

Medtronic

Quick Reference Guide Guardian™ 4 smart CGM system

A smart† CGM system that gives more than just numbers
No calibrations required.

Getting started

Initial CGM settings

Low limit 3.4 mmol/L
Alert before low OFF
Alert on low ON
Rate Alert OFF
Snooze 20 minutes

High limit: 13.9 mmol/L
Alert before high: OFF
Alert on high: OFF at initiation
Rate Alert: OFF
Snooze: 2 hours

Education

Bolus adjustment guidelines using trend arrows¹



1 to 2mmol/L change in glucose in previous 20 minutes



2 to 3mmol/L change in glucose in previous 20 minutes



>3mmol/L change in glucose in previous 20 minutes

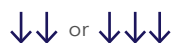
Patients using mealtime insulin can be taught to adjust doses based on the on-screen trend arrows.

no arrow

No change in dose



Decrease dose by 10%



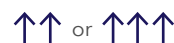
Decrease dose by 20%

no arrow

No change in dose



Increase dose by 10%



Increase dose by 20%

If glucose is low before meal, instruct patient:

- Do not bolus while glucose is low.
- Treat the low.
- After treating the low and the glucose is within target, calculate the bolus to cover the meal.

If glucose is at or above target before a meal:

- Check for trend arrows
- Calculate the bolus for the meal using guidelines shown above

Follow up

| Metric | Time above ² 13.9 mmol/L | Time above ² 10.0 mmol/L | Time in Range ² 3.9 - 10.0 mmol/L | Time below ² 3.9 mmol/L | Time below ² 3.0 mmol/L | HbA1c ³ | Coefficient of Variation (CV) ² | Sensor Use ⁴ |
|--------|--|--|---|---------------------------------------|---------------------------------------|--------------------------|---|----------------------------|
| Goals | <5% | <25% | >70% | <4% | <1% | <7% (<53 mmol/mol) | <36% | $\geq 85\%$ |

Review the Assessment & Progress Report for information on Time in Range, below and above Range, Coefficient of variation and sensor use.

Personalised patient goals may be different to what is in the table. Action may not be required if personalised goals are met.

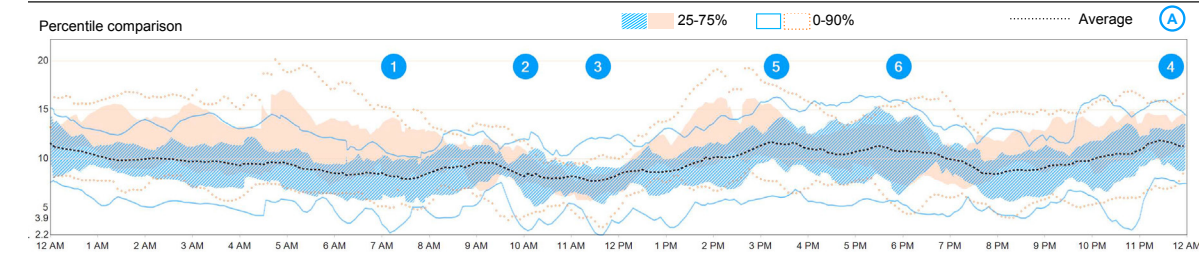
[†] Smart CGM predicts future high and low sensor glucose events up to 1 hour in advance and provides access to additional algorithms and insights that can inform users of clinically relevant glucose patterns. Please refer to IFU.

[†] If CGM readings do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions. Refer to System User Guide

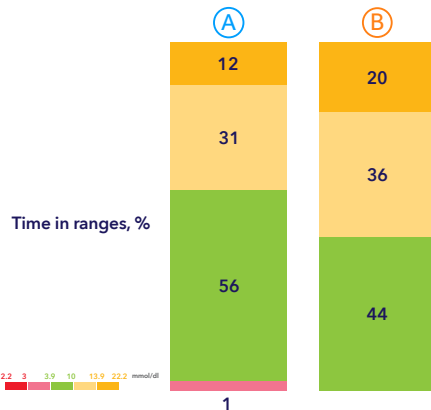
Carelink™ report - assessment & progress

