A Deep Dive into Continuous Glucose Monitoring Use in Primary Care with Dexcom Clarity Software

Presented by: Davida Kruger, MSN, APN-BC, BC-ADM
Primary Care: Important to the Management of Diabetes

Distributions of Endocrinologists/Diabetologists and Primary Care Providers Across the United States

US Counties with > 1 Pediatric or Adult Endocrinologist/Diabetologist

US Counties with > 1 Primary Care Provider
CGM Technology Enhances Existing Models of Care

Diabetes care that relies on quarterly visits with A1C checks neglects the reality of life with diabetes that is continuous\(^1\)

Using A1C alone may not be very helpful to patients for understanding their diabetes\(^2\)
- Impact of lifestyle on glycemic management
- No visibility on their response to interventions
- May be reluctant to advance therapy if they don’t understand their glycemic pattern

Blood glucose monitoring (BGM) has notable limitations\(^3\)
- Measures blood glucose (BG) at a single point in time
- Patient engagement and use is impacted by associated pain and social stigma

The majority of diabetes care transpires between visits, outside of clinical encounters\(^1\)

Wearing CGM allows for personal discovery as patients engage in their own care

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Same A1C, but CGM Patterns Drive Different Treatment Plans

A1C 7%

Adapted from https://diatribe.org/BeyondA1c, Assessed March 18, 2021
Benefits of Real-Time Continuous Glucose Monitoring (RT-CGM)

**ADA Standards of Care 2022**
RT-CGM continuous glucose monitoring (A) or IS-CGM (B) **should be offered** for diabetes management in adults with diabetes on MDI or CSII

Initiation of CGM, CSII and/or AID **early** in the treatment of diabetes can be beneficial. (C)

**AACE Clinical practice guideline 2021**
CGM is strongly recommended for all persons with diabetes treated with intensive insulin therapy, defined as 3 or more injections of insulin per day or an insulin pump*

CGM may be recommended for individuals with T2D who are treated with less intensive insulin therapy†

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ADA = American Diabetes Association; AACE = American Association of Clinical Endocrinologists.

*Grade A; High Strength of Evidence; BEL 1; †Grade B; Intermediate Strength of Evidence; BEL 1
Updated Recommendations from American Diabetes Association

- **Initiation of CGM** (CSII and/or AID) early in the treatment of diabetes can be beneficial depending on a person's/caregiver's needs and preferences (C)

- **Periodic use of CGM** (RT-CGM, IS-CGM or Pro CGM) can be helpful for diabetes management in circumstances where continuous use of CGM is not desired or available (C)

- **Real-time CGM** (A) or IS-CGM (C) can be used for diabetes management in adults with diabetes on basal insulin.

**ADA Standards of Care 2022**

ADA = American Diabetes Association;

Overview Dexcom G6
Dexcom G6 Overview

The only CGM system indicated for children aged 2 years and older

- Up to **288** continuous readings per day
- **Exceptional accuracy**
  - Class II device designation¹
- **Zero** fingersticks required* 
  *If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions

- Customizable alerts and a fixed Urgent Low alarm
- **Predictive Urgent Low Soon** alert
- Data share features with up to **10** followers†
- Robust clinical evidence of improved glycemic outcomes²,³

Smart devices sold separately.
*For a list of compatible devices visit www.Dexcom.com/compatibility

Studies prove the clinical benefits of the differentiating attributes of Dexcom.⁴,⁵

¹Separate Follow app required.
Randomized Controlled Trials (RCTs) Show Improved Clinical Outcomes, High Usage, and High Satisfaction Using Dexcom CGM in Diverse Populations

**SENCE** (ages 2-7)
- Reduced # of severe hypoglycemic events (<54 mg/dL)
- Reduced parental burden and fear of hypoglycemia
- Hypoglycemia reductions sustained at 52 weeks
- 92% CGM use maintained at 52 weeks

**CITY** (ages 14-24)
- ~ 0.4% reduction in A1C; increased TIR; high treatment satisfaction
- 86% CGM use at 52 weeks
- Rapid ~ 0.5% reduction in baseline A1C; significant improvements in TIR and TAR at 8 weeks

**MILLENNIAL** (ages 16-25)
- ~ 1.3% and 1.4% reduction in baseline A1C in poorly controlled T1D and T2D patients, respectively
- 93% CGM use ≥6 days/week at 24 weeks
- 80% decrease in severe hypoglycemia
- Sustained benefits in glycemic, QoL, and satisfaction outcomes at 2.5 years

**DiaMonD** (ages 25+)
- ~ 1.3% and 1.4% reduction in baseline A1C in poorly controlled T1D and T2D patients, respectively
- 93% CGM use ≥6 days/week at 24 weeks
- Rapid decrease in time spent <70 mg/dL, TIR increased by 2.1 hrs/day.
- Glycemic benefits sustained at 52 weeks

**GOLD**, **SILVER** (ages 18+)
- ~ 0.9% reduction in baseline A1C in seniors with T1D and T2D
- High treatment satisfaction
- 97% CGM use ≥6 days/week at 24 weeks
- Rapid decrease in time spent <70 mg/dL, TIR increased by 2.1 hrs/day.
- Glycemic benefits sustained at 52 weeks

Dexcom Clarity
What is Dexcom Clarity?

