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DEXCOM G7 RELEASE: THE MOST EXCITING NEW FEATURES

DEXCOM G7: THESE ARE THE MOST EXCITING FEATURES

The Dexcom G7 is the seventh-generation version of Dexcom's 'G' series CGM (Continuous Glucose Monitors). This state-of-art version has been advanced and enhanced from its previous generational kinsmen; including a smaller, sleeker design, as well as a shorter warm-up timeframe.

In October 2022, Dexcom G7 was first released in the United Kingdom, Ireland, Germany, Austria, and Hong Kong. Since then it has been rolled out in other countries such as New Zealand, South Africa, and the USA. Being released for a while now, we have more information to answer the most frequently asked questions, before

people jump onto the Dexcom G7 system.

In this article, we explore what the Dexcom G7 is and how to get the most out of the Dexcom G7 features and compatibilities.

The Dexcom G7 kit

The Dexcom G7 is the next step assembled off of the established and credible foundation of the Dexcom CGM system. The trailblazers at Dexcom have described the G7 as “more powerful and easier to use”, in comparison to the previous generations of the ‘G’ series.

The Dexcom is 60% smaller than its predecessor (the Dexcom G6) and about the same size as the Libre 2. Low profile and discrete in comparison to previous Dexcom devices. But it is larger than the FreeStyle Libre 3.

As a small smaller device, the Dexcom G7 kit is less bulky and comes with less packaging which is a plus when it comes to waste management. It is an all in 1 sensor, so the Dexcom G7 doesn't have an external transmitter because it is built into the device (like FreeStyle Libre devices).



Dexcom G7 features and improvements

While the G7 comes with a slew of fancy new bells-and-whistles, it still features some of the aspects of the previous generation, the Dexcom G6. These include:

- Relatively, No Fingersticks (calibration is always recommended)
- Real-time glucose readings sent automatically to a compatible display device (Included Hand-held Receiver or Smart Device)
- Indicated for wear on the back of the upper arm/abdomen, or upper buttocks
- Wearable device/sensor lasts 10-days.
- Integration with the world's largest connected CGM ecosystem
- Remote monitoring, enabling users to share glucose data with up to 10 followers
- Proven Dexcom accuracy and performance

Read more on [Accuracy & Safety of the Dexcom G7](#)

Some new features include:

►The wearable device is 60% smaller, thinner, and all-in-one (developed in partnership with Verily)

- The smaller, thinner aspect of the wearable make the device more discreet, while cutting down on waste
- The all-in-one feature can help to consolidate prescriptions on multiple parts-and-pieces, as well as simplify the application and removal of the wearable.

►G7 has a 30-minute sensor warm up, fastest of any CGM on the market

- The Dexcom G6 has a 2-hour warm-up time – This is an important feature because glucose readings are not available for the duration of the warm-up period.
- 12-hour grace period to replace finished sensors for a more seamless transition between sessions
- Redesigned and simplified mobile app with Dexcom Clarity integration
- Dexcom Clarity is a program that can store, analyze, and provide valuable information regarding your glucose levels and patterns.
 - Healthcare Providers (i.e. Endocrinologists) often use Clarity reports as a way to assist in managing glucose levels and insulin/medication therapies.
- Improved alert settings for better management
- Helps to avoid dangerous highs and lows.
- Redesigned optional receiver that is smaller, with a more vibrant, easier to read display
- Relay to Smart Watches such as Garmin, Galaxy and Apple Watches
- Greater accuracy with a MARD: 8.2%

The **MOBILE Study** published in the Journal of the American Medical Association demonstrated better glycemic control with the G7 in adults with Type 2 diabetes. It is interesting to see Type 2's now being studied for CGM's. This indicates a large market expansion to help improve glycemic control for people with Type 2.

How does Dexcom G7 work

The Dexcom is a CGM sensor that is applied to the clear surface upon the back of the arm or belly or the upper buttocks for children 2 to 6 years old. A filament insertion will measure glucose levels in the fluid under the skin. The Dexcom G7 levels are read every five minutes. All day and night glucose data from the sensor is sent to a receiver device (either a smartphone or dedicated receiver). The Dexcom app on your smartphone will record, display and transmit data to shared devices such as a watch, pump or other smartphones. The Dexcom G7 duration once applied lasts for 10 days, and has an added 12 hour grace period at the end of that time giving users time to apply a new sensor.

