



Ultimate guide to CGM for people without diabetes

By Dr Michelle Woolhouse, Integrative
GP and Vively Medical Director



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METABOLIC HEALTH CRISIS



In today's fast-paced world, the Australian population faces a significant challenge - a rising metabolic health crisis characterised by increasing rates of obesity, type 2 diabetes, and metabolic syndrome. With 67% of Australian adults classified as overweight or obese, the need for innovative solutions has never been more urgent.



WHAT IS METABOLIC HEALTH?

Metabolic health involves the optimal functioning of our body's processes for converting food into energy and maintaining vital functions. However, the normalisation of unhealthy lifestyles has contributed to a widespread metabolic health crisis.

This normalisation has led to a society where stress, obesity, and metabolic diseases are increasingly accepted as the norm. It's now a reality that most people have suboptimal metabolic health, and most are completely unaware.¹

¹ [Research in Context: Obesity and metabolic health](#)

HOW IS METABOLIC HEALTH MEASURED?

5 COMMON WAYS IT'S MEASURED



1. Blood glucose levels

Blood glucose, our primary energy source, is regulated by insulin, which transports glucose into cells. Excess glucose is stored as fat. Insulin resistance can lead to high blood sugar, prompting the pancreas to produce more insulin. Chronic high levels of both can lead to health issues like diabetes and heart disease. Monitoring blood glucose is crucial, typically done during annual physicals or via CGMs.

2. Triglycerides

Triglycerides, part of the lipid panel, measure fat in the bloodstream. Elevated levels increase heart disease and stroke risk. Genetics can influence levels, but diet and lifestyle are primary factors. Normal levels should be below 5.3mmol/L. To manage, limit added sugar, fat intake, and alcohol consumption.

HOW IS METABOLIC HEALTH MEASURED?

3. HDL

HDL cholesterol, known as the "good" cholesterol, aids in removing LDL, the "bad" cholesterol; with factors like smoking, sedentary lifestyle, and diets high in processed saturated fats impacting HDL levels negatively.

4. Blood pressure

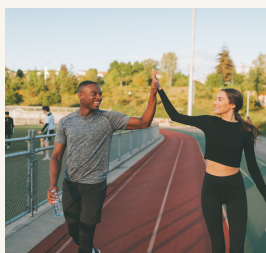
Blood pressure gauges artery pressure during heart activity (systolic) and rest (diastolic), with a target of below 120/80 mmHg. Elevated levels warrant discussion with a doctor. Home monitoring with pharmacy-bought cuffs provides insights, albeit less accurate than clinical readings.

5. Waist circumference

Abdominal obesity, not just overall weight, impacts metabolic health, raising risks of diabetes, heart disease, high blood pressure, and stroke. In a significant European study, each 5-inch increase in waist circumference correlated with a 17% higher risk of death in men and 13% in women.



RETHINKING METABOLIC HEALTH



We must shift away from rigid clinical definitions, which often categorise health as either "healthy" or "unhealthy," and instead acknowledge that metabolic health exists on a continuum for everyone.



Just because you don't exhibit signs of metabolic syndrome doesn't necessarily indicate that your metabolic health is optimal.



Health fluctuates and responds to external influences over time, so it's essential to consider its variability and real-time responses to external stimuli.



You can't manage what you don't measure

ENTER THE CONTINUOUS GLUCOSE MONITOR



Continuous glucose monitors represent a groundbreaking technology that extends beyond diabetes management, promising to transform our approach to metabolic health for everyone.

With CGMs, individuals gain access to immediate feedback on their glucose levels, enabling them to make educated decisions about their lifestyles. This proactive approach has the potential to stave off metabolic diseases before they develop.

By implanting a sensor beneath the skin, CGMs provide uninterrupted monitoring of glucose levels, offering invaluable insights into the impact of various factors such as diet, physical activity, and stress on blood sugar levels.



WHAT IS A CGM?

