Setting alarms

Welcome to this lesson on setting alarms with the Dexcom G7 sensor.

Throughout this session, we'll walk you through the available alarm options and demonstrate how to set them on the Dexcom G7 app on your phone.

1 Available alarms

The Dexcom G7 system provides a very extensive range of alarm options to keep you informed about specific glucose levels and sensor-related issues. You have the ability to set alarms for Urgent Low, Urgent Low Soon, Low glucose, High glucose, glucose Rising Fast or Falling Fast, Signal Loss and Brief Sensor Issue.

- The Urgent Low alert is automatically triggered when your glucose level reaches 55 mg/dL (3.1 mmol/L) or lower. It's important to note that this alert cannot be turned off, however there is an option to silence all alerts for up to 6 hours.
- The Urgent Low Soon Alert is designed to notify you when your glucose is rapidly decreasing and is projected to reach 55 mg/dL or 3.1 mmol/L within the next 20 minutes. This early warning allows you to take necessary actions and prevent your glucose levels from dropping dangerously low.
- The default Low alert triggers at 70 mg/dL or 3.9 mmol/L, while the High alert defaults to 250 mg/dL or 14 mmol/L, but these settings are customizable. You have control over the glucose level, sound, and the snooze intervals for both Low and High alerts. For the High alert, there's an option to delay the initial alert, activating only if your sensor reading remains high for an extended period.
- Rising Fast and Falling Fast alerts notify you when your glucose levels change rapidly. You can specify the rate of change and the threshold for these alerts.

When you receive an alert, it's important to take action, such as making a treatment decision or addressing any system issues. Afterward, you must

acknowledge the alert on your receiver, phone, or compatible smartwatch by tapping "OK." Until you acknowledge the alert, it will re-alert every 5 minutes.

2 Setting alarm on the Dexcom G7 app

With the Dexcom G7 app, configuring alarms is easy through the App Settings menu. You can access Alerts settings within the Profile tab. For each alert, you can customize the level, sound, and snooze preferences. Sound options include Sound, Vibrate, or matching your phone's sound settings.

Within the app, you have two optional quiet modes: "Silence All" for up to 6 hours and a "Vibrate" option. You can set all alerts to vibrate instead of making sounds for up to 6 hours or indefinitely. Keep in mind that Urgent Low and Technical Alerts will still produce sound if you don't acknowledge the first alert when using the vibrate option.

The app also features some rare Technical Alerts that cannot be disabled but for which you can choose the sound.

Furthermore, the app provides the flexibility of setting a second alert schedule, or profile, enabling you to tailor alerts to specific time blocks that align with your personal preferences.

Effectively utilizing these alarm settings empowers you to stay informed and proactive in managing your glucose levels with the Dexcom G7. When managing alarms, it's essential to configure only the alerts that serve your needs and to disable unnecessary ones. Dexcom's options for different alert sounds and vibrating alerts can help create a quieter experience. Additionally, personalizing nighttime alerts can be beneficial, such as setting earlier alerts to prevent nighttime lows and reduce overnight disturbances. Ultimately, these alerts can contribute to improving your Time In Range, offering a proactive approach to respond to changing glucose levels.