It is worth noting that because it is measuring glucose from the fluid under the skin, it is a delayed measurement compared to blood glucose measurements from blood samples. Blood readings will give you an accurate reading of the present blood glucose. Measurements from the interstitial fluid (ISF) are roughly measurements from 10 minutes ago. Temperatures and pressures (like leaning on the location of the device) can also create off readings.

How to apply Dexcom G7

Before you start, make sure you have downloaded the Dexcom G7 App.

1. Within the cube-shaped G7 packaging, remove the cylindrical white plastic container.
2. Unscrew to reveal insertion needle within. Place the needle side firmly down upon the application site.
3. When ready, hold firmly down and press the white button till you hear a click.
4. Slowly and gently release the cylindrical container from its contact with skin.
5. At the chosen location, you should have the Dexcom G7 inserted to the skin.
6. To ensure its grip upon the skin, lightly run a finger around the adhesive around the divide.
7. If you haven't done so already, open the Dexcom system app and start a new sensor.

Dexcom G7 accuracy

CGMs are evaluated for their accuracy using a mathematical formula known as MARD (Mean value of the Absolute Relative Differences).

To simplify, a CGM system with a MARD score of 10% is regarded to have good accuracy. The lower the MARD reading is, the more accurate the device. To compare, here are the MARD Readings for the Dexcom G6 & G7 Models:

Dexcom G6: 9.0%

Dexcom G7: 8.2%

As you can see, based on a variety of studies, the conclusive MARD readings tell us that the G7 has a lower percentage, thus determining that the G7 is in fact more accurate than the G6.

Read more on [MARD formulas](#)

Dexcom has also presented data for [showing improved accuracy](#) of G7 vs the G6 and vs the Libre.

A view of the G7 vs the G6



Dexcom G7 compatibility list

One of the best benefits to the Dexcom G7 system is for its compatibility to other devices.

Below is a list of common smartphones that are compatible with the Dexcom G7.

Dexcom G7 compatible phones:

- Samsung Galaxy phones
- Google Pixel 3 – 8 Pro
- Motorola Moto G20
- Xiaomi Redmi Note 9 – 10S
- iPhone 11 – 15 Pro Max
- Selected iPads

Once connected to your phone, Dexcom has also been working with Apple, and Garmin to have blood glucose readings be transmitted to your smartwatch.



Dexcom G7 compatible watches:

- Apple Watch Series 3- 8
- Samsung Galaxy Watch 5-6
- Garmin Watches with Connect IQ
- Fitbit Sense 2

It's important to note that the Dexcom G7 needs to connect to a phone before it shares blood glucose data to your watch. Phone must be within range at all times for data to be transmitted effectively.

Insulin Pump Integration

While the **Dexcom G7 does not** mention the ability of the device to pair with an insulin pump/delivery system at this time, the innovators at Dexcom have managed **to integrate the Dexcom G6 with 2 different available systems: the t:slim X2 insulin pump & the Omnipod® 5 tubeless automated insulin delivery system.**

►The t:slim X2 insulin pump

Can be ordered with one of two different technologies:

- Basal-IQ technology predicts and helps prevent lows
- Control-IQ technology is designed to help increase time in range by predicting and helping prevent both highs and lows
- Both technologies require zero fingersticks when used with Dexcom G6 CGM
- Helps to manage type 1 diabetes
- Allows patients to remotely update their pumps at their own convenience using a personal computer.

►The Omnipod® 5 tubeless automated insulin delivery system

- Automatically adjusts insulin delivery to manage blood sugar and help protect against highs and lows, day and night
- Omnipod is a wireless, waterproof, concealable alternative to traditional pumps
- No multiple daily injections and zero fingersticks
- The Pod can be worn almost anywhere
- Carries up to 3 days (72 hours) of insulin
- Can be fully controlled by a compatible personal smartphone.

**Dexcom plans to integrate the Dexcom G7 with the above insulin pump/delivery system following additional studies and, of course, FDA approval.

