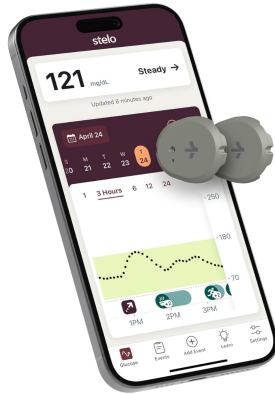
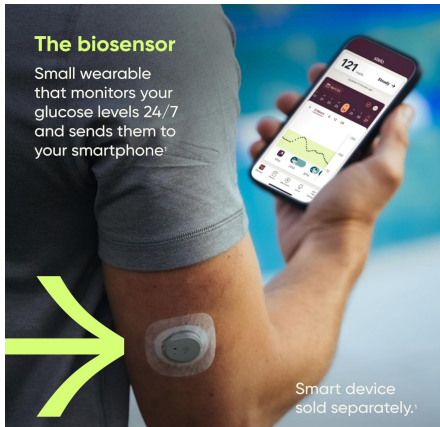


ORDER YOUR GLUCOSE BIOSENSORS

on Stelo's Amazon Store

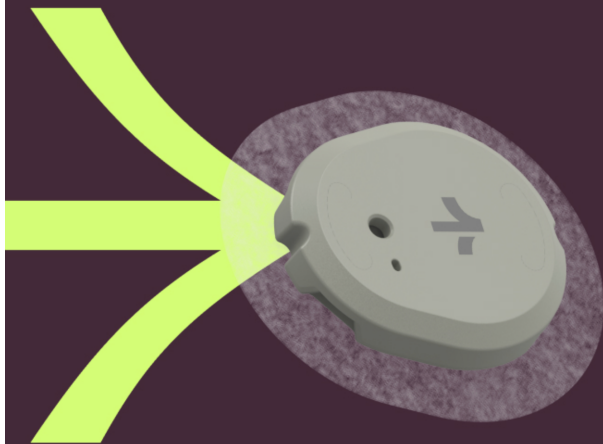
(fastest shipping, 2 sensors for \$99)



What you'll get:

- ✓ 2 applicators
- ✓ 2 biosensors
- ✓ 2 overpatches
- ✓ Full access to the Stelo app
- ✓ Product support by Stelo

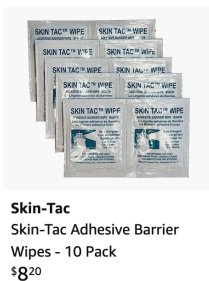
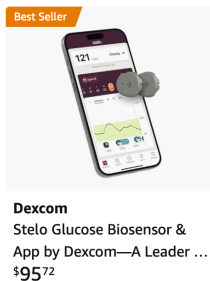
You can get support through SteloKit, a virtual assistant available 24/7 or from the support team during regular business hours. To access either option, open the Stelo app and go to Settings > Contact to connect with the support you need.



The most accurate glucose biosensor¹ available

Stelo is built on the most accurate glucose tracking technology from Dexcom, a leader in continuous glucose monitoring for more than 25 years.

WHILE YOU'RE THERE, HELPFUL EXTRA PRODUCTS >>



Stelo is only available for purchase and use in the United States by people 18 years and older not on insulin.

FDA indication for use in the United States: The Stelo Glucose Biosensor System is an over-the-counter (OTC) integrated Continuous Glucose Monitor (ICGM) intended to continuously measure, record, analyze, and display glucose values in people 18 years and older not on insulin. The Stelo Glucose Biosensor System helps to detect normal (euglycemic) and low or high (dysglycemic) glucose levels. The Stelo Glucose Biosensor System may also help the user better understand how lifestyle and behavior modification, including diet and exercise, impact glucose excursion.

The user is not intended to take medical action based on the device output without consultation with a qualified healthcare professional.

HOW TO USE A CGM

Congratulations! You're in possession of a really cool device that can help you learn more about your individual biochemistry. (*Sounds nerdy, but we'll help you make sense of it all*).

In the box, you'll find a very handy "[Start Here](#)" [instruction sheet](#). This will teach you how to apply the device on your body, and how to set up the [Stelo App](#) for bluetooth readings.

We've found Stelo Customer Service to be very helpful should you run into any issues with the device (*including malfunction, early fallout, etc*). You can get live chat help on their website at stelo.com and through the Stelo App.

