



[Date]

[Participant Name]

[Address]

Dear [Mr./Mrs. Participant Name]:

Thank you for taking part in the recent ARIC Visit at our Field Center and wearing a continuous glucose monitor on your arm. We appreciate your willingness to join us in this important study.

A summary of the **results from your continuous glucose monitoring sensor** are detailed in the attached report. Discussion with your physician about how this report relates to your laboratory tests and diagnoses may be helpful.

- **High glucose** is found more commonly among individuals with diabetes. Glucose values above the usual target range are shown in yellow and orange on the report.
- **Low glucose** can be associated with shakiness, dizziness, or other symptoms. Glucose values below the usual target range are shown in red on the report.

The information from the continuous glucose monitor (Abbott Libre 3) sensor is not intended for the diagnosis or screening of diabetes. In persons with a diagnosis of diabetes, continuous glucose monitoring systems are sometimes used to guide and adjust diabetes treatment, typically in persons who are using insulin to manage their diabetes.

Because the ARIC Study does not provide any clinical diagnosis or treatment, we offer to send all relevant information to participants' usual sources of medical care, when requested. During your ARIC Study visit you indicated that we should send these results to you.

Thank you again for being a member of the ARIC Study.

Sincerely,