

# Meet Stelo: your personal glucose partner

See the impact that food, activities, stress and more have on your glucose levels with Stelo.

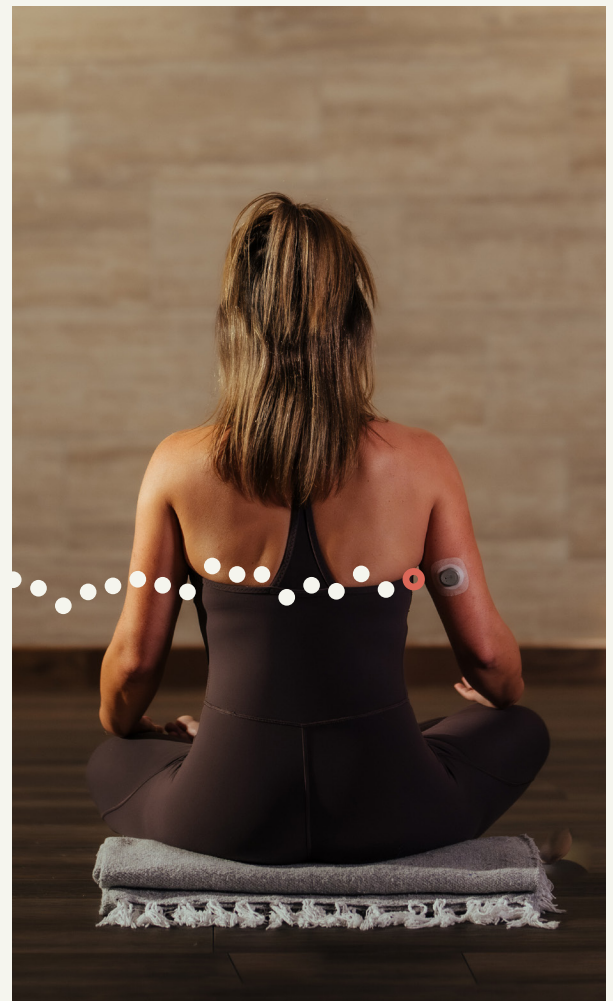
## What is glucose and why does it matter?



Glucose is a type of sugar that serves as your body's main source of energy. When you eat or drink carbohydrates, your body breaks them down into glucose.



Glucose is essential to function, but at excessive levels it can cause health issues. Keeping the level of glucose in your body balanced throughout the day is important to stay healthy.



## How Stelo can help you on your wellness journey

Stelo is a small wearable worn on the arm that allows you to see your glucose levels 24/7 right on your smartphone.\* It shows how your body reacts to food, exercise, stress, and more so you can make adjustments to keep yourself in the target range.

Tracking your glucose over time can help you identify patterns and make lifestyle changes to improve your health. Using Stelo to track your glucose enables you to:

- **Understand your body:** Learn how your meals and fitness routine affect your glucose levels.
- **Reduce glucose spikes:** Shows when glucose spikes happen so you can adjust your habits to minimize them.
- **See patterns:** Reveals glucose patterns that help you turn insights into action.<sup>1,1-4</sup>
- **Feel your best:** Helps you keep your glucose in target range, which can keep your energy levels more consistent.
- **Improve your long-term health:** Assists you in maintaining healthy glucose levels, which can lower the risk of health complications.<sup>1,5-7</sup>

**Try Stelo now and start your journey  
on the road to better health.**

**stelo** by Dexcom

\*For a list of compatible devices, visit [stelo.com/compatibility](https://stelo.com/compatibility). <sup>1</sup>Results obtained from previous Dexcom device(s) in patients with diabetes.

<sup>1</sup> Stelo User Guide. <sup>2</sup> Ehrhardt, et al. *Clin Diab.* 2020;38(2):1-6. <sup>3</sup> Clark TL, et al. *Diabetes Technol Ther.* 2024. doi: 10.1089/dia.2023.0612. <sup>4</sup> Porter, et al. *J Diabetes Sci Technol.* 2022;16(2):578-580. <sup>5</sup> Reed J, et al. *Diabetes Obes Metab.* 2024;26(7):2881-9. <sup>6</sup> Layne JE, et al. *Diabetes Technol Ther.* 2024;26(12):925-31. <sup>7</sup> UKPDS Group. *Lancet.* 1998;352(9131):837-53.

STELO IMPORTANT INFORMATION: For full information on benefits and risks, visit [stelo.com](https://stelo.com).

INDICATIONS FOR USE: 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.

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