Useful Application TIPS —

- + For the best application, be sure your arm is free of any lotions/oils. Wipe the application area with an alcohol swab first.
- + You'll find a green over-patch in the box! This is especially helpful as a last protective step. The sensor can fall out if you are not careful. We actually prefer third-party patches made by [GlucoMart](#) or [SkinGrip](#) — *worth the extra expense for active individuals OR busy parents!*
- + For active individuals (*especially if sweating*), it is recommended to take an extra step of using a [SkinTac Wipe](#) prior to application.
- + Consider the placement carefully. You don't want to put it too close to the inside of your arm where it might rub against clothing. You also don't want to go too far on the outside of your arm where it can easily snag. If you regularly sleep on one side, consider putting it on the "up" arm so you aren't compressing it at night.

SHARING DATA WITH THE FACILITY:

To share information with our clinic, [follow these steps](#):

1. Make sure your Stelo device is ON and collecting data.
2. In the app, go to settings > connections > clarity clinic
3. Our clinic code is **TheFacility**

****We do not get notifications of new pairings. If you are interested in advanced interpretation by The Facility Functional Medicine Team, please email us at info@thefacilitydenver.com to confirm set-up so we can follow along on your journey!**

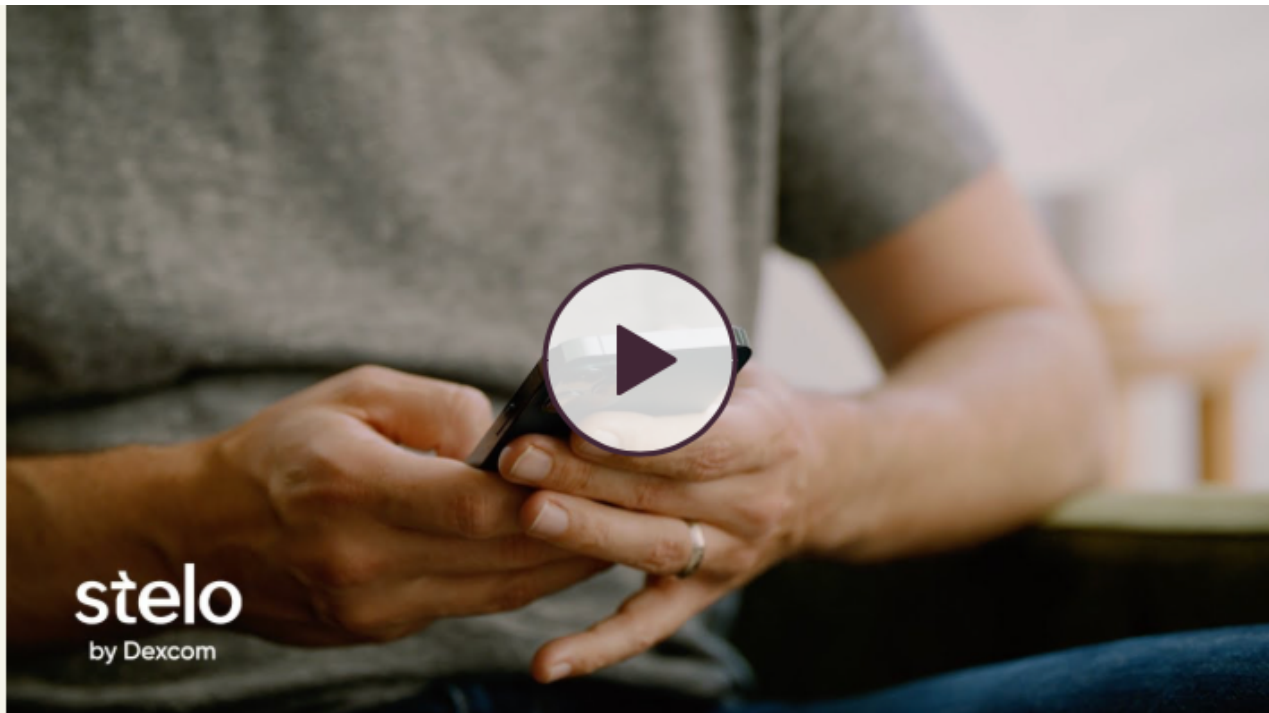
Tracking Data / Food Log

We want you to get the most out of the 12ish days that you wear your CGM. To help us help you, **it will be very important to keep a detailed log of food and activity.** We can later pair this with your CGM data to look at patterns and give you more insight into how to structure your eating and activity in a blood-sugar-friendly way.