Patients and HCPs can access clinically relevant glucose patterns, trends, and statistics via a range of interactive reports, at no cost to either of you.†‡

*Register for Dexcom Clarity at Clarity.dexcom.com/professional/registration.
†An internet connection is required for patients to send their glucose data to Dexcom Clarity via a compatible smart device—dexcom.com/compatibility. ‡Healthcare providers will only be able to view a patient’s glucose data if the patient elects to share it with them through Dexcom Clarity.
Dexcom Clarity Data Access is Simple

Frequent* Dexcom Clarity viewers experience up to 15% increased time spent in range (70-180 mg/dL) as compared to non-users.1 *Frequent use is defined as four or more monthly log ins to Dexcom Clarity.

Dexcom Clarity Data Access is Simple

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Your Dexcom Clarity Clinic Account

Create and Start Connecting With Your Patients
If unable to download either app prior to visit, recommend patient bring in their app store password to get assistance at their visit (typically their phone ID)

- Dexcom G6 and Dexcom Clarity app: same username and password
Add New Patients Quickly

Search by last name or Patient ID

Dexcom Uploader for receivers is up-to-date and ready to upload.

Add new patient

<table>
<thead>
<tr>
<th>PATIENT NAME</th>
<th>DOB</th>
<th>PATIENT ID</th>
<th>LAST UPLOADED</th>
<th>DATA SHARING</th>
</tr>
</thead>
</table>

Add new Patient

First Name

Last Name

Date of Birth

Month

DD

YYYY

Patient ID (optional)

Save

Cancel
### Set up Real-Time Sharing Indefinitely

<table>
<thead>
<tr>
<th>PATIENT NAME</th>
<th>DOB</th>
<th>PATIENT ID</th>
<th>LAST UPLOADED</th>
<th>DATA SHARING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doe</td>
<td>Mar 11, 2000</td>
<td></td>
<td></td>
<td>Off</td>
</tr>
</tbody>
</table>

- **Upload data**
- **Save or print report**
- **Go to interactive reports**

- Share data
Invite Patient To Share Data

- After clicking Share data option: click invite, print or email
- Patient needs to have the Dexcom Clarity app on their phone or have an account on their computer

Invite this patient to share data

If the patient accepts, their personal Dexcom CLARITY account and your clinic’s account will automatically share data between them.

john doe
DOB: Mar 11, 2000
Patient ID

Please select one of the following options.

- Print an Invitation
- Email an Invitation

Invite
Cancel
Share Data With Clinic

- Ask patient to enter code in their Dexcom Clarity account under Profile

- Then Authorize Sharing, accept code (not generate)
To begin sharing data, the user will:

- Log into the Dexcom Clarity app with Dexcom login
- Tap Profile > Authorize Sharing > Accept Invitation
- Enter sharing code and date of birth
Interpret Dexcom Clarity Data and Reports
Key Metrics

Number of Days with CGM Data
14+ days recommended

Percentage of Time CGM is Active
>70% of data recommended

Mean Glucose
The average glucose

Glucose Management Indicator (GMI)
Approximate A1C levels based on average glucose measured using CGM values

Coefficient of Variation (CV)
Measure of glycemic variability (standard deviation/mean) ≤36% is recommended

Target time
- >250 mg/dL: <5% Very High
- >180 mg/dL: <25%* High
- 70-180 mg/dL: >70% In Range
- <70 mg/dL: <4%** Low
- <54 mg/dL: <1% Very Low

Target Range:
- T1D & T2D: 70-180 mg/dL
- Older/High Risk T1D & T2D: 70-180 mg/dL

*Includes percentage of values >250 mg/dL
**Includes percentage of values <54 mg/dL
The AGP is an AACE/ADA-recommended, standardized report for retrospective CGM interpretation created by the International Diabetes Center. This report has 3 distinct sections that:

1. Summarize glucose values to help assess the overall quality of glucose control
2. Show variability in the mean glucose and patterned areas of highs and lows
3. Show single-day glucose values to help identify patterns and progress

AGP images for demonstration purposes only
Dexcom Clarity offers nine reports that can support your in-person or remote conversations—all of which are generated from ADA-backed, industry-standard metrics.

**Overview:** contains key metrics to help address chief concerns; also allows you to bill for CGM review.

We found 1 pattern during this date range. The best day was July 4, 2020.

