

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

1 Today, you are being asked to take part in this **research** study about continuous glucose (blood  
2 sugar) monitoring (CGM) because you have type 1 diabetes. The goal of this research is to get  
3 new knowledge that may help other people, but it is not the same as treatment of type 1 diabetes.  
4 We want to find what works best for treating you and others with this condition.

5  
6 Your study doctor will be talking with you about this research and this document. Please take  
7 your time deciding whether you want to participate in this research and please carefully read this  
8 document.

9  
10 Before you decide to take part in this research study, we encourage you to speak with friends and  
11 family members about it. If you do not understand all the information, please ask your study  
12 doctor or nurse to explain. If you are taking part in another study, please tell us right away.  
13

#### **NON-PARTICIPATION STATEMENT**

14 Participation in this study is voluntary and you must agree to take part. If you decide to stop  
15 participation in this research, that will happen immediately. No penalty or loss of medical care  
16 will result from your decision. While the study is occurring you may continue to receive medical  
17 care not related to this study.

#### **WHO IS DOING THE STUDY**

18 Your study doctor(s) will carry out this study. Their names are listed on the Cover Page of this  
19 form. The Leona M. and Harry B. Helmsley Charitable Trust is paying for this research. This  
20 funding will be used by the Jaeb Center for Health Research to organize the study and pay your  
21 study doctor[s].  
22

#### **WHY ARE WE DOING THIS STUDY?**

23 The purpose of this study is to find out how well CGM works in adolescents and young adults  
24 age 14 to 24 years.  
25

26 A CGM measures the glucose level in the fluid under the skin. It consists of a sensor which is  
27 inserted into the skin, a transmitter attached to the sensor and a display device. Every 5 minutes,  
28 the transmitter sends glucose readings to the display device. The display device stores the  
29 readings. CGM can be used in a “real-time” mode where the numbers from the transmitter show  
30 on the display device. It can also be used in a “blinded” mode where the numbers do not show on  
31 the device.  
32

#### **HOW MANY PEOPLE ARE WE EXPECTING TAKE PART IN THIS STUDY?**

33 We expect about 150 people will take part in this study at about 14 different medical locations.  
34

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

39 **WHO CAN PARTICIPATE IN THIS STUDY?**

40 To take part in this study, you must be or have the following:

41

42 1) Clinical diagnosis of type 1 diabetes

43 2) Be at least 14 and not yet 25 years old

44 3) Diabetes duration of at least 1 year

45 4) Be using at least 0.4 units per kg of insulin per day

46 5) Have an HbA1c level between 7.5% to less than 11.0%

47 6) Be using an insulin pump or multiple daily injections of insulin (at least 3 shots per day)

48 • How you take insulin must not have changed for at least the last three months and you

49 must have no plans to switch how you take insulin during the next 6 months.

50 7) Perform at least 2 blood glucose meter checks per day.

51 8) Use CGM device for a minimum number of hours and calibrate the device appropriately

52 during blinded CGM screening period.

53 9) Understand written and spoken English.

54

55 There are some exclusion criteria that may prevent you from being part of the study. Your study

56 doctor will check if you have these or not.

57

58 1) Use of unblinded personal CGM and/or flash CGM as part of your diabetes management in

59 the last 3 months

60 2) Skin reaction from adhesive

61 3) A significant medical disorder or use a medication that will affect wearing the sensor or

62 completing the study

63 4) Have had more than 1 episode of diabetic ketoacidosis in the past 6 months

64 5) Pregnant or planning to become pregnant in the next 12 months.

65 6) Need to use acetaminophen (the ingredient in Tylenol) on a regular basis

66 7) You participated in a diabetes-related intervention study in past 6 weeks.

67

## 68 **WHAT HAPPENS IF I AGREE TO TAKE PART IN THIS STUDY?**

69 If you decide to take part in this study, a computer program will be used to select whether or not

70 you will be in the group that continues to use your home blood glucose meter (BGM) without

71 real-time CGM or be in the group that will use real-time CGM. The computer program is similar

72 to flipping a coin to decide to what study group you will belong.

73

74 This study will include two phases. Each phase will last about 6 months.

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-***

75 Phase 1: For the first 6 months:

- 76 • One group will continue to use BGM without real-time CGM. This group will also wear  
77 a blinded CGM at certain time points.
- 78 • One group will use real-time CGM and be trained on how to use the device.

80 Phase 2: During the second 6 months all participants will use real-time CGM.

82 If you were a CGM group participant in Phase 1, you will have the choice to continue using a  
83 real-time CGM in Phase 2 with alarms for low and high blood glucose levels turned on or turned  
84 off. Your study doctor may help guide you with this decision.

86 If you were a BGM group participant in Phase 1, you may have a computer program decide  
87 whether or not you will be in a group that uses real-time CGM with alarms for low and high  
88 blood glucose levels turned on or in a group with most alarms and alerts turned off. If you have  
89 concerns with turning CGM alarms off you can continue in the study and start using CGM with  
90 alarms turned on.

