

What's That Mean? – Continuous Glucose Monitoring

A continuous glucose monitor, or CGM, is not used in place of regular glucose meter checks, but it's a great extra tool when you need to watch blood sugar levels more closely.

There are different types, but they all use tiny sensors to gather blood sugar levels and a transmitter to send that information to a wireless device that you can clip on, you know, like on your belt.

A CGM can check your blood sugar very frequently - every 1 or 5, or 10 or 15 minutes - and it will sound an alarm if your levels drop too low or rise too high.