1. Justine had a pattern of daytime highs
   Justine had a pattern of significant highs between 5:55 PM and 7:30 PM. 14 high-events contributed to this pattern. 1 of the contributing events was a rebound high.

2. Justine’s best glucose day
   Justine’s glucose data was in the target range about 92% of the day.
Which Dexcom Clarity reports should I use?

Patterns: identified patterns begin discussions on what, why and how to address issues.
Which Dexcom Clarity reports should I use?

**Trends:** displays a patient’s glucose trends at different times of day over a selected date range.
Which Dexcom Clarity reports should I use?

**Overlay:** each graph contains up to 7 days of all sensor CGM data points to help visualize patterns and individual events.
Which Dexcom Clarity reports should I use?

**Daily view:** allows users to analyze all glucose values over individual days, as well as isolated, patient-entered events for each day.
Compare: displays two date ranges of a patient’s values to compare side-by-side.
**Statistics:** focus on metrics and glucose control. Time in Range can be compared across days or times to identify issues.

<table>
<thead>
<tr>
<th>Time in Range</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>% Very High</td>
<td>10</td>
<td>0</td>
<td>12</td>
<td>24</td>
<td>7</td>
<td>9</td>
<td>6</td>
</tr>
<tr>
<td>% High</td>
<td>18</td>
<td>21</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>26</td>
<td>7</td>
</tr>
<tr>
<td>% In Range</td>
<td>60</td>
<td>72</td>
<td>69</td>
<td>63</td>
<td>71</td>
<td>83</td>
<td>84</td>
</tr>
<tr>
<td>% Low</td>
<td>0</td>
<td>1</td>
<td>&lt;1</td>
<td>0</td>
<td>2</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>% Very Low</td>
<td>0</td>
<td>0</td>
<td>&lt;1</td>
<td>0</td>
<td>0</td>
<td>&lt;1</td>
<td>&lt;1</td>
</tr>
<tr>
<td>% Readings</td>
<td>576</td>
<td>576</td>
<td>576</td>
<td>576</td>
<td>553</td>
<td>576</td>
<td>404</td>
</tr>
<tr>
<td>Min</td>
<td>84</td>
<td>60</td>
<td>51</td>
<td>71</td>
<td>54</td>
<td>43</td>
<td>47</td>
</tr>
<tr>
<td>Max</td>
<td>343</td>
<td>284</td>
<td>335</td>
<td>360</td>
<td>286</td>
<td>304</td>
<td>327</td>
</tr>
<tr>
<td>Mean</td>
<td>186</td>
<td>176</td>
<td>187</td>
<td>192</td>
<td>167</td>
<td>174</td>
<td>141</td>
</tr>
<tr>
<td>Std. Dev.</td>
<td>63</td>
<td>47</td>
<td>52</td>
<td>81</td>
<td>55</td>
<td>60</td>
<td>56</td>
</tr>
</tbody>
</table>
Rapid Data Interpretation with the DATAAA Model
Review of DATAA Model

D
DOWNLOAD DATA

Download or view data in Clarity clinic

A
ASSESS SAFETY

Review time below range and hypoglycemia, discuss potential reasons and realistic solutions

T
TIME IN RANGE

Review progress towards time-in-range goals

A
AREAS TO IMPROVE

Review time above range and identify possible causes, solutions, and adjustments to self-management

A
ACTION PLAN

Discuss potential changes in the treatment plan
Using DATAA to Quickly Review Dexcom Clarity

Average Glucose:
- **162 mg/dL**
- Standard Deviation: **54 mg/dL**
- GMI: **7.2%**

Time in Range:
- **66%** in Range
- **26%** High
- **7%** Very High
- **<1%** Low
- **0%** Very Low

Target Range: **70-180 mg/dL**

Dexcom Clarity.
Billing and Reimbursement
# 2021 Continuous Glucose Monitoring (CGM) Coding Reference