A continuous glucose monitor (CGM) is a small, discreet and water-resistant sensor that measures the spikes and dips of your glucose levels in real-time. Your CGM sensor connects to your Vively app to power your glucose insights.

THE SCIENCE OF CGMS FOR NON-DIABETICS

The [Australian Bureau of Statistics reports](#) that 67% of Australian adults are overweight or obese, with metabolic health issues becoming normalised. CGMs traditionally used for diabetes, offer insights for non-diabetics.¹ They track real-time glucose levels, aiding in lifestyle optimisation, athletic performance, and disease prevention. [Studies show](#) CGMs influence healthier choices, revealing abnormal glucose regulation even in non-symptomatic individuals.² We found high rates of potential metabolic dysfunction among users. This data underscores the need for personalised healthcare to combat lifestyle-related diseases effectively. CGMs have the potential to revolutionise health management by providing personalised insights into the impact of lifestyle choices on metabolic health.



¹ [Insulin Resistance Predicts Mortality in Nondiabetic Individuals in the U.S.](#)

Karlee J. Ausk, MD, ¹Edward J. Boyko, MD, MPH, ² and George N. Ioannou, BMBCh, MS ^{1, 3}

² 'Hyperglycemia rapidly suppresses flow-mediated endothelium-dependent vasodilation of brachial artery' - H Kawano ^{1, 2}, I Motoyama, O Hirashima, N Hirai, Y Miyao, T Sakamoto, K Kugiyama, H Ogawa, H Yasue



The evidence is clear: CGMs offer a powerful tool in the prevention and management of metabolic health issues, extending beyond diabetes care to benefit the wider population. As research continues and accessibility increases, CGMs hold the promise of transforming Australia's approach to metabolic health, making a healthier, more informed society a tangible reality.



DOES IT HURT?

Inserting a CGM sensor can be discomforting for some, but many users find it manageable, often describing it as a brief pinch. It's a small discomfort for the valuable insights CGMs offer!

IS 14 DAYS ENOUGH DATA?

For many, having 14 days of data from a CGM is a fantastic start. It provides a window into your health journey, offering valuable insights and opportunities for positive changes. Each day brings new possibilities for understanding and improving your metabolic health!

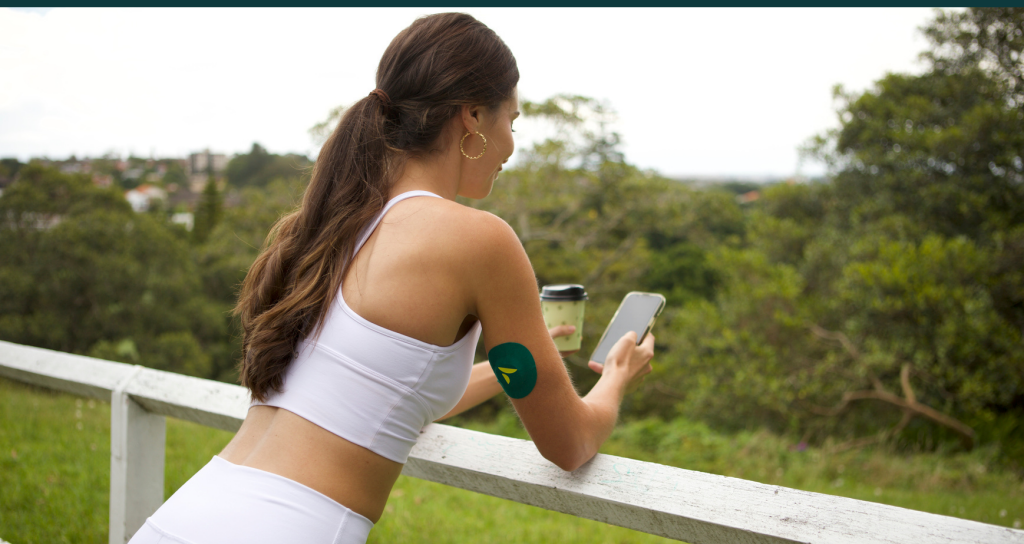
WHICH CGM SHOULD YOU USE?

