:

- 14 day sensor: \$58-\$69 at pharmacies
- Optional hand-held reader: \$70 (can use a smart phone instead)
- **Total: \$1,582 to \$1,868 for a year's supply, about \$160 per month**

### Why choose Abbott Freestyle Libre:

- Cost effective
- Slim profile

### Why it may not be right for you:

- Manual scanning means you won't get alerts when you are not checking the device so it may not be the best choice for those who experience highs and lows while sleeping or exercising.



## EVERSENSE IMPLANTABLE CGM



### Highlights:

- First long-term implantable CGM device
- Approved for 90 days in the US, 180 days in Europe
- Inserted and removed by a doctor

### Costs:

- Providers usually charge \$200-\$300 for insertion and \$300-\$400 for removal and reinsertion
- **Total: \$6,400 per year, around \$533 a month**

### Why choose the Eversense Implantable CGM:

- Long wear implantable device
- High degree of accuracy

### Why it may not be right for you:

- Costly, requires frequent doctors' visits
- Must wear a transmitter in addition to implant



## CONCLUSION

CGM technology has been transformative for patients managing their diabetes. It offers:

- A consistent stream of data rather than the momentary snapshots offered by fingersticks.
- Freedom to go about your day without frequently stopping to check your blood sugar.

Some CGM devices can also connect to an insulin pump to create a "closed loop" system that's discrete, flexible, helps patients stay in range, and achieve the best possible health outcomes.

Want to learn more? Visit our website to learn about our solutions for patients and health care providers.

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