

APRIL 2025

Getting Started With Your Continuous Glucose Monitor

Below are links to continuous glucose monitors' manufacturer websites and instructional videos.

Prescription Devices

Freestyle Libre 2

- To learn more: freestyle.abbott/us-en/products/freestyle-libre-2.html
- Video instructions: youtube.com/watch?v=pHZlr1dprYw

Freestyle Libre 3

- To learn more: freestyle.abbott/us-en/products/freestyle-libre-3.html
- Video instructions: youtube.com/watch?v=CRDitmOolOc

Dexcom G6

- To learn more: dexcom.com/en-us/g6-cgm-system
- Video instructions: youtube.com/watch?v=dBOgdsfeM-A

Dexcom G7

- To learn more: dexcom.com/en-us/g7-cgm-system
- Video instructions: youtube.com/watch?v=KLbBidcY4lA

Over-the-Counter Devices (no prescription needed)

Dexcom Stelo

For patients with type 2 diabetes and not on insulin.

- To learn more: stelo.com/getting-started

FreeStyle Libre Rio

For patients with prediabetes and not on insulin.

- To learn more: freestyle.abbott/ie-en/getting-started.html

Lingo by Abbott

For anyone looking to improve their overall health and wellness. Not for people with diabetes.

- To learn more: hellolingo.com



This resource is part of the AHEAD Initiative Diabetes QI Patient Toolkit. For access to this toolkit and additional resources, please visit NEOQIHub.org.