

Please read this information BEFORE applying the Continuous Glucose Monitor or CGM

Date

Dear MESA Participant

Thank you so much for agreeing to participate in the MESA Continuous Glucose Monitoring or CGM.

Along with this letter you will find the following information that should be reviewed prior to the sensor application process:

- Video link describing how to place the CGM (please review this link)
- Written/hardcopy directions on using the CGM
- Return package/material to use once the 14 day substudy is complete (tape and FedEx label for the box)

Your **kit** contains the following items:

- Alcohol pad
- CGM Sensor with applicator (two parts in one box)
- Adhesive cover- latex free (similar to a Band-Aid)
- CGM Reader
- Clear Ziploc package to place your sensor in (for returning sensor).

Note: A MESA Team member will contact you and walk you through the process of placing the CGM on your first day.

Your placement phone appointment is on _____ at _____ am or pm

Then they will call again on day 14 to assist with the removal of the CGM.

Your removal phone appointment is on _____ at _____ am or pm

This is important, ground breaking research for our MESA Study group and we could not do this without your help.

Returning items to MESA CGM: Be sure to save all of your boxes since you will be returning everything but your alcohol pad and adhesive cover. Note: Use the same box you received your supplies in- place the FedEx label over the PREVIOUS label to return it and use the supplied tape to close the box and either drop off at a FedEx site or your mailbox (fees have been taken care of for you).

If you have any questions about the Glucose monitor, please give us a call at _____ and we will be glad to assist.

Best Regards

Your MESA TEAM

