Choose a Sensor

Compare the sensors that are available currently. They each have pros and cons and have different qualities that may be good for some people and bad for others.

Dexcom G6
Dexcom has 3 parts - transmitter, sensor and receiver. You can view the data on your phone or a separate receiver. It also works with the Tandem insulin pump.

Medtronic Guardian
Medtronic system has 3 parts - sensor, transmitter and pump. This sensor only works with the insulin pump.

Abbott Freestyle Libre
This sensor is the smallest one available right now. It is also the cheapest. The downsides are that it isn’t continuous, so there are no alerts if you are low or high.

Eversense
This sensor lasts the longest - 90 days. It has to be placed under the skin by your doctor. It has two parts, the implantable sensor and a transmitter that talks to your phone.

Alerts & Alarms
- Customizable
- Sharable
- Possible to turn off all alerts except the urgent low at 50 mg/dL

Medtronic Guardian
- Customizable

Abbott Freestyle Libre
- None

Eversense
- Customizable
- Vibrates on Body

Data View
- Android Phone
- Apple Phone & Watch
- Pebble Smart Watch
- Dexcom Receiver
- Tandem Pump

Medtronic Guardian
- Apple Phone

Abbott Freestyle Libre
- Android Phone
- Freestyle Libre Receiver

Eversense
- Android Phone
- Apple Phone & Watch
- Pebble Smart Watch

Finger Sticks
- None

Medtronic Guardian
- 2 per day

Abbott Freestyle Libre
- None!

Eversense
- 2 per day
### Length of use

- **10 day sensor**
- **90 day transmitter**
  (No charging)

- **7 day sensor**
- **7 day transmitter battery**
  needs charging weekly & replacement each year.

- **10-14 day sensor**
  (transmitter included)

- **90 day sensor**
  Transmitter charged every 24-36 hours.

### Body Attachment

- **Attaches in one step.**
  Simple insertion
- **Integrated adhesive**

- **Attaches in many steps**
- **Requires outer adhesive**

- **Attaches in one step**
- **Small integrated adhesive**

- **Inserted by a physician during a medical visit.**
  Minor procedure.
- **Transmitter sits outside the body and is held on by an adhesive.**

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## Understand Your Costs

Choosing a CGM may depend on cost - check out the estimated costs below. The costs vary depending on your level of coverage and how your insurance classifies CGMs. Select an option below that matches your situation.

<table>
<thead>
<tr>
<th>Insurance Type</th>
<th>Monthly Cost</th>
<th>Start Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No Insurance</strong></td>
<td>$315 - $400</td>
<td>$405 - $1000</td>
</tr>
<tr>
<td>These are the prices you would pay if you walked into costco or a pharmacy or bought from the manufacturer, without insurance coverage.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| **Okay Insurance**      | $100 - $120  | $205 - $290  |
| Okay means that your coverage for sensors is that they will cover about 70% of the cost. If your sensors are covered by Pharmacy Benefit, it is likely that these costs will be lower. |

| **Decent Insurance**    | $65 - $80    | $140 - 195 |
| Decent means that your coverage for sensors is that they will cover about 80% of the cost. If your sensors are covered by Pharmacy Benefit, it is likely that these costs will be lower. |

| **Good Insurance**      | $35 - $40    | $70 - $100 |
| These are the prices you would pay if you walked into costco or a pharmacy or bought from the manufacturer, without insurance coverage. |

| **Medicare and Medicaid** | $55 - $80 | $105 - $230 |
| Medicaid Part B falls under the “Decent” Category with 80% coverage. Some Medicaid plans follow Medicare coverage, but this varies by state. If your sensors are covered by Pharmacy Benefit, it is likely that these costs will be lower. |
3 Talk with Your Doctor to Get a Prescription

You may need to help your doctor comprehend why this technology will be good for you and why you want it. The main thing you need from your doctor is a prescription. You can share the links below with your doctor to help them understand the clinical benefits. To avoid delays, ask your doctor to make sure they write out important details in the prescription, such as the fact that you will use the device everyday.

Tips For Talking to Your Dr.

- Remember, you are in charge of your body.
- Advocate for yourself with a list of reasons why you believe it is best for your lifestyle.
- Bring a family member or trusted friend to support you.

Resources for your Dr

Dexcom https://provider.dexcom.com
Medtronic https://professional.medtronicdiabetes.com/
Abbott https://provider.myfreestyle.com
Eversense https://www.eversensediabetes.com/healthcare-professionals/

4 Get Insurance Approval

Once you have the prescription, the process of getting insurance approval can feel like you’re jumping through many hoops (sometimes you are), but it will be worth it.

Contact the company you want a CGM from
CGM companies want your business and often have a helpful person on staff who understands the “ins and outs” of getting coverage. They will often walk you through the steps to confirm coverage. You will need your insurance card with your insurance policy number.

Pre-Authorization
Pre-authorization is the process that some insurance companies make you go through to get coverage for a sensor. The insurance or CGM company will let you know what is required if you need pre-authorization. Sometimes a letter of Medical Necessity may be required from your doctor, in addition to the prescription.

JDRF has a specific section on Pre-Authorization.
https://www.jdrf.org/t1d-resources/living-with-t1d/insurance/how-to-obtain-prior-authorization/

Preparation
Some insurance companies require your last month or more of blood sugar logs and/or A1c test results.
Wait time
Once you’ve submitted all your paperwork you may be able to move the process along by checking up every 1-2 weeks on the status. After a couple of weeks, it is absolutely justified to make a check-in call.

For help with specific Insurance problems, check out this comprehensive guide from JDRF

**JDRF Insurance Guide** [https://www.jdrf.org/t1d-resources/](https://www.jdrf.org/t1d-resources/)

5 Get Your Sensor
Where you get your supplies depends on how you get your supplies covered by insurance.

If your insurance covers sensors through “Durable Medical Equipment”, the best way to get your supplies is to call the sensor company. If you’re getting your supplies through “pharmacy benefit”, you will need your prescription sent to the pharmacy. Call them to make sure they have ordered the sensors and then go pick it up!

_You can say, “Hi, I’m interested in getting a sensor, can you help me with that?”_

<table>
<thead>
<tr>
<th><strong>Dexcom G6</strong></th>
<th><strong>Medtronic Guardian</strong></th>
<th><strong>Pharmacies</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1-800-838-3566</td>
<td>1-510-749-5400</td>
<td>Your local pharmacy has the ability to call to order sensors for you. Costco, Walmart, CVS and Krogers also do.</td>
</tr>
<tr>
<td><strong>Abbott Freestyle Libre</strong></td>
<td><strong>Eversense</strong></td>
<td></td>
</tr>
<tr>
<td>1-800-633-8766</td>
<td>1-844-736-7348</td>
<td></td>
</tr>
</tbody>
</table>

6 Get Support and Training
When you get your CGM, you can ask your clinic or the device company if they offer training sessions to people starting new diabetes devices.

Youtube has a lot of great videos of people who are inserting a sensor for the first time. You can also check our our wisdom pages to see some tips and tricks people have come up with through experienced use.