# USING PREDICTIVE & RATE OF CHANCE ALERTS

**Even with the best management plan, diabetes can still be *unpredictable at times*.** In addition to the Glucose Level Alerts, your Eversense E3 CGM System has two optional alert settings which, when turned on, may help you navigate sudden or unexpected changes in glucose levels. The Eversense E3 CGM System is providing Audio and Visual alerts on user mobile device and smart transmitter on-body vibrations for each type of alerts.

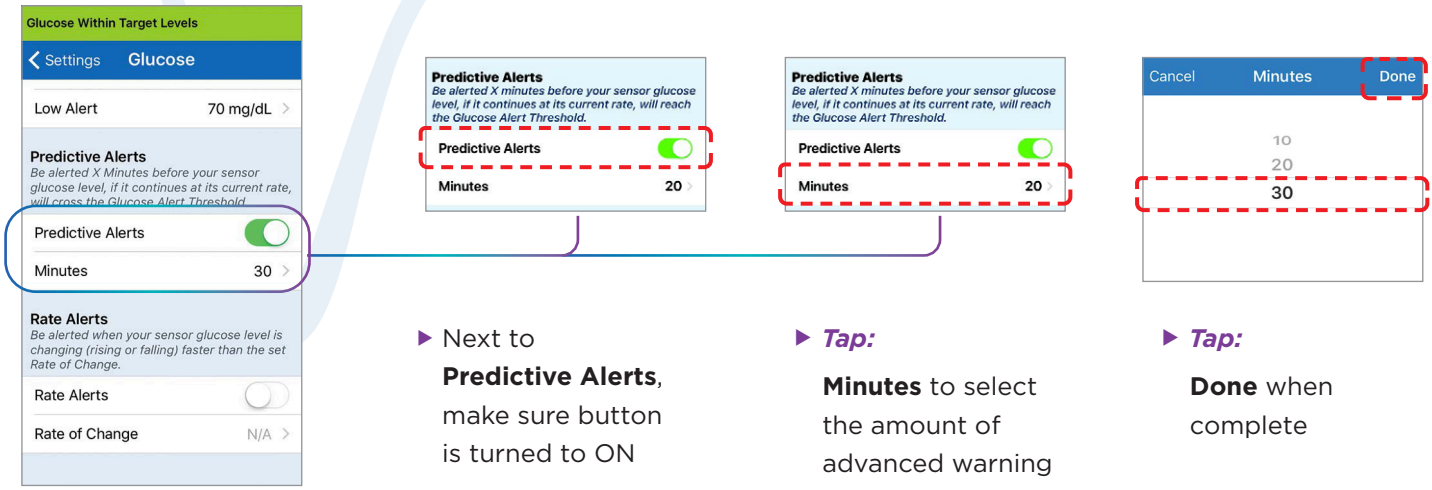
## 1. Predictive Alert

The **Predictive Alert** uses glucose trend information to predict oncoming highs or lows based upon your high or low glucose alert setting. You can choose to be notified 10, 20, or 30 minutes prior to a high or low event. Talk to your health care provider about which time setting is best for you.

***To turn the Predictive Alert on:***

***Tap:***

Menu > **Settings** > **Glucose**




- Next to **Predictive Alerts**, make sure button is turned to ON
- ***Tap:*** **Minutes** to select the amount of advanced warning
- ***Tap:*** **Done** when complete

## Using the Predictive Alert

Peter is traveling for work and his schedule and eating habits are not the same as usual; he knows this will affect his glucose levels.

Peter has chosen to set his low glucose alert at 70 mg/dL and his high glucose alert at 180 mg/dL. **He turns on his Predictive Alert and sets the time for 30 minutes, which he discussed with his health care provider.**

Now, Peter knows that his Eversense E3 CGM System will notify him when it predicts he will reach either his high or low alert level within 30 minutes.

