

[Your Clinic/Practice Name]

[Your Address]

[City, State, ZIP Code]

[Phone Number]

[Date]

[Patient's Name]

[Patient's Address]

[City, State, ZIP Code]

Dear [Patient's Name],

Subject: Education on Continuous Glucose Monitor (CGM) Usage

We hope this letter finds you well. As part of your diabetes management plan, we are providing you with important information regarding the use of your Continuous Glucose Monitor (CGM). Below are key points to help you understand and effectively use your CGM:

1. **\*\*What is a CGM?\*\***

- A Continuous Glucose Monitor tracks your blood glucose levels throughout the day and night, providing real-time data to help manage your diabetes.

2. **\*\*How to Set Up Your CGM:\*\***

- Instructions for insertion and calibration
- Importance of regularly checking the sensor's position

3. **\*\*Understanding the Readings:\*\***

- Explanation of blood glucose trends and what normal ranges look like.
- How to interpret alerts and alarms.

4. **\*\*Daily Usage Tips:\*\***

- Keeping your CGM device clean and charged
- Wearing your CGM consistently for accurate readings

5. **\*\*Responding to High/Low Readings:\*\***

- Steps to take when experiencing hypoglycemia or hyperglycemia.
- Foods and remedies to have on hand.

6. **\*\*Regular Follow-Up:\*\***

- Importance of scheduled appointments to review your CGM data with your healthcare provider.

If you have any questions or concerns regarding your CGM or its usage, please don't hesitate to reach out to our clinic at [Phone Number] or schedule an appointment at your convenience.

Thank you for your commitment to managing your diabetes effectively.

Sincerely,

[Your Name]

[Your Title]

[Your Clinic/Practice Name]