<table>
<thead>
<tr>
<th>Codes / Description</th>
<th>Medicare Physician Office Fee Schedule</th>
<th>Medicare Outpatient Diabetes Center</th>
<th>Private Payer (2019 Averages)</th>
<th>Relative Value Unit (RVU) Non-Facility</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CGM Services</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPT 95249 (Personal CGM - Startup/Training)</td>
<td>Ambulatory continuous glucose monitoring of interstitial tissue fluid via a subcutaneous sensor for a minimum of 72 hours; patient-provided equipment, sensor placement, hook-up, calibration of monitor, patient training, and printout of recording.</td>
<td>$58.62</td>
<td>$55.66</td>
<td>$127</td>
</tr>
<tr>
<td>bill only once during the time period that the patient owns the device.</td>
<td></td>
<td>APC 5733</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPT 95250 (Professional CGM)</td>
<td>Ambulatory continuous glucose monitoring of interstitial tissue fluid via a subcutaneous sensor for a minimum of 72 hours; physician or other qualified health care professional (office) provided equipment, sensor placement, hook-up, calibration of monitor, patient training, removal of sensor, and printout of recording.</td>
<td>$157.37</td>
<td>$118.74</td>
<td>$304</td>
</tr>
<tr>
<td>Do not bill more than 1x/month.</td>
<td></td>
<td>APC 5012</td>
<td></td>
<td></td>
</tr>
<tr>
<td>CPT 95251 (CGM Interpretation)</td>
<td>Ambulatory continuous glucose monitoring of interstitial tissue fluid via a subcutaneous sensor for a minimum of 72 hours; analysis, interpretation and report.</td>
<td>$35.59</td>
<td>Paid under physician fee schedule</td>
<td>$96</td>
</tr>
<tr>
<td>Do not bill more than 1x/month.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The reimbursement information provided is intended to assist you with billing for your services related to continuous glucose monitoring (CGM). It is intended for informational purposes only and is not a guarantee of coverage and payment. CMS-1734-F Medicare Physician Fee Schedule Final Rule 2021. CMS-1736-FC: Medicare Outpatient Prospective Payment System Final Rule 2021. Fee schedules are national averages and are not geographically adjusted. PMIC Medical Fees in the United States 2020. Numbers provided are the median of the Usual and Customary (UCR) charges. Note that these are charges and not actual reimbursed amounts. CPT 2021 Professional Edition. Chicago, IL: American Medical Association. All rights reserved. CPT is a registered trademark of the American Medical Association.
Dexcom Clarity: 
COPY/PASTE Feature for Electronic Health Records

1. Copy in the Overview Page

2. Checkmark will appear when copied

3. Paste data into EHR
Expanded coverage and lower costs\(^1\) help support more of your insulin-using patients.

Dexcom users report the lowest out-of-pocket costs,\(^1\) and Medicare copay is the same price as that of other CGM brands.\(^2\)

Follow these two steps:

1. Enter ‘Dexcom G6’ in your e-prescribing software and select the quantities and refills for each component.

2. Sign, order, and submit prescription to ASPN or your patients’ preferred local pharmacy.

### Prescription Options

<table>
<thead>
<tr>
<th>Product</th>
<th>NDC Code</th>
<th>Quantity</th>
<th>Refills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dexcom G6 sensor</td>
<td>08627-0053-03</td>
<td>3 sensors per box</td>
<td>Every 30 days</td>
</tr>
<tr>
<td>Dexcom G6 transmitter</td>
<td>08627-0016-01</td>
<td>1</td>
<td>Every 3 months</td>
</tr>
<tr>
<td>Dexcom G6 receiver</td>
<td>08627-0091-11</td>
<td>1</td>
<td>Once a year</td>
</tr>
</tbody>
</table>


**BRIEF SAFETY STATEMENT** Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at https://www.dexcom.com/safety-information and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms or expectations or you’re taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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Strategies to Implement Dexcom G6 and Dexcom Clarity In Your Practice

Team Roles & Workflows
Enlist Your Team to Support Use

**Support Staff**
- Patient Dexcom Clarity Assistance
- Clinic Manager, IT, Quality team: Upload reports

**Clinical Staff**
- Identify patients during triage, chart prep and report to provider.
- Ordering assistance if needed
- Patient support if needed

**HCP**
- Identify patients
- Order Dexcom G6 and customize to your patient
- Review Dexcom Clarity Reports and bill interpretation
Dexcom is Here to Support YOU and Your Patients

Customer Sales Support
Support with Dexcom orders and general customer questions
1-888-738-3646

Global Technical Support
Product troubleshooting or replacement inquiries
1-844-607-8398
Available 24 hours a day; 7 days a week

Dexcom CARE
Dexcom CGM training, software downloads, and tutorials
1-877-339-2664

• Place Your First Order
• Need Pharmacy Information
• Request a Call Back
• Submit a Patient Support Request
• Request Sensor Overpatches
• Chat Live with Dexcom Tech Support

See dexcom.com/contact for current contact hours
Connect with Global Thought Leaders to Advance Diabetes Technology

SIGMA
Study of Improved Glucose Monitoring and Assessment

Join SIGMA to learn about:
- Expert Presentations
- Clinical Evidence
- Diabetes Technology Resources
- Coverage and Reimbursement
- Latest News

If you are not already a member, we invite you to learn more about SIGMA or request membership at www.cgmonitoring.net
Failure to use the Dexcom G6 Continuous Glucose Monitoring System (G6) and its components according to the instructions for use provided with your device and available at https://www.dexcom.com/safety-information and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the G6 do not match symptoms or expectations or you're taking over the recommended maximum dosage amount of 1000mg of acetaminophen every 6 hours, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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.

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THANK YOU!!

Questions?