

Why Share CGM Data With Your Provider?

Your continuous glucose monitor captures your blood sugar every 1–5 minutes — generating hundreds of data points per day that a fingerstick log cannot capture. Sharing your CGM data with our clinic allows your provider to review your **Time in Range (TIR)**, overnight patterns, post-meal spikes, and hypoglycemia episodes before and between appointments. This leads to more precise, data-driven adjustments to your insulin, medications, and diet.

FreeStyle Libre (LibreView)

Our clinic code: diabetesplus

Steps to share your Libre data:

1. Open the **LibreLink app** on your phone
2. Tap **Menu** (top left) → **Connected Apps**
3. Tap **LibreView** → **Add Practice**
4. Enter clinic code: **diabetesplus**
5. Confirm the connection

Alternatively — on LibreView.com:

Log in at librewhatever.com → My Account → Practices → Add a Practice → enter diabetesplus

Compatible devices: Libre 2, Libre 2 Plus, Libre 3, Libre 3 Plus

Dexcom (Dexcom Clarity)

Our clinic code: diabetesplus

Steps to share your Dexcom data:

1. Go to **clarity.dexcom.com** in a browser
2. Log in with your Dexcom account
3. Click **Sharing** → **Share with Clinic**
4. Enter clinic code: **diabetesplus**
5. Click **Share** to confirm

On the Dexcom G7 app:

Settings → Sharing → Share with Healthcare Provider → enter diabetesplus

Compatible devices: Dexcom G6, G7, ONE+

Your CGM Targets (ADA / Standard Goals)

Metric	Target	Notes
Time in Range (70–180 mg/dL)	> 70% of the day	Greater than 16.8 hours per day in range
Time Below Range (< 70 mg/dL)	< 4% of the day	Less than 1 hour per day below 70 mg/dL
Time Below Range (< 54 mg/dL)	< 1% of the day	Less than 15 minutes per day at severe low
Time Above Range (> 180 mg/dL)	< 25% of the day	Less than 6 hours per day above 180 mg/dL
GMI (Glucose Management Indicator)	As close to A1c goal as possible	GMI estimates A1c from CGM data — not the same as lab A1c

Targets may differ for older adults, pregnant patients, or those with frequent hypoglycemia — ask your provider for your personal goals.

[Learn more at endocrine.plus](#) — full articles, medication guides, and educational resources for all our patients.

This handout is for educational purposes only and does not replace individualized medical advice from your provider. Endocrine & Diabetes Plus Clinic of Houston • 832-968-7003 • endocrine.plus • Full guide: endocrine.plus/education/cgm-clinic-codes.html