



Continuous Glucose Monitor (CGM) options

Device → Feature ↓	Lingo [Abbott]	Libre Rio [Abbott]	Libre3 [Abbott]	Stelo [Dexcom]	Dexcom G7 [Dexcom]
Target Audience	General consumers, non-diabetics	Adults with type 2 diabetes, non-insulin users	Adults with diabetes, insulin users	General consumers, non-diabetics	Adults or children with diabetes, including insulin users
Purpose	Overall health and wellness	Diabetes management	Diabetes management	Overall health and wellness	Diabetes management
Features	Health coaching app, insights	Data sharing, similar to prescription Libre systems	Data sharing with provider-facing options	Health coaching app, insights	Data sharing with provider-facing options, insulin pump compatible
Usability	Not for diagnosis or treatment of diabetes	For individuals with diabetes, not for insulin users	For individuals with diabetes who may use insulin; requires prescription	Not for diagnosis or treatment of diabetes	For individuals with diabetes who may use insulin; requires prescription