



TECH TALKS: DIABETES MANAGEMENT

Dexcom, FreeStyle Libre, and
Omnipod

WHAT IS DIABETES?

- A chronic condition affecting how your body uses blood sugar (glucose).
- Type 1: Body doesn't make insulin
- Type 2: Body doesn't use insulin well
- Managing diabetes requires:
 - Blood sugar monitoring
 - Healthy eating
 - Physical activity
 - Medication or insulin



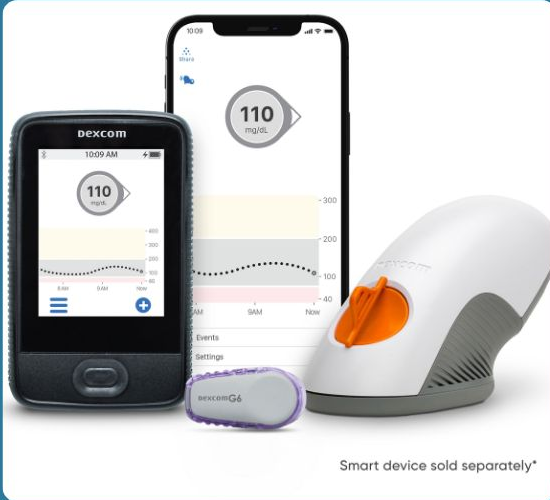
WHAT IS DIABETES TECHNOLOGY?

Modern tools help reduce guesswork and improve outcomes:

- CGMs (Continuous Glucose Monitors): Track glucose in real time
- Insulin Pumps & Pods: Deliver insulin without injections
- Apps & Alerts: Help users and caregivers stay informed



DEXCOM (CGM)



- 📱 Dexcom G6/G7 – Continuous Glucose Monitoring
- ✅ Real-time glucose tracking (updated every 5 minutes)
- ✅ No fingersticks (after setup)
- ✅ Sends data to smartphone or receiver
- ✅ Share with caregivers or parents
- ✅ Custom alerts for highs and lows
- ❌ Requires prescription and insurance (or out-of-pocket cost)

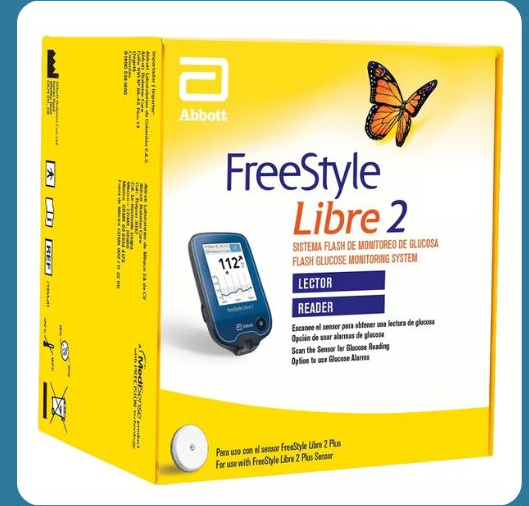
Best for: Active users, parents of kids with diabetes, people using insulin



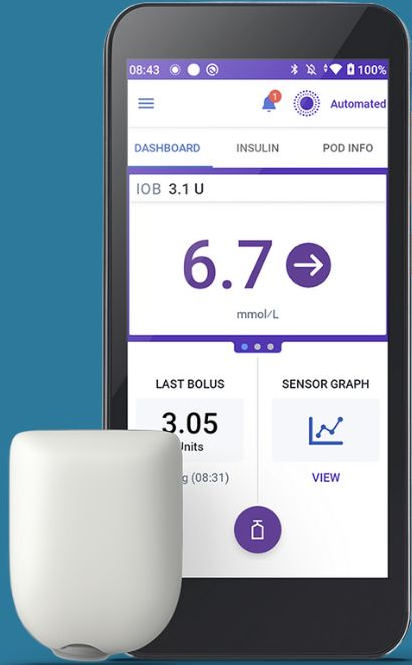
FREESTYLE LIBRE (CGM)


- ☑ FreeStyle Libre 2 / 3 – Sensor-based glucose monitoring
- ☑ Scan sensor with phone or reader to get glucose reading
- ☑ Newer models provide real-time tracking
- ☑ No fingersticks required
- ☑ Compact and discreet
- ☒ Slight learning curve to scan consistently (Libre 2)
- ☒ Doesn't have customizable alert settings (Libre 2 only)

Best for: Users looking for simplicity, lower-cost CGM option



OMNIPOD (INSULIN DELIVERY)



-  Omnipod DASH / Omnipod 5 – Tubeless insulin pump
- ✓ No daily injections
- ✓ Worn directly on the body — tubeless pod
- ✓ Works with Dexcom G6 (Omnipod 5 only)
- ✓ Delivers basal and bolus insulin
- ✓ Waterproof and easy to apply
- ✗ Requires prescription
- ✗ Must change pod every 2–3 days

Best for: People needing insulin pump therapy without tubes

COMPARISON OVERVIEW

Feature	Dexcom (G6/G7)	FreeStyle Libre	Omnipod (5/DASH)
Type	CGM	CGM	Insulin Delivery
Real-Time Data	Yes	Yes (Libre 3)	Yes (Omnipod 5)
Alerts	Customizable	Basic (Libre 2)	Yes
Requires Scanning	No	Yes (Libre 2)	N/A
Integration	With pumps, phones	With phones	With Dexcom (Omnipod 5)
Tubeless?	N/A	N/A	Yes
App Support	Yes	Yes	Yes



BENEFITS OF DIABETES TECH

- ✓ Fewer fingersticks
- ✓ Improved blood sugar control
- ✓ Remote monitoring and data sharing
- ✓ Greater freedom with food and activity
- ✓ Better alerts to prevent emergencies

THINGS TO CONSIDER BEFORE CHOOSING

💰 Cost & Insurance – What does your plan cover?


📱 Technology Comfort – Are you comfortable using apps and scanners?

⚙️ Lifestyle Needs – Do you want tubeless? Instant alerts? Easy replacement?

👤🩺 Talk to Your Doctor – Get help finding the right device or combo



FINAL THOUGHTS & Q&A

- ✓ Diabetes tech is evolving fast — and making life easier for many
 - ✓ CGMs and pumps reduce stress and improve safety
 - ✓ Everyone's needs are different — explore your options
-  Q&A – Have you tried any of these tech?