

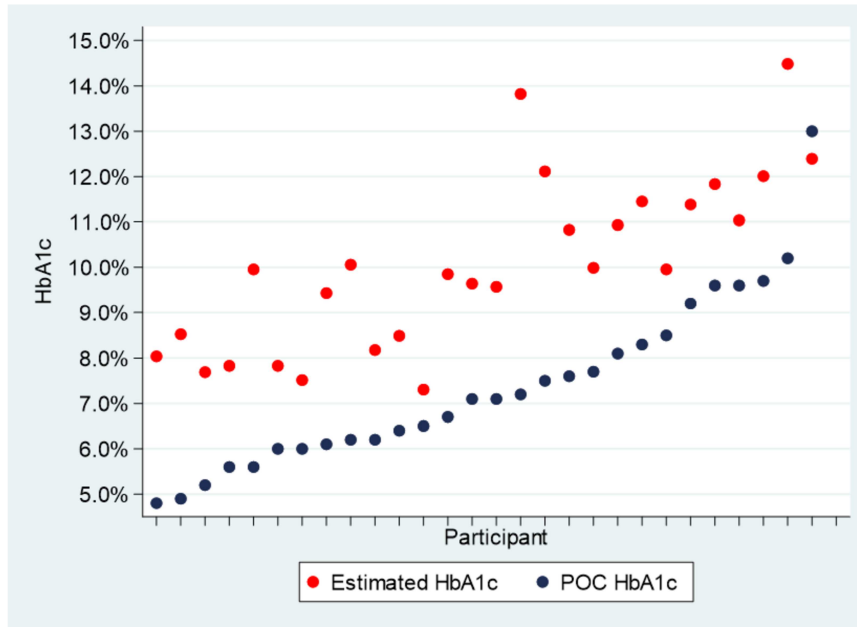
Supplementary Table 1: Quality of Life

	Crude			Adjusted Model		
	Pretest Mean (SD)	Post test Mean (SD)	Difference	Coefficient	95% CI	P-value
<b>Domain 1: Physical health</b>						
CGM	53.5 (13.1)	55.1 (14.6)	1.6	-4.32	-14.9, 6.2	0.41
UC	50.2 (18.4)	57.0 (9.1)	6.8			
<b>Domain 2: Psychological</b>						
CGM	53.2 (13.1)	57.6 (17.7)	4.4	0.36	-11.3, 12.6	0.95
UC	54.5 (15.5)	57.0 (18.0)	2.5			
<b>Domain 3: Social relationships</b>						
CGM	46.0 (17.9)	58.5 (23.3)	12.5	-8.94	-25.5, 7.6	0.28
UC	47.3 (29.9)	67.5 (20.5)	20.2			
<b>Domain 4: Environment</b>						
CGM	47.4 (16.3)	55.5 (17.1)	8.2	-0.84	-11.9, 10.2	0.88
UC	52.6 (18.7)	58.9 (21.2)	6.3			
<b>Overall</b>						
CGM	50.0 (12.5)	56.7 (15.6)	6.7	-3.75	-13.7, 6.2	0.45
UC	51.2 (16.7)	60.1 (14.7)	9.0			

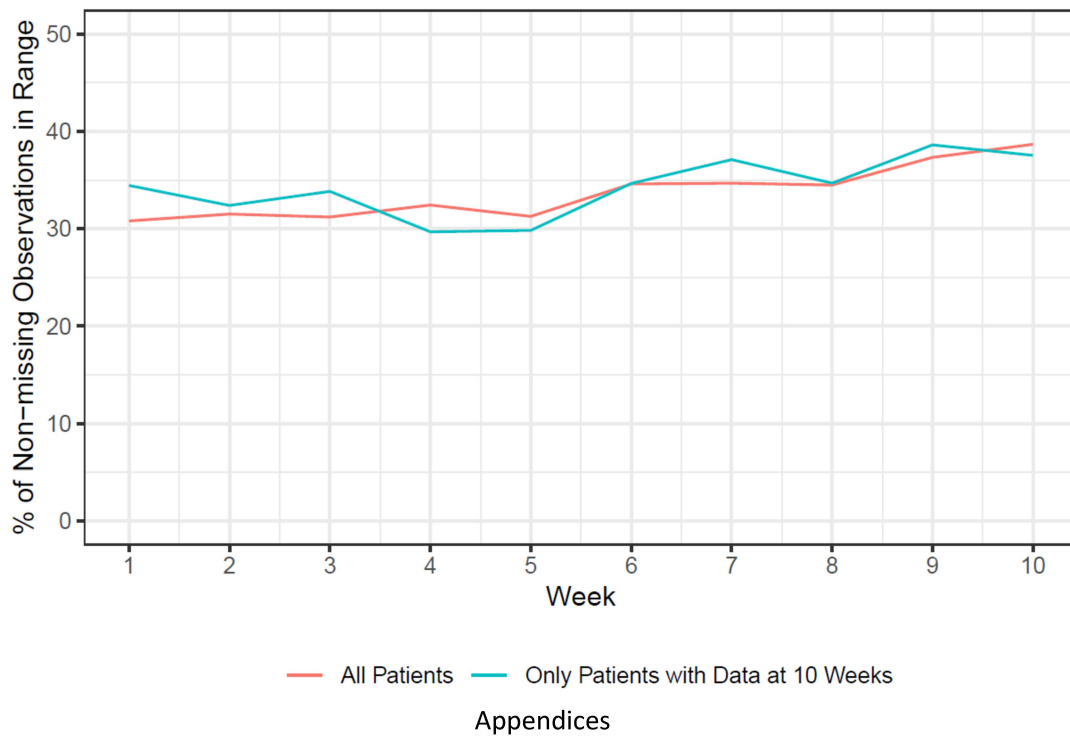
Note: There were 28 participants in the CGM arm and 10 in the usual care arm (1 and 3 of the original participants with no follow-up data in the respective arms). Coefficient, 95% CI, and p-value reported from longitudinal analysis of covariance, adjusted for baseline quality of life score, facility site, age, gender, and diagnosis year.