(A) 12/16/2019 - 12/29/2019 (14 Days)

(B) 12/02/2019 - 12/15/2019 (14 Days)



| | | | |
|---|--------------------------------------|--|----------------------|
| Hypoglycemic patterns (4)** # Episodes (per day): 0.3 | | Hyperglycemic patterns (3) # Episodes (per day): 0.2 | |
| 1 7:00 AM - 7:30 AM (1 occurrences) | 2 9:49 AM - 10:14 AM (1 occurrences) | 3 11:19 AM - 11:49 AM (1 occurrences) | 4 10:05 PM - 1:15 AM |
| | | | 5 1:50 PM - 4:50 PM |
| | | | 6 4:50 PM - 7:00 PM |



| Statistics | | (A) | (B) |
|------------|--------------------------------|----------------------|----------------------|
| OBJECTIVE | Sensor Wear (per week) | 95% (6d 15h) | 96% (6d 17h) |
| | Average SG ± SD | 9.7 ± 3.2 mmol/L | 11.2 ± 3.7 mmol/L |
| | GMI*** | 7.5% (58.2 mmol/mol) | 8.1% (65.2 mmol/mol) |
| | Coefficient of Variation (%) | 33.6% | 32.8% |
| | Low / High SG Alerts (per day) | 11.5 / 13.5 | 7.6 / 15.7 |
| SUBJECTIVE | Average BG | 10.4 ± 3.3 mmol/L | 12.1 ± 4.4 mmol/L |
| | BG / Calibration (per day) | 2.8 / 2.8 | 2.9 / 2.9 |
| | Total daily dose (per day) | 54 units | 74 units |
| | Bolus amount (per day) | 20U (37%) | 32U (43%) |
| | Basal amount (per day) | 32U (59%) | 42U (57%) |
| | Meal (per day) | 0.1 | 1.1 |
| | Carbs entered (per day) | 6 ± 14 g | 43 ± 48 g |

If goals are not met, assess patient's medications and behaviours

Time above
Range is high

Use Sensor & Meter Overview report to evaluate:

- Pre-prandial glucose: if rise occurs, counsel patient on bolusing earlier before meal
- Post-prandial glucose: if glucose is rising more than 1.7-3.3 mmol/L, assess oral medications, GLP-1, and/or mealtime bolus insulin
- Fasting glucose: assess bedtime glucose and behaviours, oral and injectable medications, basal insulin

Time below
Range is high

Use Sensor & Meter Overview report to assess:

- Amount and/or timing of oral medications
- Basal insulin dose
- Amount and/or timing of bolus insulin
- Inconsistent food intake
- Exercise
- Alcohol consumption

If Sensor
Use is < 85%

- Educate on sensor use and care
- Explore reasons for underuse

References

1. Rodacki M et al. Using trend arrows in continuous glucose monitoring systems for insulin adjustment in clinical practice: Brazilian Diabetes Society Position Statement. Diabetology & Metabolic Syndrome 2021; 13(2)
2. Battelino T et al. Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations from the International Consensus on Time in Range. Diabetes Care 2019; 42: 1593-1603
3. American Diabetes Association. Glycemic Targets: Standards of Medical Care in Diabetes-2019. Diabetes Care 2019; 42(1): S61-S70.
4. Battelino T et al. Routine use of continuous glucose monitoring in 10 501 people with diabetes mellitus. Diabet Med 2015. 2(12); 1568-74

See the device manual for detailed information regarding the instructions for use, indications, contraindications, warnings, precautions, and potential adverse events. For further information, contact your local Medtronic representative.

Medtronic

Medtronic Australasia Pty Ltd
2 Alma Road
Macquarie Park NSW 2113
Tel +61 2 9857 9000
Fax +61 2 9857 5167
Tollfree 1 800 777 808
www.medtronic-diabetes.com.au

ALWAYS FOLLOW THE DIRECTIONS FOR USE (IFU)

For detailed information regarding indications, contraindications, warnings, precautions, and potential adverse effects, please consult the IFU. Always consult a Health Care Professional before making treatment decisions, and to see if this product is suitable for you.

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