Currently, the FreeStyle Libre 2 is the primary CGM available in Australia and is the most popular CGM internationally. Vively is the only app in Australia that integrates with this sensor to provide access to the general population.

PERSONALISED HEALTHCARE AND CGMS

The shift towards personalised healthcare emphasises the importance of early detection of glucose dysregulation and insulin resistance. CGMs play a crucial role in this paradigm, offering a personalised view of how lifestyle choices impact metabolic health. This technology aligns with modern medicine's focus on addressing lifestyle-related diseases through education and empowerment, rather than solely on treatment.

Vively allows you to share your CGM data with your health professional through a secure online portal



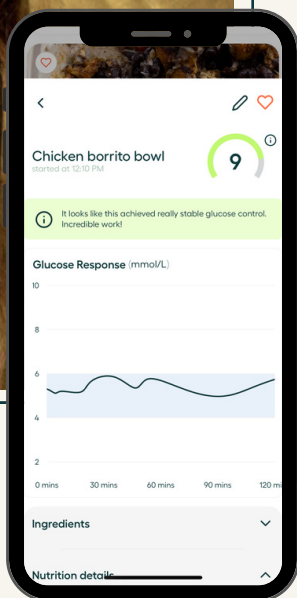
HOW VIVELY'S CGM WORKS

KEY FEATURES AND BENEFITS



LIVE DATA

Utilise wearables to track real-time glucose levels and integrate data on food, sleep, and exercise. This holistic approach provides a comprehensive picture of health in one place, enabling informed decisions and proactive health management.

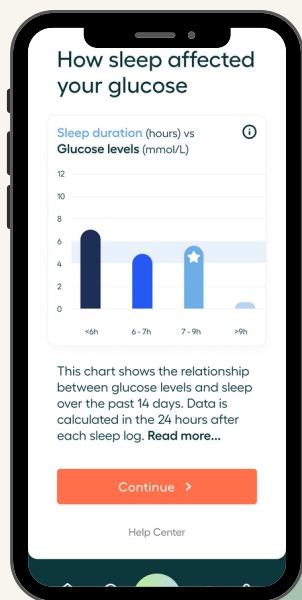


SCORING

From meals to exercise to sleep, Vively will score this data to quickly identify the foods & behaviours that are having an effect on your glucose levels, enabling you to gain valuable insights into how your lifestyle choices impact your health.

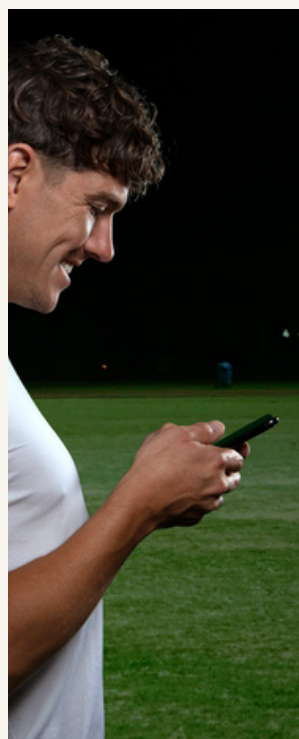
GUIDANCE

Leverage the expertise of the in-app dietitian to gain valuable insights into your dietary habits, allowing you to make more informed choices. Additionally, explore a diverse array of articles authored by health experts within the app, offering guidance and tips to support you on your journey toward better health and wellness.



REPORTS

Receive personalised reports generated from the data collected by wearing your CGM, empowering you to comprehensively understand your glucose patterns. These reports offer actionable insights, enabling you to make informed decisions and implement targeted strategies to optimize your health and manage your glucose levels effectively.