Dexcom G7 price

The G6 is priced at around \$3,800 USD / year. Dexcom have been tight lipped about the pricing for the G7, with some leaked reports suggesting similar pricing to the G6. With the Libre priced lower than the G6, Dexcom will need to stay competitive as the Libre 3 with its alarms and alerts and improved accuracy will have the measure of Dexcom on most fronts, giving Dexcom no room to suggest a premium price for a device that doesn't deliver on other fronts.

Dexcom G7 side effects

If you are new to CGMs you will come across some side effects from wearing the Dexcom G7.

- Constant management is important for people living with diabetes, but watching the constant updates of your blood glucose can cause anxiety and over correcting.
- Alarms will interrupt you no matter the occasion (sleeping, presentation, dinner date) to inform you that your glucose is falling out of range or your receiving device cannot read your CGM.
- Wearers and their partners can become hyper aware if CGM and try to protect it like an open wound
- Door frames, beach towels, active kids, hot spars, extreme sports become the CGM's nemesis – unless a protective patch is covering the device.
- Become more sensitive to blood glucose changes and time in range.

- With alarms and extra awareness, wearers are more likely to improve HbA1c levels

FAQ: Does Medicare cover Dexcom G7?

The short answer is yes, Medicare provides coverage for Dexcom G7 for eligible individuals, for those who meet certain criteria, enhancing the management of diabetes.

Eligibility Criteria for Medicare Coverage

You may qualify for Medicare coverage for the Dexcom G7 if you:

- Have been diagnosed with either type 1 or type 2 diabetes
- Are currently using insulin, regardless of the type
- Are not using insulin but have experienced significant low blood sugar events

Additionally, if you have any questions about Medicare coverage for the Dexcom G7, please don't hesitate to reach out to your distributor. They are well-equipped to provide you with the details and support you need.

Summary

It is a complete overhaul for Dexcom with the G7. Moving in the direction of major competitor Abbott's FreeStyle Libre with a disposable system that is an all in one transmitter and sensor. Once done, just peel it off and

dispose of it. Also now looking to compete with the Libre for size. Previously Libre 2 had the measure of Dexcom with a more subtle and sleek design. In response Dexcom has designed the G7 60% smaller than its G6.

Talking with the Dexcom engineers (we have some inside contacts) the G7 still needs support from a **Dexcom overpatch** as there will still be plenty of catching on doors and coming loose while sweating and swimming. The 30 minute warm-up time will also please many Dexcom fans.

Conclusion

Authors' Opinion: The Dexcom G7 catches up with the Abbott Freestyle Libre 2 low-profile offering – however since this article was originally published, FreeStyle has released the Libre 3 which is more discreet again and its their first full CGM (previous models were considered Flash Glucose Monitors). The competition is good for us all as it means better tech, better features, at better prices. This market will continue to be competitive with a dozen companies all improving **Continuous Glucose Monitor tech**. It's a good time to be a person with diabetes if that's any consolation.

**Disclaimer: All content and information in this blog is for informational and educational purposes only.*

*This article was written by **Pete Lomas (T1D)** and medically reviewed by **Rachael Baker, BNg, CDE, MNgPrac***

Last updated on 11/03/24.

About Rachel Baker, BNg, CDE, MNgPrac

Rachael Baker is a leading Nurse Practitioner Credentialed Diabetes Educator (CDE) in Brisbane and is passionate about staying up to date with Diabetes Technology and optimising these tools to be implemented in a way that is helpful and practical for people living with Diabetes. Using a holistic approach, Rachael focuses on self-empowerment for individuals living with Diabetes and supports them to live a life without limits.

About Pete Lomas, T1D

Pete is the CEO and Founder of a diabetes technology start-up called Balance Health and the CEO of Not Just a Patch. As a person with T1D himself, he sees the opportunity in improving patient experiences via technology, product and brands. He is driven to make a difference in the lives of people with diabetes via design driven products and solutions.

ABOUT US

Not Just a Patch is designed to give you more confidence while wearing your Freestyle Libre, Dexcom or MiaoMiao devices. Our patches are created with the idea of offering the best comfort and protection for your sensor.

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