92 The total time in the study for Phase 1 and Phase 2 is about 12 months.

94 The CGM system to be used in the study is made by Dexcom, Inc. The CGM kit has a sensor,  
95 transmitter and display device. The sensor has a plastic body and contains a thin, small needle  
96 and sensor wire the size of a human hair. Once inserted, the needle is removed and the sensor  
97 wire remains. The transmitter snaps on top of the sensor and tape is used to keep the sensor in  
98 place. The sensor wire measures the sugar level in the fluid beneath the skin every 5 minutes.  
99 This information is sent by the transmitter to the display device. The sensor works for up to 7  
100 days and then needs to be replaced. Newer sensor versions that may be used in the study may last  
101 up to 10 days. The first insertion will be done by the study team at a study visit. The removal  
102 and next insertions will be done by you at home.

104 The blinded CGM that will be used in this study is the Dexcom G4 Platinum Professional. The  
105 Dexcom G4 Platinum Professional is approved by the FDA for people 18 years of age or older.  
106 Since the blinded glucose data will not be used for diabetes management the use of the blinded  
107 sensor should not carry any risk.

109 The real-time CGM that will be used in this study during the 1<sup>st</sup> 6 months is the Dexcom G5  
110 Mobile. The Dexcom G5 Mobile is approved by the FDA for use in children 2 years of age and  
111 older. The Dexcom G5 Mobile uses a web program called Clarity. The study team will help you  
112 set up an account in Clarity to use the device. To set up the account you will need to provide an

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

113 email address and your date of birth. Dexcom will have access to your CGM data and the  
114 information used to create the account including your email address. This information will be  
115 stored in a secured database. If you are not comfortable using your personal information a  
116 different email address and birthdate can be created for you to use.

117 The Dexcom G4 Platinum Professional and Dexcom G5 Mobile use the same software and  
118 sensors.

119  
120 The Dexcom G4/G5 sensor will cause false high sensor readings (blood glucose is not affected)  
121 if acetaminophen (the ingredient in Tylenol) is used. Therefore, if possible you should not use  
122 acetaminophen and medications containing acetaminophen for at least 24 hours before sensor  
123 insertion and while the sensor is being used. You may take Motrin/ibuprofen instead of Tylenol  
124 when possible as these medications are okay. You will be asked to contact your study team  
125 before taking acetaminophen-containing medicine.

126  
127 During Phase 2 of the study you may be given a newer version of the Dexcom CGM if one  
128 becomes available. The newer CGM sensor may last up to 10 days before needing to be changed  
129 and may not need to be calibrated with a blood glucose meter in certain circumstances.

#### **Initial Study Visit**

130  
131 The following will be done at the initial study visit:

- 132 • *Physical Examination* – similar to what would be done at usual office visit
- 133 • *Questionnaires* – to determine your attitudes and thoughts about your diabetes and health.  
134 You will be asked to create a user ID and password when completing the questionnaires  
135 so that, if needed, you can finish the questionnaire from home.
- 136 • *HbA1c* - a finger stick will be done to measure HbA1c

137  
138 If you are eligible, we will place a CGM sensor on you. This CGM is set up so that it will record  
139 the glucose values but you will not be able to see them. This is referred to as “blinded CGM.”  
140 We will teach you how to care for the CGM. You will need to place a new sensor after 7 days or  
141 sooner if needed.

142  
143 To be eligible for the main study, you will need to wear the blinded CGM for 200 hours. Also,  
144 you will need to check your blood sugar with a personal home blood glucose meter at least 2  
145 times per day and calibrate the CGM about every 12 hours (an average of 1.8 times per day).

#### **Start of Phase 1 Study Visit**

146 You will have an office visit for this study after 14-21 days from the initial visit.

147  
148 The following will be done at this visit:

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

151     • A finger stick will be done to measure HbA1c.  
152     • Download of your blinded CGM and home blood glucose meter  
153     • Skin assessment of where the blinded sensor was placed

154

155    We will check the CGM and blood glucose meter to see how much they have been used. If you  
156    are eligible, you will be ready to start the main study and will be assigned to one of the 2 groups.  
157

158    If you are in the group continuing to use your BGM, we will give you advice on how to best  
159    manage your blood sugars.

160

161    If you are in the CGM group you will receive training on how to use the real-time CGM. A new  
162    sensor will be inserted and you will be able to see the glucose values on the display device (or on  
163    your smartphone if you choose to use the smartphone application).

164

165    The first real-time CGM training will take about 30 minutes. Additional training on using the  
166    CGM will take place as needed at each study visit.

167

**168    Phase 1 Study Visits**

169    You will have 3 to 4 additional office visits at 2 and 6 weeks and around 3 and 6 months after  
170    starting Phase 1 of the study. These office visits will replace your usual diabetes care visits while  
171    you are in the study. If you are in the CGM group the 2 week visit may take place via  
172    telemedicine instead of in the study clinic. You may need to go to the clinic for this visit if you  
173    are having issues with the CGM device. If you are in the BGM group the 2 week visit will be a  
174    phone call or audio/video communication. You will also have a phone call or audio/video  
175    communication with a study nurse at 1, 4, and 19 weeks. If you are in the BGM group you will  
176    have an additional visit at 24 weeks to place a blinded sensor.

