

Continuous Blood Glucose Monitoring

now available at ERHC



CGM technology can assist with the following:

- 🔹 Optimal Nutrition & Performance
- 🔹 Healthy Weight Management
- 🔹 Pre-Diabetes (Impaired Fasting Glucose)
- 🔹 Type 1 or Type 2 Diabetes

Maintaining **healthy blood sugar levels** is critical to good health. Stress, dietary imbalances, physical inactivity, and certain medications can cause your blood glucose to rise and fall. **Understanding your blood sugar trends** through continuous glucose monitoring (CGM) is the first step for you and your provider to plan an effective glucose management strategy. Regulating glucose levels can support your efforts to maintain a healthy weight, to reach fitness and performance goals, and to reduce your risk for type 2 diabetes, heart disease, and stroke.

Health Tracking, Made Simple

ERHC now offers the Dexcom G6 system* to any patient interested in continuous blood glucose monitoring. Following sensor placement, the Dexcom device transmits continuous blood sugar data 24 hours a day for 10 days, providing a superior indication of blood sugar fluctuations than a traditional finger-stick glucometer.

* Alternative systems may also be offered when available.

You May Expect to Pay:*

- 🔹 \$189 for the Dexcom G6 system, including:
transmitter ▪ 10-day sensor ▪ sensor placement

* Your insurance plan *may* cover the Dexcom G6 system for the treatment of Type 1 or Type 2 diabetes requiring multi-dose daily insulin.

You May Expect Traditional Health Insurance to Cover:*

- 🔹 Initial RDN consultation, including baseline diet and exercise assessment, body composition analysis and goal-setting.
- 🔹 Follow-up RDN consultation, including progress assessment, results interpretation, and glucose management counseling.

* Individual costs may vary; consult your health plan administrator for details. The BF&PT ERHC Plan does not cover the Dexcom G6 system; ask your plan administrator about coverage through your secondary insurance.



To Get Started:

- 1 | Schedule an initial wellness consultation with our ERHC dietitian (RDN) for sensor placement.
- 2 | Bring your compatible mobile device/phone to your appointment. We'll help you to link your transmitter for real-time display of your CGM results.
- 3 | Schedule a follow-up visit after the sensor's 10-day tracking period to view results and discuss potential diet and lifestyle recommendations with your RDN.

Schedule Today: (208) 229-3742