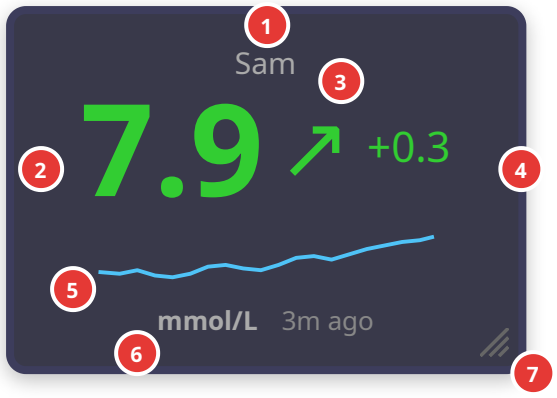
Glucose Widget — Quick Guide

Your CGM reading on your Windows desktop — in mmol/L or mg/dL

What you're looking at



1. **Name** — optional label, handy if you follow more than one person.
2. **Glucose reading** — the colour shows the range (see below).
3. **Trend arrow** — Dexcom/Libre's arrow: which way glucose is heading and how fast.
4. **Delta** — change since the previous reading (usually 5 minutes earlier).
5. **Sparkline** — the blue line is your last 3 hours. Hover over it to see a reading and its time.
6. **Units and age** — mmol/L or mg/dL, and how long ago the reading was taken.
7. **Resize grip** — drag to make the widget bigger or smaller.

mmol/L or mg/dL — your choice

7.9 ↗ +0.3 mmol/L 3m ago = 142 ↗ +6 mg/dL 3m ago

Both units are fully supported.

Switch any time: right-click → **Settings…** → **Display Units**. New installs start in **mmol/L**. The reading, delta and alert thresholds all switch together.

Reading colours

Green	In range
Yellow	High
Orange	Low
Red	Urgent low or urgent high
Grey	Old reading — no new data. The time turns amber.

Defaults: 3.0 · 3.9 · 10.0 · 13.9 mmol/L (54 · 70 · 180 · 250 mg/dL). Change them in Settings.

Trend arrows

↑ ↑	Rising rapidly	↓ ↓	Falling rapidly
↑	Rising	↓	Falling
↗	Rising slowly	↘	Falling slowly
→	Stable	?	No trend yet

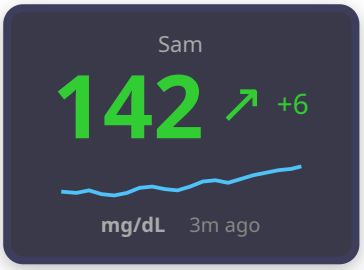
The arrow comes straight from your CGM, the same as in your phone app.

Three ways to view it

Right-click the widget and pick a view. You can change it any time.



Compact (mmol/L)
Number and arrow only



Detailed (mg/dL)
Everything, larger



Custom (mmol/L)
You choose name, delta, sparkline

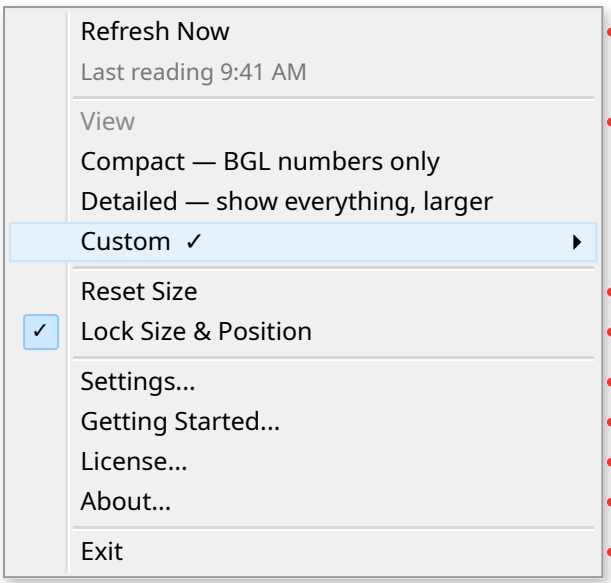
- ✥ **Move:** click and drag anywhere on the widget.
- ⤡ **Resize:** drag an edge or corner. Text scales with it. **Reset Size** puts it back.
- ▣ **Lock:** tick **Lock Size & Position** so it can't be moved by accident.

Glucose Widget — Quick Guide

Everything is one right-click away

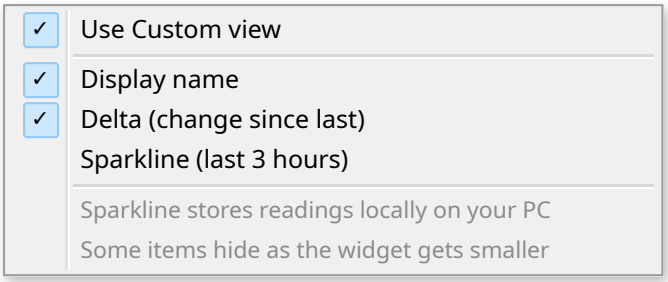
The right-click menu

Right-click anywhere on the widget to open this menu.



- **Refresh Now** — check for a new reading straight away. The faint line under it shows when the last reading was taken.
- **View** — Compact, Detailed or Custom (see page 1). The current view has a tick (here, **Custom** ✓). **Custom** ▸ opens the options below.
- **Reset Size** — back to the standard size for this view.
- **Lock Size & Position** — stops accidental moving or resizing. A tick shows it's locked; click again to unlock.
- **Settings** — your CGM account, units, thresholds, alerts and display options.
- **Getting Started** — a short tour of the widget.
- **License** — enter your licence key, or see your licence status.
- **About** — version number, plus **Support & Help**.
- **Exit** — closes the widget. Readings stop until you open it again.

