



# What You Need To Know About Continuous Glucose Monitoring (CGM)

CGM uses a small sensor worn on the body to provide nearly constant glucose monitoring. It also gives detailed reports regarding glucose trends throughout the day.

## Good CGM Candidates Are Those With:

- Discordant A1c and self-monitored glucose values
- Hypoglycemia unawareness or high risk factors
- Requirements for multiple daily insulin injections
- Barriers to self-monitoring

Women who are pregnant are also good candidates.

## Coverage and Cost

**Commercial coverage** varies. Check with the payor.

**Medicare coverage** requires documentation of the following:

- Self-monitoring  $\geq 4x$  per day
- $\geq 3$  insulin injections per day
- Insulin regimen requiring frequent adjustment
- In-person visit with prescriber within 6 months

## Cost

- Commercial cost varies by plan.
- Medicare Part B covers 80%. Patient is responsible for 20%
- The FreeStyleLibre CGM system can be purchased without insurance for ~\$120 per month using coupons (such as through GoodRx).

## Pros

- Greater A1c reduction
- Less hypoglycemia
- Improved patient satisfaction
- Patient empowerment

## Cons

- Diminished accuracy with rapid glucose changes
- Adhesion of device
- Visibility of sensor
- Cost/insurance coverage

## Prescribing CGM

1. Choose a product from the list below.
2. Send a prescription.

**Commercial payor:** Send to a pharmacy.

**Medicare:** Requires use of a medical supply company

- Provider or patient can set up an account.
- Supply company will request a prescription and [supporting documentation](#).

Device	Supplies	Hypoglycemia Alert	Data Sharing	Smartphone compatibility*
<b>Dexcom G6</b> 10 day	1 receiver/365 days 1 transmitter/90 days 3 sensors/30 days	Yes	Yes, <a href="#">Clarity</a>	Yes, Android, iOS, Apple watch
<b>FreeStyle Libre</b> 14 day	1 receiver/reader 2 sensors/28 days	No	Yes, <a href="#">LibreView</a>	Yes Android, iOS
<b>FreeStyle Libre 2</b>	1 receiver/reader 2 sensors/28 days	Yes	Pending approval	Pending approval

\*Receiver/reader not necessary if using smartphone, though required by Medicare Part B

## Monitoring CGM Reports

Access via **online portal** (if patient uploading) or through a **patient device**.

**Ambulatory Glucose Profile (AGP)** is a standardized report.

Measure	Meaning	Goal
<b>% Time CGM is Active</b>	Percentage of time during the dates shown that CGM data is available	> 70%; Libre requires swiping at least every eight hours to capture all data
<b>Time in Goal Range</b>	Percentage of time during which glucose values were within the specified goal range (usually 70–180 mg/dl)	> 70% correlates with A1c < 7. Lower goals (eg 50%) are recommended for those at high risk of hypoglycemia
<b>Time Below Range</b>	Percentage of time during which glucose values were below goal range	<5%, lower (eg <1%) for high-risk individuals
<b>Average glucose</b>	Average of glucose values	~150, higher for high-risk individuals
<b>Glucose Variability</b>	Percent coefficient of variation of values	<36%