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WAYS TO TAKE CHARGE OF YOUR WELLBEING WHILE USING A CGM

Developed for community, by community



Diabetes impacts everyone differently. Feeling overwhelmed is normal. Here's how to manage your wellbeing and make the most of your CGM!

1

Change alarm sounds for highs and lows

It helps avoid irritation and keeps you alert if you're used to the same tone.

2

Modify when it beeps for highs and lows

Adjusting your settings can help manage alarms to fit your needs; whether you're sick, on your period, have a busy day, or anything else.

3

Focus on Patterns and Actions You Can Control

Use your CGM to spot patterns and take actionable steps, like adjusting your basal rate for a long walk or timing snacks to avoid lows. Focusing on what you can control can help ease mental strain.

4

Take a break from using a CGM

This could be for a few days or weeks. If you're using Automated Insulin Delivery, you can switch your pump to manual mode temporarily.

5

Ask for help when needed

You don't have to manage diabetes alone. Reach out to a loved one, a friend, or connect with a support group or community that understands.

Created as part of the DAC Research to Action Fellowship. For more information, scan the QR code.



This resource is for educational purposes only and is not medical advice.

