

Advances in Continuous Glucose Monitoring



CONTRIBUTING AUTHORS: Bree Meinzer, PharmD, BCACP, University of Toledo; and Marilee Clemons, PharmD, BCACP, University of Toledo, on behalf of Team Best Practices

Several new prescription and over-the-counter continuous glucose monitor (CGM) options have recently entered the market. These devices use real-time technology and have a combined sensor and transmitter.

Prescription Devices

The newest prescription CGMs covered by Ohio Medicaid for patients diagnosed with diabetes include:

FreeStyle Libre 3 Plus¹

- Smaller, thinner sensor compared to the Libre 2.
- Approved for use in patients age 2 years and older (previously 4 years and older for earlier models).
- Requires a new prescription but works with existing Libre 3 systems, including the mobile app and reader.

Dexcom G7²

- Smaller than the G6 and eliminates the need for a separate transmitter.
- Features a quick 30-minute warm-up, significantly faster than its predecessor and other CGMs.

Over-the-Counter Devices

New over-the-counter CGMs, such as Dexcom Stelo, Lingo by Abbott, and FreeStyle Libre Rio, are designed for general health and wellness and can be purchased without a prescription.

- Primarily marketed to individuals monitoring blood sugar for health and wellness rather than managing diabetes with insulin.
- Over-the-counter biosensors must be paired with mobile apps.¹⁻⁴
- Not covered by insurance, with prices varying by device.

Table 1. CGM Device Features and Characteristics¹⁻⁵

Device	Prescription Devices		Over-the-Counter Devices		
	Dexcom G7	FreeStyle Libre 3 Plus	Dexcom Stelo	FreeStyle Libre Rio	Lingo by Abbott
Wear duration (days)	10	15	15	15	14
Measurement interval	every 5 minutes	every 1 minute	every 5 minutes	every 1 minute	every 1 minute
Measurement range	54 to 350 mg/dL	55 to 400 mg/dL	70 to 250 mg/dL	40 to 400 mg/dL	55 to 200 mg/dL
Compatible mobile app*	Yes, via Dexcom Clarity or G7 app	Yes, via LibreView	Stelo by Dexcom	Libre Rio	Lingo by Abbott
Provider data sharing	Yes	Yes	No	No	No
Compatibility with insulin pump**	Yes	Yes	No	No	No
Age recommendations (years)	>2	>2	>18	>18	>18
Marketed indications	Patients with diabetes	Patients with diabetes	Patients with T2DM and not on insulin	Patients with prediabetes and not on insulin	Anyone looking to improve overall health and wellness

*Smartphone compatibility varies by device.

**Products may not be compatible with all insulin pumps.

For more information, access Cardi-OH’s expanded resources on **CGMs** and **interpretation**.

References

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5. Sequenex. The OTC CGM Market: Comparing Stelo, Lingo, & Libre Rio. <https://sequenex.com/the-otc-cgm-market-comparing-stelo-lingo-libre-rio/>. Published July 24, 2024. Accessed November 22, 2024.

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