*Because he is traveling, this advanced notification is very helpful.*

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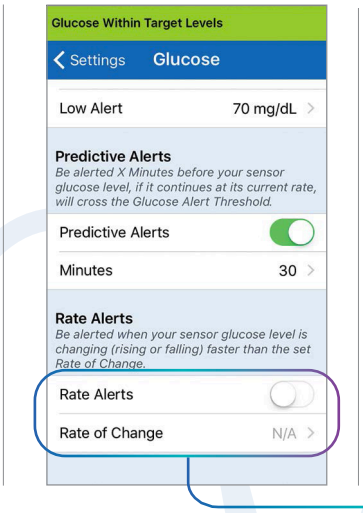
## 2. Rate of Change Alert

The **Rate of Change Alert** will notify you of rising or falling glucose levels at the rate you choose, from 1.5-5 mg/dL per minute (see the chart at right for examples).

- Usually, it makes sense to be notified when the rate of glucose change is 3.0 mg/dL per minute or more[1] (glucose will rise or fall 60 mg/dL or more in the next 20 minutes), but talk to your health care provider about the rate change setting that is best for you.

| Rate of Change Alert Examples | |
|---|---|
| **If You Choose This Rate of Change Alert Setting** (mg/dL/min) | **An Alert Would Occur When Glucose is Changing This Fast** (over 20 minutes of time) |
| 1.5 | 30 mg/dL |
| 2.0 | 40 mg/dL |
| 2.5 | 50 mg/dL |
| ▶ 3.0 | 60 mg/dL |
| 3.5 | 70 mg/dL |
| 4.0 | 80 mg/dL |
| 4.5 | 90 mg/dL |
| 5.0 | 100 mg/dL |

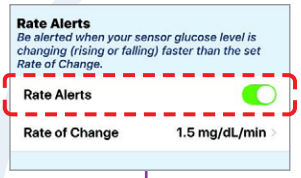
***To turn the Rate of Change Alert on:***



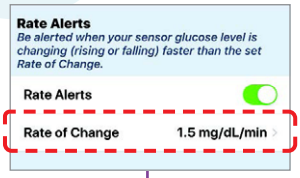

***Tap:***

Menu > **Settings** > **Glucose**

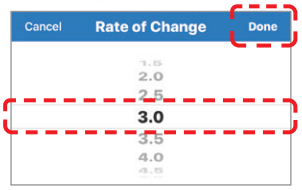
- Next to **Rate Alerts**, slide the **OFF** button to **ON**




- ***Tap:*** **Rate of Change** to select the rate




- ***Tap:*** **Done** when complete




## Using the Rate of Change Alert Alert

Peter knows that he will be doing a lot more walking than normal and eating different types of foods – both of which might make rapid changes in his glucose more likely.

By **turning on his Rate of Change Alert and setting it at 3.0 mg/dL/min**[1], his Eversense E3 CGM System will alert him when his glucose is rising or falling quickly – ***allowing him to respond ahead of time to a potential high or low event***.

**Important: It takes practice to determine which optional alerts are helpful. And it's possible to create too many alerts, which can lead to alert fatigue. For this reason, many people don't turn on the Predictive Alert and the Rate of Change Alert at the same time. It's important to discuss the use of these features with your health care provider.**

1 Scheiner, G., (2015). Practical CGM. A guide to improving outcomes through continuous glucose monitoring. American Diabetes Association, Alexandria, VA.

The Eversense® E3 Continuous Glucose Monitoring (CGM) System is indicated for continually measuring glucose levels for up to 180 days in persons with diabetes age 18 and older. The system is indicated for use to replace fingerstick blood glucose (BG) measurements for diabetes treatment decisions. Fingerstick BG measurements are still required for calibration primarily one time a day after day 21, and when symptoms do not match CGM information or when taking medications of the tetracycline class. The sensor insertion and removal are performed by a health care provider. The Eversense E3 CGM System is a prescription device; patients should talk to their health care provider to learn more.

**For important safety information, see global.eversensediabetes.com/safety-info.**



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