



# Take Home Instructions

## Incision care for proper healing

**Do not soak in a bath, swim or do strenuous sports for five days.**

**Leave Tegaderm™ over the Steri-Strips™ for 2 days. Then, replace with a clean Tegaderm™ or sterile bandage.**

- Avoid getting the Tegaderm™ wet when showering
- Change the Tegaderm™ if it is soiled
- You can place the transmitter over the Tegaderm™ after the first day

**Leave Steri-Strips™ on until they fall off and for a minimum of 5-7 days.**

**Notify your doctor if:**

- Steri-Strips™ come off before incision is fully closed
- You experience any pain, redness, swelling, warmth or drainage at the incision site
- You develop a fever
- Skin over the sensor looks like it is thinning, depressed or changing colour



## Important steps to remember

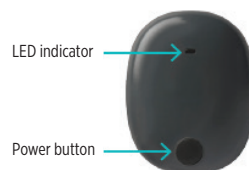
**Warm-up Phase:** Occurs for the first 24 hours after sensor insertion. No glucose reading will be displayed on Eversense<sup>®</sup> app. It is not necessary to wear your smart transmitter over the sensor during the warm-up phase.

**Initialisation Phase:** After 24 hours, put your smart transmitter back on over your sensor.

**Make sure your smart transmitter is fully charged before placing over your sensor.**

**01**

**Press power button and hold for 5 seconds to turn ON the smart transmitter**



**03**

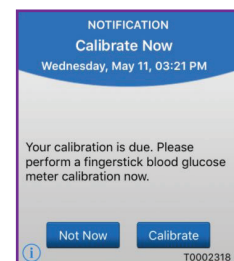
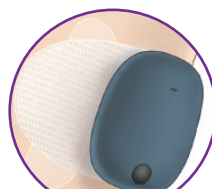
**Within 10 minutes – first calibration is due**

- You will receive a calibration prompt on your Eversense<sup>®</sup> app

**02**

**Attach smart transmitter to arm**

- Open and use the placement guide in the app to place the smart transmitter
- It may take several seconds for the signal strength to appear. Even a low signal is acceptable for transmitter placement
- Close the placement guide after connection is made



- Carry out a fingerstick blood glucose test and enter the glucose value into the app
- You will receive three more calibration prompts during the Initialisation Phase. Complete all within 36 hours
- **See your User Guide for more details**

NOTE: Glucose readings will be displayed in the app a few minutes after the 2nd calibration is successfully completed.

## Alerts and notifications tips



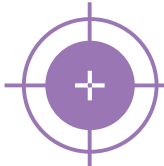
### Too many alerts or vibrations?

- Review glucose target and alert settings with your doctor
- Read about “Do Not Disturb” in User Guide

### Receiving a High Ambient Light alert?

- Move away from direct light
- Cover the transmitter with dark clothing
- Move the transmitter up by 1 cm to better cover the sensor from the light

## Proper calibration tips



- Wash and dry hands thoroughly before carrying out a fingerstick blood glucose test
- Enter calibration with 10 minutes of checking your blood glucose
- Blood glucose and sensor glucose may not match exactly
- Blood glucose must be between 2.2–22mmol/L (40–400 mg/dL)
- Avoid calibrating when glucose is changing rapidly (such as after meals, insulin and during exercise)
- Keep smart transmitter in place over sensor 5 minutes before and 15 minutes after each calibration

## Additional tips for success

- **Always carry out a fingerstick blood glucose test if you have symptoms of low or high blood glucose**
- Change adhesive daily and discuss additional adhesive options if needed
- Charge your smart transmitter daily for approximately 15 minutes. Keep it plugged in until LED is solid green
- Contact your doctor if you have a medical emergency or question about your diabetes treatment plan
- Contact Customer Support if you have technical questions about the Eversense<sup>®</sup> system

