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You can take showers, exercise, work out, and even swim with your CGM. The CGM is designed to be able to work in water in depths of up to 8 feet and altitudes of up to 13,800 feet. You can also use it in a hot tub as long as the temperature does not exceed 107.6°F.Live somewhere tropical? No worries, the sensor can function in up to 95% humidity.

A continuous glucose monitor (CGM) is an FDA-approved medical wearable device that tracks your glucose levels.A CGM has three parts: a sensor that captures the glucose information, a transmitter that collects data from the sensor and sends it to a receiver, and a receiver or smartphone app that displays the data.Your glucose can show how your body responds to different foods, movements, stress, sleep, and more.A continuous glucose monitor (CGM), is a tiny wearable device that reads the glucose levels in your interstitial fluids continuously. It is attached to your body (usually the upper arm or on the stomach) and continually monitors glucose levels via a microfilament—not to worry, it’s not uncomfortable to put on and you barely notice it’s there once applied.The continuous glucose monitor collects and sends glucose data to an app. When a CGM sends glucose data to the Signos app, you can see first-hand the impact food, drink, exercise, stress, sleep, and more can have on weight loss and overall health. The Signos app consolidates your glucose data into a simple but powerful line graph that helps you visualize whether your movement, rest, foods, drinks, stress, and more keep you within a glucose range that’s optimal for weight loss. How Does a Continuous Glucose Monitor Work?The continuous glucose monitor is attached to your body, continually monitoring your glucose.

Using similar enzymes as blood glucose meters, the device detects glucose in the interstitial fluid (fluid between the cells). The continuous glucose monitor checks glucose every five to 15 minutes depending on the type of CGM and monitors blood sugar overnight.How Long Does a Continuous Glucose Monitor Last?Once applied, you’ll wear the continuous glucose monitor for 10 days at a time. You can place a flexible band-aid-type cover that’s soft yet durable on top of the sensor, and you’ll barely notice the CGM is there. This waterproof patch is ideal for protecting the CGM against bumping, during sports, and when exercising intensely. Keep the continuous glucose monitor on at all times, including in the shower, when getting your sweat on, and when you sleep. The sensor can stay in place between 10 and 14 days before it needs to be replaced. The exact duration depends on the manufacturer, but you will be alerted when it’s time to replace the sensor. Continuous Glucose Monitor Use for DiabeticsDiabetics either don’t make enough insulin or the insulin isn’t as effective. This causes glucose to rise unchecked, leading to a host of serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.CGMs help diabetics monitor and manage their blood glucose. With a CGM, you can see trends and gain insight into the impact of meals, exercise, and illness on glucose levels. CGM wearers can be alerted when glucose spikes or drops outside of a specific range.For diabetics, the American Diabetes Association suggests the following blood glucose targets: 80 to 130 mg/dL before eating