

Tips for Patients Using CGMs



Experts agree with the following steps*:

- * Choose a part of the body
- * Divide into 4 areas
- * Use one area every 7-10 days depending on your CGM
- * Always use a new site
- * Avoid using a single site more than once every 4 weeks
- * Follow your health care professional's recommendations for site rotation

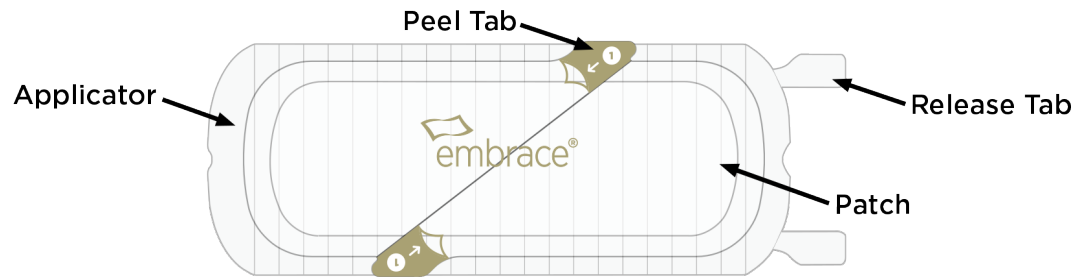
Use for diabetes-related injection-induced scarring

Scarring from on-going use of wearables can significantly impact glycemic control

▶ **GREATER** glycemic variability - up to 7 times higher*

▶ **INCREASED** use of insulin - up to 35% more†

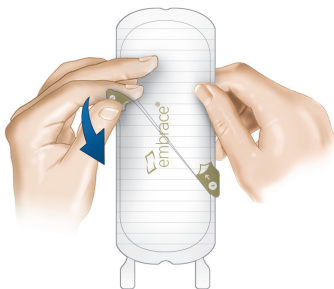
▶ **HIGHER** A1c level - up to 0.55 higher*



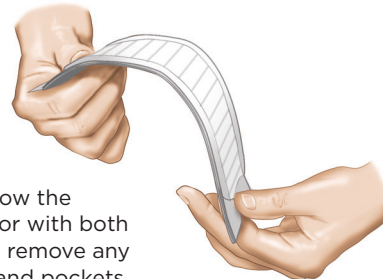
STEP 1: Apply

Holding embrace® on its outer edges, use the Peel Tabs to peel off the clear protective liner that covers the adhesive patch.

DO NOT touch the adhesive patch with your fingers.

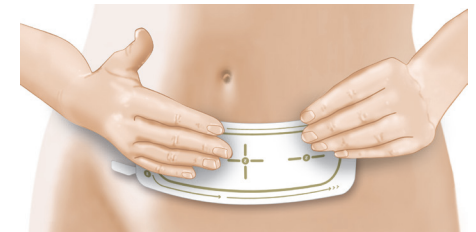


Gently bow the Applicator with both hands to remove any creases and pockets.



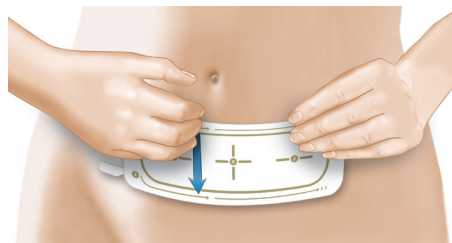
Position embrace® over the injection/scarred area so that the Applicator is parallel to the length of the area and faces away from your skin.

PRESS AND HOLD embrace® against the skin for 60 seconds. Make sure to press down firmly on the edges and corners.



STEP 2: Release

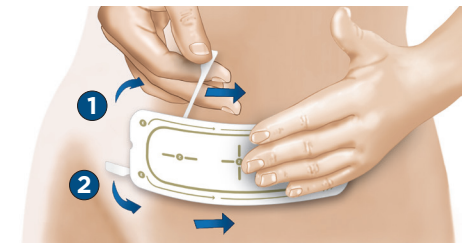
Use one hand to hold embrace® in place. Use the other hand to press firmly across the entire surface of the Applicator to ensure the patch is adhered well to the skin.







Holding embrace® against your skin with one hand, use your other hand to pull one Release Tab to the side and along the edge of the Applicator.

Repeat this step with the other Release Tab. The Applicator will completely detach, leaving the patch adhered to the skin.



Smooth out any uneven areas, flatten any air pockets, and secure any raised corners or edges.



Example for 7 Day CGM Site Rotation with embrace small

Week 1	Week 2	Week 3	Week 4
			
<p>Insert CGM in area of choice. Wear 7 days and then rotate to next area.</p>	<p>After removing, immediately apply embrace over injured site to PROTECT from scarring. Wear 7 days while wearing CGM in next area</p>	<p>Rotate CGM to new area and repeat treatment with embrace at previously used site</p>	<p>Continue rotation pattern with each new area used</p>

Example for 14 day CGM Site Rotation with embrace small

Week 1 & 2	Week 3 & 4
	
<p>Insert CGM in area of choice. Wear 14 days and then rotate to next area.</p>	<p>After removing, immediately apply embrace over injured site to PROTECT from scarring. Wear 10-14 days while wearing CGM in next area. Continue rotation pattern with each new area used.</p>

* Frid, A. H., Hirsch, L. J., Menchior, A. R., Morel, D. R. & Strauss, K.W. Worldwide Injection Technique Questionnaire Study: Injecting Complications and the Role of the Professional. *Mayo Clin Proc* 91, 1224-1230, doi:10.1016/j.mayocp.2016.06.012 (2016).

† Blanco M, Hernández MT, Strauss KW, Amaya M. Prevalence and risk factors of lipohypertrophy in insulin-injecting patients with diabetes. *Diabetes Metab.* 2013 Oct;39(5):445-53. doi: 10.1016/j.diabet.2013.05.006. Epub 2013 Jul 22. PMID: 23886784.

* Frid AH, Kreugel G, Grassi G, et.al. New insulin delivery recommendations. *Mayo Clin. Proc.* 2016-91(9): 1231-1255



We're here to support your use of embrace® to make sure you experience the best possible results. Contact us for questions or additional information.

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