CGM: Continuous Glucose monitoring, CI: Confidence interval, SD: standard deviation

Supplementary Figure 1: For each participant, POC HbA1c compared to HbA1c estimated by 90-day average glucose from CGM wear



Supplementary Figure 2: Average time in range over course of ten weeks for participants with data at ten weeks



Appendices

**Appendix A**

**Dexcom patient handout (English and Chichewa versions used during the study)**

**dexcomG6**  
onetsetsani code ya sensor musanayambe kuika.

**Kuika Sensor**  
Sakhani malo oyika pamimba (wazaka 2 ndi kupitirira apo) kapena m' mwamba mwamatako (zaka 2-17).  
Sakhani malo omwe muli mafuta -  
Pewani malo omwe muli mafupa, ziwengo, zojambula ndi malo oonekera.

1. Sambani ndi kusimtsa manja. Pukutani malo a sensor ndi thonje la spiriti.
2. Chotsani zomata mata. Osakhudza zomata.
3. Ikani choikira pakhungu.
4. Chotsani kapamwamba ndi kudina batani.
5. Chotsani choikira pakhungu.
6. Ikani choikira mujumbo ndi bweretsani kuchipadala, musataye.
7. Pukutani transmitter ndi thonje la spiriti.
8. Ikani transmitter m' malo mwake.
9. Modekha dinikizani transmitter ndipo mumve kulira.
10. Sisitani modinikiza katatu m' mbali mwa chomatira sensor.
11. Matulani kansalu m' mbalimbali mwa sensor.
12. Pidani ndi kuthyola topanila kuti muchotse transmitter.
13. Chotsani transmitter.
14. Musataye transmitter. Mutha kugwiritsa ntchito kapena Bweretsani ku chipatala.

**Pakatha masiko 10. Chotsani transmitter.**

Credits for Translation: Dester Nakotwa (NCD Nurse, Neno).

**Unblinded CGM Patient Handout** **dexcomG6 PRO**

Patient downloads G6 app on their smart phone to view Dexcom G6 Pro Continuous Glucose Monitoring System (CGM) readings.

**Healthcare professional:** Insert sensor (Section A) and attach transmitter (Section B). Complete sections C and D. Review this handout with patient, then give to them to take home.

**A. Insert Sensor**

1. Gather materials: applicator, transmitter, and wipe.
2. Pick sensor site. Avoid bones, muscle, irritated skin, tattoos, areas that get bumped. (Age 2 and up, Age 2-17)
3. Clean sensor site with alcohol wipe.
4. Peel off adhesive backing.
5. Place adhesive on skin.
6. Fold and break off safety guard.
7. Press button to insert sensor.
8. Discard applicator. Follow local guidelines.

**B. Attach Transmitter**

1. Clean transmitter. Only use alcohol wipe.
2. Insert transmitter, tab first, into holder.
3. Click transmitter into place. Flush with wipe.
4. Rub around patch 3 times.

**C. Information patient needs for G6 app setup**

1. Patient enters alerts settings in app.
 

Low Alert	mg/dL
60 mg/dL - 100 mg/dL	
High Alert	mg/dL
120 mg/dL - 400 mg/dL	
2. Patient enters transmitter SN in app.
 

**PUT STICKER HERE**  
Don't give transmitter SN to blinded patient

**D. Transmitter removal date**

**Return transmitter**

In person  Date

Other  Time

**G6 Pro Overview**

G6 Pro takes your glucose reading every 5 minutes for 10 days. After returning the system, your healthcare professional reviews your glucose history and may adjust your medication, diet, or exercise.

**Sensor** (Measures glucose below skin)

**Transmitter** (Gives sensor readings)

**What do I do?**

- Keep your transmitter within 20 ft
- Shower and swim as normal
- Return to your healthcare professional as instructed

**What don't I do?**

- No kites
- No full-body scanners
- No sunscreen or lotions on transmitter
- No system parts in mouth, it's a choking hazard
- Don't remove transmitter, it's end your sensor session

Continued on reverse

**Table A : Training of participants performed in both arms and guidelines for clinicians**

**Participant Training at Baseline (For both groups):** One session of general diabetes education and management

- Glucose targets
- Insulin dosing techniques and principles
  - Take before, not after each meal
  - Do not skip doses
- Basics of insulin therapy and meal planning
- Understanding signs and strategies for managing hypoglycemia and hyperglycemia
- Understanding sick day management.
- Understanding food insecurity and insulin therapy.

**Clinician Guidelines:**

- Providers were encouraged to review retrospective glucose data using SMBG logbook and CGM Clarity reports with participants and use the data to adjust insulin for individualized management.
- Make lifestyle and medication/insulin recommendations *per usual practice*
- For CGM Group—CGM diabetes management guidelines