

TURNING PROBLEMS INTO POSSIBILITIES

A Guide For CGM Users

Developed for community, by community

Diabetes affects everyone differently, and feeling overwhelmed is okay. Let's reframe CGMs as tools to better understand our bodies and support our wellbeing.



Problem



Possibility



My CGM falls off or itches.

Try an adhesive barrier!



The constant stream of data and alarms can feel like a lot.

Revisit your customizable alerts to prioritize data important to you.



My endo uses my CGM data as a way to scrutinize my diabetes.

If you share your CGM data use it to shape the conversation. Stay in control of your care.



CGMs sites are annoying to change.

Pair CGM site changes with something you enjoy to make the process feel less frustrating.



CGMs can make me feel exposed to diabetes judgement.

They can also help me connect with others who have diabetes!



Sharing CGM data with loved ones can feel overwhelming.

You can choose whether to share your CGM. Set clear boundaries about how they can support you.



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.

**TIME COALITION
IN RANGE**

