

Continuous Glucose Monitoring systems (CGMs) Standalone

Two standalone (not connected with an insulin pump) CGMs will be funded from 1 October:

Dexcom One+



The Dexcom One+ CGM sends 24/7 real-time blood glucose readings to your smartphone or receiver. It will alert you if your levels fall outside of the preset high or low range. It also has a 'delay first high' option so you can choose if and when you receive high alerts. It comes with an app that allows you to invite up to 10 family/friends to monitor levels remotely. Up to 40 devices will be funded each year, with up to 9 on each prescription. Adhesive over-patches will be supplied.

FreeStyle Libre 2



The FreeStyle Libre 2 continuously measures glucose levels and stores 8 hours' of data. It will alarm when your levels are too low or too high, and you can scan it with your smartphone at any point to see your current reading, trends and 8-hour history in the FreeStyle LibreLink app. Up to 29 devices will be funded each year with a maximum of 7 per prescription. Adhesive patches are not needed with the FreeStyle Libre 2.

[Please note that the suppliers of both CGMs would provide standalone reader devices free of charge to anyone without a smartphone or device that is compatible with their chosen CGM. Funding does not include the cost of GP visits and you will pay a co-payment (usually \$5) at the pharmacy if you do not qualify for free prescriptions.]

Read on for our comparison table with details of how these devices compare with each other.



COMPARISON TABLE

Standalone CGMs

Supplier	NZMS	Abbott
CGM	Dexcom One+	Freestyle Libre 2
Accuracy (MARD)	8.2%	9.2%
Warm-up period	30 minutes	60 minutes
Sensor life	10 .5 days	14 days
Combined sensor size	4.7 mm x 27.4mm x 24.1 mm	35 mm x 5 mm
Weight	33.3 grams	5.0 grams
Separate reader device (if required)	Yes	Yes
Water resistance (ingress protection)	IP28: immersion in water for up to 2.4 meters for 24 hours	IP27: immersion in water for up to 1 metre for 30 minutes
Ability to use in AID system range	No	No
Range	6 metres	6 meters
Alarm functionality	High (5.5 - 22.2 mmol/L) and Low (3.3 -8.3 mmol/L) Glucose alert level, signal loss and system alarms	High (6.7 - 22.2 mmol/L) and Low (3.3 - 5.6 mmol/L) Glucose alert level and signal loss
Live data sharing with others	Yes	Yes via FreeStyle LibreLink app & LibreLinkUp app
Data sharing with healthcare providers	Yes via Dexcom Clarity	Yes via LibreView
Glucose reading frequency	Automatic readings	Every minute
Approved sites	Abdomen, upper arm, thigh	Upper arm