WHO IS IT BEST SUITED FOR

Vively is geared towards individuals striving for:

- holistic well-being
- weight loss
- metabolic condition management
- health optimisation

Offering a thorough understanding of how various lifestyle factors impact glucose levels. It provides comprehensive insights into the intricate relationship between lifestyle choices and glucose regulation, catering to diverse health goals and empowering users to make informed decisions for their overall health and vitality.



HOW TO GET STARTED

- Head to our [website](#)
- Get started by answering a few questions in our questionnaire
- We will ship out your CGM
- Ready to go

82%

of Vively members
report an
improvement in their
weight levels

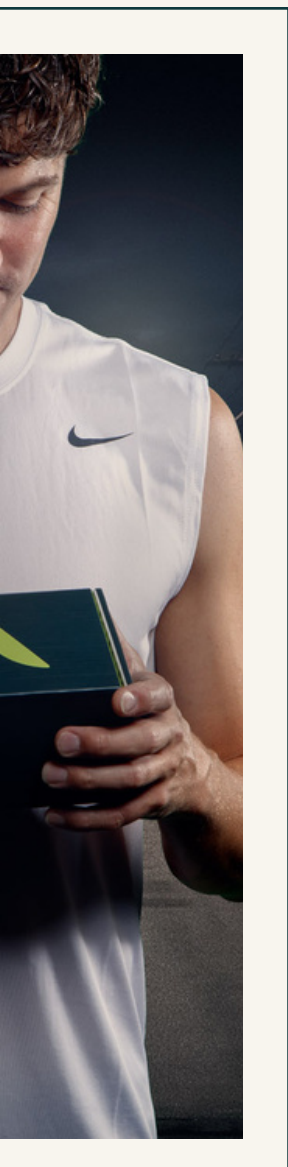
85%

of Vively members
report an
improvement in their
energy levels

92%

of Vively members
give 4+ stars for the
program

CASE STUDIES



LONG TERM HEALTH AND VITALITY

"I love how much control the CGM device gives you over your whole metabolism. Just by having instant feedback you can just tell what's working and what's not working. For me, it's a continuous evolution. I keep changing things and refining, so it's going to be interesting when I get my next CGM monitor."

-Richard

WEIGHT LOSS

"But, the biggest thing I found is that exercise has an enormous impact on me. I exercise pretty regularly, on average between 30-60 minutes a day. I noticed that if I do that exercise in the mornings instead of the afternoon or evening, my blood sugar levels even out for the rest of the day. This was a big surprise for me."

"I've gone from about 95 kilos to 89kg, which is great. Hopefully, if I keep on working with it I can keep it under control."

-Roz



PCOS

"I'm a nurse and shift worker, and work in a pretty stressful environment. About a year ago, I was diagnosed with PCOS and caught up in that whole experience.

With Vively, you have to want to engage, you have to have the time and space, you need to want to know what you want to know. You can lead a horse to water but can't make it drink. Being able to do it all myself gave me a sense of control."

-Rachel

MENOPAUSE

"Along with many symptoms of menopause I noticed that during the day I was crashing a lot and feeling fatigued.

Over the last few years I noticed my fasting glucose levels creeping up and was worried about developing diabetes. I spoke with my Doctor and researched ways in which I could manage these burnt out moments. I came across Vively and it was one of the best things I could've done. With the help of Charlotte (in-app dietician) I was able to manage my glucose levels much better and in result I was having much less foggy moments!"

-Pippa

TOP RECOMMENDATIONS TO IMPROVE YOUR BLOOD SUGAR



Dr Michelle Woolhouse
**Founding Medical
Director**

Dr Michelle Woolhouse is one of Australia's leading integrative GPs with 20+ years experience using the proven therapeutic interventions of lifestyle medicine to improve metabolic health and address symptoms such as weight gain, sleep, infertility, skin and hair problems

Dr Woolhouse is the host of "The Good Doctors" and "FX Medicine" podcasts, which have attracted millions of downloads in Australia. Dr Woolhouse also authored the popular mental health book "The Wonder Within"

Dr Woolhouse's credentials include MBBS, FRACGP, ACNEM, FASLM and Grad Dip. Mind-Body Medicine

1. Prioritise sleep

Our culture values stress and long work hours over rest and rejuvenation. Sleep is crucial for physical and mental health, affecting mood, weight, hormones, memory, detoxification, and immunity. It also helps combat sugar cravings, glucose issues, fatigue, and low motivation. Prioritise your sleep-wake cycle and deep rest for improved glucose control.



