

Start using your CGM with confidence

Wellstart helps you understand next steps and get you started with your CGM



Understand your coverage

We explain your insurance benefits and available options.



Receive your supplies

Your CGM supplies are delivered directly to your door.



Start your first sensor

A Wellstart specialist can help you apply your sensor and get started.



Stay on track

We answer questions and remind you when it is time to reorder.

What is a CGM?

A small sensor worn on your body that tracks your glucose day and night, enabling you to see your numbers on a smart phone or CGM device.

Unlike a fingerstick meter, a CGM shows how your glucose changes throughout the day. This can help you see how food, activity, and medicine affect your glucose.

CGM: Continuous Glucose Monitor



Reader / Receiver

A handheld device that shows your glucose readings

Sensor

A small device worn on your body that checks glucose



**Four common experiences
when starting CGM →**

What you might notice when you start using CGM



CGM may feel confusing at first. That is normal.
It takes time to learn what your numbers and alerts mean.



New numbers, trends, and alerts

- You will learn which alerts matter most, how your settings work, and what actions to take.
- Be patient with yourself as you get familiar with the device.



Meter and CGM numbers are different

- Meters test glucose in your blood. CGMs test glucose in fluid beneath your skin.
- Both are reliable tools for managing glucose, but their readings may not always match.



Lower readings while sleeping

- Lying on your sensor may cause a reading that looks lower than it really is.
- Change positions, wait a few minutes, and check the reading again.



Changes after meals, activity, or medicine

- Your glucose may change after meals, activity, stress, illness, or medicine.
- Look for patterns over time. One reading on your CGM does not tell the whole story.

800-978-7599

Need help? That's where Wellstar comes in.

We can help you get started, understand your CGM, and stay on track with your supplies.

If the reading does not match how you feel, check with a meter and follow your care plan. If you keep getting confusing alerts or repeated lows, contact your healthcare team.