The Stelo App is the best place to keep track of everything. You'll record inputs as an "event". The more detail, the better. When manually recording meals, please include food type and amount/portion size. You can estimate the total carbohydrates (but this input step is optional). If using the "smart food log" function, double check the AI description for accuracy before saving.

Using a "note" is a great way to record non-food/non-activity related events such as a stressful meeting, a poor night of sleep, or other deviations from your routine which may impact your glucose.

****If you prefer to use your own spreadsheet, document, or written journal: totally ok! It is just important to keep a dated record of intake and activity so we may USE the data well. Plan to submit this to Kate at the conclusion of your device wear for accurate interpretation. [email to info@thefacilitydenver.com]**



How to use events

'Personal Experiment' Ideas

To get the most out of your Stelo experience, pay attention to the choices you make and see how they impact your glucose. One option is to do what you normally do – eat typical foods and do regular activities. The second option is to experiment with the ideas below. Or do both.

No matter which path you choose, you will learn which foods or activities have an impact on your glucose.

- Look at your glucose when you start eating or drinking and 1–2 hours after to see the change.
- Compare a carbohydrate rich breakfast (cereal, pancakes, bagel) to a protein-based breakfast (eggs, Greek yogurt, cottage cheese).
- Go for a 10–15 minute walk after lunch and compare to a day you don't walk.

Explore the Stelo app using these prompts to help familiarize you with the features:

1 Explore the 'Learn' tab	2 Read your daily insight	3 Add an 'event' in your Stelo app	4 Find your time in range (TIR) for the first 3 days*	5 Connect your Stelo app to Apple Health or Google Health Connect†
6 View exercise from Apple Health or Google Health Connect in landscape mode	7 Move your finger across the trend line to find the highest glucose in last 12 hours	8 Read your weekly insight	9 Compare your 7-day TIR to your 3-day TIR*	10 Look at your 12 hour trend graph, pick 2 meals and compare them

* Scroll down in the Glucose tab to see the glucose summary reports.

† Setup in Settings>Connections

Reflect on Your Experience

- ☒ What surprised you?
- ☒ Did you change any food choices or activities based on your glucose data?
- ☒ How will this experience impact your food and activity choices?

STELO IMPORTANT INFORMATION: Consult your healthcare provider before making any medication adjustments based on your sensor readings and do not take any other medical action based on your sensor readings without consulting your healthcare provider. Do not use if you have problematic hypoglycemia. Failure to use Stelo and its components according to the instructions for use provided and to properly consider all indications, contraindications, warnings, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence. If your sensor readings are not consistent with your symptoms, a blood glucose meter may be an option as needed and consult your healthcare provider. Seek medical advice and attention when appropriate, including before making any medication adjustments and/or for any medical emergency.

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Some Helpful Content / Education

[Understanding The Glucose Graph](#) - Stelo Blog
[Making the Most Of Your CGM](#) - Stelo Blog
[What Is Considered a Glucose Spike](#) - Stelo Blog
[5 Pillars of Nutrition for Optimal Glucose Health](#) - Stelo Blog

Handouts / Meals :

- ['Strategic Snacks'](#) - SAS Institute
- [The PFF Method](#) - Skin Grip Blog
- This explanation of a ['Balanced Meal'](#) - Levels Health
- This list of ['Foods Unlikely to Spike Your Glucose'](#) - Levels Health

Podcasts :

- [Blood Sugar + Hormones w/ The Glucose Goddess](#) : What's The Juice
- [How to Use and Interpret a CGM](#) : Huberman Lab
- [Monitor and Manage Blood Sugar Levels](#) : Be Well by Kelly

Kate's Guides / Recipes on Blood Sugar Regulation :

- [Blood Sugar Control Guide](#)
- [Blood Sugar Friendly Snacks](#)

WHAT'S NEXT:

If you are NOT a current patient at The Facility, and would like help interpreting your glucose data, please reach out to us at info@thefacilitydenver.com

Learn more about becoming a patient and [our New Patient Process HERE](#).

We prefer to pair glucose biosensor data WITH blood tests for the most comprehensive look at overall health and wellness. [You can explore our direct order labs HERE](#).