2. Exercise daily

Exercise provides countless benefits for the body, including managing blood sugar, weight, and immunity. Regular movement supports muscle function, making it essential to find enjoyable and sustainable activities like yoga, surfing, hiking, or gym workouts. Consistency is key for lasting health benefits, so find what you love and stick with it.

3. Eat protein for breakfast

A protein loaded breakfast is a great way to start your day! It helps with satiety, blood sugar levels and is associated with less caloric intake for the rest of the day. My favourite is to scramble up 2 eggs, place 2 slices of smoked salmon on top and sprinkle with some dill and feta, yum!

4. If you are stressed: make changes!

In our society, stress often goes unnoticed, yet it can harm health and well-being. Overcoming stress is challenging as the brain adapts to tense responses. Relaxing in nature, prioritising sleep, diet, and exercise help, but seeking guidance or life adjustments may also be necessary. Ultimately, the body functions better and emotions remain stable in a relaxed state.

TOP RECIPES RECOMMENDATIONS FROM CHARLOTTE



Charlotte Battle
Accredited Practising
Dietitian



LENTIL PATTIES

Serves 6

INGREDIENTS

- 01 - 2 cups dry red lentils, rinsed and drained
- 02 - 1 tsp salt, divided
- 03 - $\frac{1}{3}$ cup extra virgin olive oil
- 04 - 1 medium onion, chopped
- 05 - 3 cloves garlic, minced
- 06 - 1 $\frac{1}{2}$ tsp fresh thyme
- 07 - 2 tbsp all-purpose flour
- 08 - 2 tbsp Italian seasoning
- 09 - 1 tbsp paprika
- 10 - $\frac{3}{4}$ cup almond meal

STEPS

01

In a medium saucepan, add the rinsed lentils with $\frac{1}{2}$ tsp of salt and cover with water. Bring to the boil over a medium heat.

02

Once boiling, continue cooking, stirring occasionally, for 10-12 minutes, until lentils are tender.

03

Drain excess liquid from the lentils and set aside.

04

In a medium pan, heat olive oil on medium heat. Add onions and cook for 2-3 minutes or until translucent. Add the minced garlic and thyme and stir to combine. Remove from heat.

05

Place $\frac{2}{3}$ of lentils into a large bowl and puree with a stick blender until mostly smooth.

06

Add the remaining ingredients and mix until combined completely.

07

Divide and form the mixture into 12 patties.

08

In a large skillet, heat 4 tablespoons of olive oil over medium. Place patties in the oil in a single layer, don't overcrowd the pan. Cook for 2-3 minutes on each side until golden and crisp on the outside and warmed through.



Serve with a salad or steamed vegetables.

VEGETABLE FRITTATA

Serves 4

INGREDIENTS

- 01 - 8 large eggs
- 02 - 1 tbsp olive oil
- 03 - 1 small onion, diced
- 04 - 2 garlic cloves, minced
- 05 - 1 medium-sized zucchini, diced
- 06 - 1 capsicum, diced
- 07 - 1 cup sliced mushrooms
- 08 - 1 cup baby spinach
- 09 - 1/2 tsp dried thyme
- 10 - Salt and pepper to taste
- 11 - 1/2 cup grated dairy-free cheese (optional)
- 12 - Fresh herbs for garnish (such as parsley or chives)



Serve the vegetable frittata warm as a main dish for breakfast, lunch, or dinner. It can be enjoyed on its own or accompanied by a side salad.

