

Uploading Data from Your Dexcom Continuous Glucose Monitor

***To save time, PLEASE UPLOAD YOUR DATA BEFORE YOUR APPOINTMENT ***

Email bloodsugars@charleshbest.com or your Diabetes Educator once you have uploaded if you would like the data to be reviewed.

Go to Dexcom CLARITY: <https://clarity.dexcom.eu>

- **New users:**
 - Go to <https://clarity.dexcom.eu> and select “Dexcom CLARITY for Home Users”.
 - Click on: “Create an Account” and enter your email address.
 - When you receive the email (this may take up to 10 minutes), click on “Confirm Email Address” and follow the steps to create your account.
 - Once you create your account, email bloodsugars@charleshbest.com and ask for an invitation to share your Dexcom data with our clinic.
 - You will receive e-mail from Dexcom Clarity with a link and a sharing code. Follow the link and log in with your Dexcom username and password (the same log in you used to set up your Dexcom account).
 - Once you are logged in, enter the sharing code from the email.
 - If you are using the Dexcom receiver, you will also need to install the Clarity uploader. Select “Upload Data”. Follow instructions to download Clarity uploader file. Go to your downloads folder and click on file to run installation.
 - Continue steps below for existing users.

- **Existing users:**
 - If you are using a receiver:
 - Go to <https://clarity.dexcom.eu> and select “Dexcom CLARITY for Home Users”.
 - Log in to account.
 - Click on “upload data”. Plug your receiver into the computer using the USB cable provided. Choose upload data.
 - If you are using the Dexcom Mobile app, your data is automatically streaming to Clarity. You only need to email when you would like the data to be reviewed.