

# What is? Continuous Glucose Monitor

If you have diabetes, you may use a continuous glucose monitor, or CGM, to automatically track your blood sugar (or glucose) levels throughout the day and night.

CGM systems help you manage your blood sugar in real time and easily spot trends.

They can tell you the direction your blood sugar is heading, and sound an alarm if it goes too high or too low.

CGM systems use a sensor to measure your blood sugar level every few minutes.

The readings from the sensor are sent to a wearable device or smartphone for you to see.

Usually, you'll wear the sensor on the back of your arm or on your belly. You'll wear it at all times, including when you sleep, shower, and exercise.

For most systems, you will replace the sensor at home every few days. For some long-term systems, your healthcare provider will replace the sensor in their office a few times a year.

Your diabetes care provider will show you how to use your CGM system, and can answer any questions you have. Be sure to follow all instructions when using a CGM system.