STEPS

- 01 Preheat your oven to 180°C (350°F).
- 02 Heat olive oil in a large oven-safe skillet over medium heat. Add the diced onion and minced garlic, and sauté until they become translucent and fragrant, about 2-3 minutes.
- 03 Add the zucchini, capsicum and mushrooms to the skillet. Cook for about 5 minutes, or until the vegetables have softened.
- 04 Stir in the baby spinach and dried thyme. Cook until the spinach wilts. Season with salt and pepper to taste.
- 05 In a separate bowl, whisk the eggs until well beaten. Pour the eggs over the sautéed vegetables. Distribute the vegetables evenly throughout the eggs.
- 06 Cook the frittata on the stovetop over medium heat until the edges start to set. Sprinkle the grated dairy-free cheese (if using) evenly over the top.
- 07 Transfer the skillet to the preheated oven and bake for approximately 15-20 minutes, or until the eggs are fully set and the top is lightly golden.
- 08 Remove the frittata from the oven and let it cool for a few minutes. Garnish with fresh herbs, such as parsley or chives.

CHICKEN STIR FRY

Serves 4

INGREDIENTS

- 01** - 2 skinless chicken breasts, cut into thin strips
- 02** - 1 tbsp. olive oil
- 03** - 2 garlic cloves, minced
- 04** - 1 red capsicum, thinly sliced
- 05** - 1 green capsicum, thinly sliced
- 06** - 1 small zucchini, sliced
- 07** - 1 small carrot, julienned
- 08** - 1 cup baby spinach
- 09** - 1 cup broccoli florets
- 10** - 1 cup snow peas
- 11** - 2 tbsp. low-sodium soy sauce
- 12** - 1 tbsp. rice vinegar
- 13** - 1/2 tsp ginger powder
- 14** - 1/4 tsp black pepper
- 15** - Chopped fresh parsley or coriander for garnish (optional)

STEPS

- 01** In a small bowl, whisk together the low-sodium soy sauce, rice vinegar, ginger powder, and black pepper. Set aside.
- 02** Heat the olive oil in a large skillet or wok over medium-high heat.
- 03** Add the minced garlic and sauté for 1 minute until fragrant.
- 04** Add the chicken strips to the skillet and cook until they are browned and cooked through, about 5-7 minutes. Remove the chicken from the skillet and set aside.
- 05** In the same skillet, add the sliced capsicums, zucchini, carrot, broccoli, and snow peas. Stir-fry for 4-5 minutes until the vegetables are crisp-tender.
- 06** Return the cooked chicken to the skillet and pour the sauce over the chicken and vegetables. Stir to coat everything evenly.
- 07** Cook for an additional 2-3 minutes until the sauce has thickened slightly and everything is well combined.
- 08** Remove the skillet from the heat and let the stir-fry rest for a minute.
- 09** Garnish with chopped fresh parsley or coriander if desired.
- 10** Serve the chicken stir-fry hot with steamed brown rice or cauliflower rice for a low-carb option.



CHICKEN STIR FRY

BAKED SALMON WITH ROASTED VEGETABLES AND QUINOA

Serves 2

INGREDIENTS

- 01 - 2 salmon fillets (about 120g)
- 02 - 1 capsicum, sliced
- 03 - 1 zucchini, sliced
- 04 - 1/2 red onion, sliced
- 05 - 1 cup cherry tomatoes
- 06 - 1 tablespoon olive oil
- 07 - 1 cup cooked quinoa
- 08 - Salt and pepper to taste

STEPS

- 01
Preheat the oven to 200°C. Line a baking sheet with parchment paper.
- 02
Arrange the salmon fillet, capsicum, zucchini, red onion, and cherry tomatoes on the baking sheet.
- 03
Drizzle with olive oil and season with salt and pepper.
- 04
Bake for 15-20 minutes, or until the salmon is cooked through and the vegetables are tender and lightly browned.
- 05
Serve with cooked quinoa.





READY TO GET STARTED?

Get irrefutable data and discover your optimal diet and lifestyle, powered by your very own data.

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