Custom ▸ menu



Building your own layout

Tick **Use Custom view**, then tick the parts you want: **name**, **delta** and **sparkline**.

If an item disappears, the widget is too small to fit it — drag the corner to make it a little bigger.

Handy settings

- **Display Units** — mmol/L or mg/dL.
- **Glucose Thresholds** — your own ranges, and which pulse red.
- **Background Opacity** — more or less see-through.
- **Desktop notifications** for alerts.
- **High-contrast** — solid black, white border.
- **Mode → Advanced** — follow up to 3 people at once.

Alerts at a glance



Red pulsing border — glucose is in a range you chose to flag. Tick or untick each range under **Settings → Red Pulse** (all off by default).



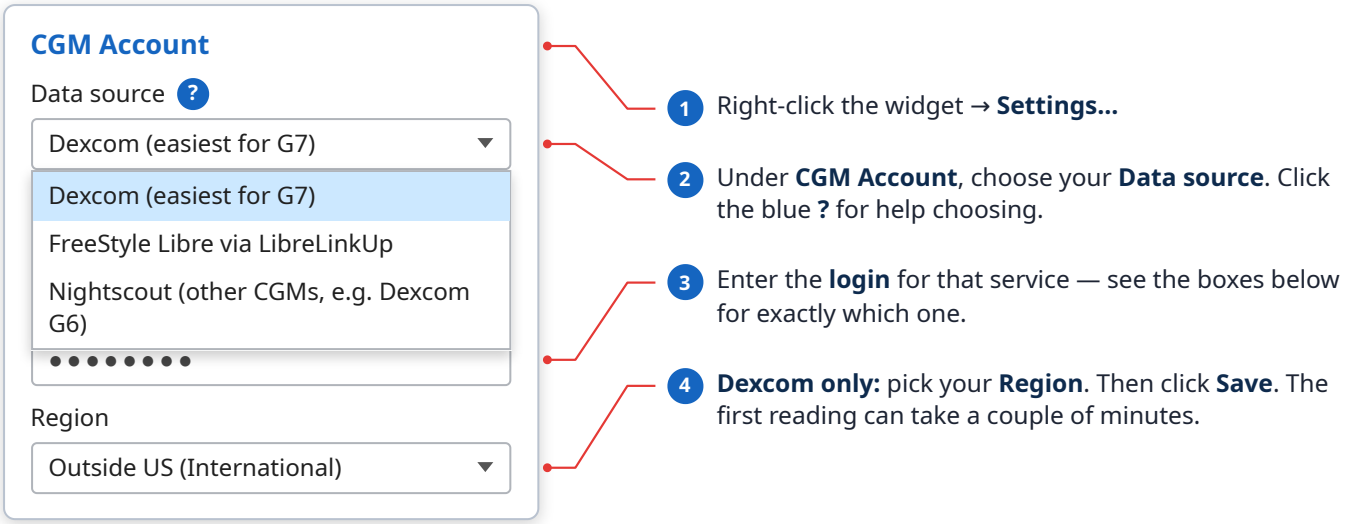
Orange pulsing border — no new readings are arriving. Check your phone app is sharing and the PC is online.

Glucose Widget — Quick Guide

Connect your CGM in a few minutes

How the widget gets your readings

The widget reads from your CGM's **sharing service** — the same one family and carers use to follow you. Turn sharing on in the phone app first, then enter the login in the widget.



Dexcom

Dexcom G7 and ONE+ · uses Dexcom Share

ON THE WEARER'S PHONE — DEXCOM APP

1. Tap **Connections → Share**.
2. Turn Share on and **invite at least one follower** (it can be your own second email). Dexcom only shares readings once someone is following.

IN THE WIDGET

3. Data source: **Dexcom**.
4. Enter the **wearer's own** Dexcom username and password — the login used in the Dexcom app, **not** a follower's login.
5. Region: **United States**, or **Outside US (International)** for everywhere else, including Canada, Europe, Australia and NZ.

FreeStyle Libre

Libre 2, 2 Plus, 3 and 3 Plus with the Libre phone app · uses LibreLinkUp

ON THE WEARER'S PHONE — FREESTYLE LIBRE APP

1. Open the menu → **Connected Apps → LibreLinkUp** and invite an email address.
2. That person installs the free **LibreLinkUp** app, signs up with that email, and accepts the invitation and terms.

IN THE WIDGET

3. Data source: **FreeStyle Libre via LibreLinkUp**.
4. Enter the **LibreLinkUp** email and password — **not** the LibreView login used in the Libre app. No region needed.

Sensors paired with an insulin pump, or used only with a reader, can't share to LibreLinkUp — use Nightscout instead.

Nightscout — Dexcom G6 and other CGMs

Choose **Nightscout**, enter your site address (e.g. https://yoursite.up.railway.app) and your access token (leave it blank for public sites). Your Nightscout site must already be receiving readings.

No readings?

Check sharing is on with at least one follower, the right login type is used, and any VPN is off. Still stuck? Right-click → **About... → Support & Help**, or reply to any email from us.

⚠ Important — Glucose Widget is not a medical device

It shows CGM data for information only. Readings can be delayed, inaccurate or missing, and it is not an alarm system. **Never use it for treatment or dosing decisions.**

Always refer to your **official CGM app or receiver** — the Dexcom app, the FreeStyle Libre app, or, if you use Nightscout, your CGM's own app — and keep its alerts turned on. Follow the advice of your healthcare professional. Glucose Widget is not affiliated with or endorsed by Dexcom, Abbott or Nightscout.

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