



APEX CGM

CGM USER GUIDE

Dear Valued Customer,

Congratulations on your purchase and thank you for trusting Apex CGM. We are a physician founded small business rooted in a commitment to democratizing access to continuous glucose monitors (CGMs). You will soon find that monitoring and interpreting your personal CGM data is quite simple. In the following pages we will give you the tools you need to get the most out of your device.

Best,

The Team at Apex CGM



CGM Basics



The Goal

- Avoid blood sugar spikes above 140 mg/dL
- Keep average blood sugar under 100 mg/dL

The Why

Blood sugar variability and peaks in blood sugar promote systemic inflammation, insulin resistance, food cravings and fatigue. You want less variable, more stable blood sugar.

The How

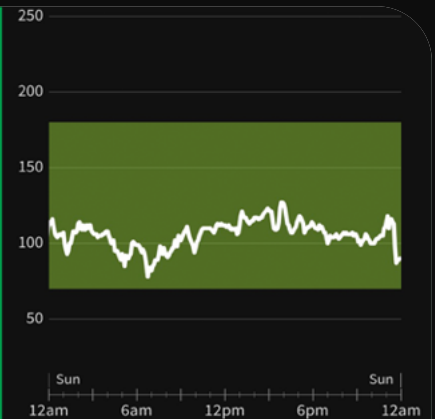
The single biggest factor contributing to your blood sugar is your diet. A balanced and healthy diet can improve insulin sensitivity and reduce blood sugar spikes. Adequate sleep, stress mitigation, illness and exercise play a smaller but important role.

Normal Ranges

Fasting: 72-90 mg/dL
Post meal: 99-140 mg/dL
24 hour average: 88-104 mg/dL

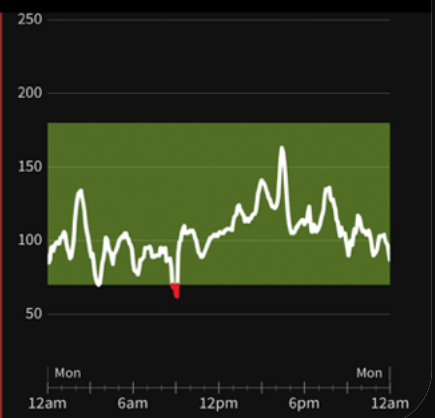
Less Variable

More Stable



More Variable

Less Stable



Stable

Less



CGM Strategy



Week 1: Benchmarking

After applying your CGM for the first time, **don't change a thing**. Spend the first week eating your typical diet, following your normal sleep schedule and exercising at your usual frequency and intensity. Take note of when your blood sugar is spiking above 150 mg/dL, you will be surprised which foods will cause this initially. At the end of your first week, take note of your average blood sugar.

Week 2-4: Learn Your Metabolism

After spending a week benchmarking and gaining insight into how your current behaviors translate to fluctuations in your blood sugar, it's time to enact change. Remember the focus, less variable and more stable blood sugars. Try to reduce intake of foods that lead to drastic spikes in blood sugar and emphasize foods that reduce or eliminate spikes all together. Link your device with a friend through the LibreLinkUp app and follow each others progress. Remember, don't overcomplicate your diet or beat yourself up. This is a learning process, the goal is improvement, not perfection.

Week 4+: Know Your Metabolism

One month of wearing a CGM and approaching your data analytically may be sufficient to understand how your diet and behaviors influence your metabolism. Given the immense number of variables that contribute to blood sugar, we typically recommend a minimum of two months of monitoring and a maximum of three months of consecutive monitoring. We find that four or more months of consecutive monitoring often isn't worth your time or money. A CGM is a tool that we encourage you to use only when you need it.

CGM Nutrition Basics



Eat Protein

Protein consumption is essential for life. Eating protein with carbohydrates will blunt your glucose spikes. Eating proteins in isolation will contribute to weight loss and decreased blood sugar.

Eat Complex Carbs

Complex carbohydrates have more fiber and are digested at a slower rate than simple carbohydrates contributing to slower changes in your blood sugar and lower peaks.

Eat Healthy Fats

Intake of healthy fats, such as mono and poly-unsaturated fats, will aid in blunting glucose peaks.

We don't have to tell you what foods are healthy. You already know that. Your task will be experimenting. Find foods and combination of foods that minimize strain on your metabolism and make you feel good.

CGM Tips and Tricks



You may have a small amount of bleeding when applying the sensor.

Sleeping on or applying pressure to your sensor will lead to falsely low readings

Be careful when carrying heavy bags with straps, you may inadvertently remove your sensor

Buddy up with a friend via the LibreLinkUp app

Don't take this too seriously, eating fries won't kill you.