177

178    In total, each study visit may take about 1 hour for the BGM group and 1-2 hours for the CGM  
179    groups. The phone calls or audio/video communications should take less than 30 minutes but  
180    may be longer for the CGM group.

181

182    The following will be done at visits for all groups:

183     • Review of diabetes management and download of blood glucose meter  
184     • Physical exam – at the 3 and 6 months visits  
185     • Finger stick to measure HbA1c – 3 and 6 months visits  
186     • Questionnaire completion – 3 and 6 months visits

187

188

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-***

189 **BGM Group**

190 If you are assigned to the BGM group a blinded CGM sensor will be placed by study staff at the  
191 13 and 24 week visits.

192  
193 You will need to wear the blinded CGM sensor for 7 days after the 13 week visit. You will need  
194 to calibrate the CGM device with your home blood glucose meter at least 2 times per day. The  
195 clinic staff will make arrangements with you on how to return the blinded CGM back to the  
196 clinic. Two weeks before the 6 month visit you will have an extra visit to have the sensor placed.  
197 At the 26 week visit your study team will review the amount of sensor data. You may be asked to  
198 wear the sensor again if you do not have enough hours of sensor data.  
199

200 **CGM Group**

201 If you are assigned to the real-time CGM group you will spend about 30 minutes at the start of  
202 main study visit learning about CGM. You will learn how it can be used to improve glucose  
203 readings. We also will give you instructions on how to make changes in the insulin dose. We  
204 will give you goals for glucose levels before and after meals and before bedtime. At certain  
205 times, you will be able to use the CGM blood sugar readings instead of a blood glucose meter for  
206 dosing insulin. We will give you instructions for when to use a blood glucose meter to confirm  
207 the CGM glucose reading.  
208

209 About every 7 days you will need to insert a new sensor or earlier if the sensor is no longer  
210 working. You will need to calibrate the CGM device by checking your blood glucose with a  
211 home blood glucose meter 2 times per day. You also will need to check your blood glucose with  
212 a home blood glucose meter when your symptoms or the expected blood sugar value does not  
213 match the CGM reading.  
214

215 You should try to use the CGM every day. You will be asked to contact the study team if you  
216 lose or damage the CGM and you will be provided with a new device. The damaged CGM  
217 should be returned to your study team.  
218

219 The study team will help you create an account on the Dexcom Clarity website. You will need an  
220 email address to create an account. Once you have an account, you will be able to view your  
221 glucose data in reports on your computer or mobile phone. The study team will teach you how to  
222 review the glucose data.  
223

If you stop using CGM we still want you to stay in the study. You may be asked to complete a  
questionnaire about reasons why you stopped using CGM.  
224

225  
226 In the table on the next two pages you will find what will happen at each visit.

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-<25 with Type 1 Diabetes***

Visit – weeks from Randomization	Screening	Rand	1w	<sup>a</sup> 2w	4w	6w	13w	19w	24w	26w
Visit or Contact	V	V	C	V or C	C	V	V	C	V	V
Visit Window			±3d	±7d		±7d	±7d	±7d	±7d	±7d
Blinded CGM Placement and training on placing sensor*	X						X*		X*	
Real Time CGM Initiated (CGM Group)		X								
Review diabetes management (CGM training for CGM group as needed)	X	X	X	X	X	X	X	X		X
Pre-randomization compliance assessment		X								

227 \*For BGM group and for participants in CGM group who have discontinued real-time CGM use (if willing)

228 <sup>a</sup>BGM group will have a phone call. CGM group will have option for either phone call/audio-visual contact or visit.

229 <sup>b</sup>CGM group asked to download CGM at home if possible

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-<25 with Type 1 Diabetes***

Visit – weeks from Randomization	Screening	Rand	1w	<sup>a</sup> 2w	4w	6w	13w	19w	24w	26w
Visit or Contact	V	V	C	V or C	C	V	V	C	V	V
Visit Window			±3d	±7d		±7d	±7d	±7d	±7d	±7d
<b>Blood draw or finger stick for HbA1c sample and C-peptide + glucose at rand only</b>	X	X				X	X			X
<b>Physical Exam including height, weight and blood pressure</b>	X						X			X
<b>Skin Assessment</b>		X		X		X	X			X
<b>CGM download</b>		X	X <sup>b</sup>	X <sup>b</sup>	X <sup>b</sup>	X	X	X <sup>b</sup>		X
<b>Questionnaires</b>	X						X			X
<b>Medical history, medications and/or adverse events ascertainment</b>	X	X	X	X		X	X	X	X	X

230 \*For BGM group and for participants in CGM group who have discontinued real-time CGM use (if willing)

231 <sup>a</sup>BGM group will have a phone call. CGM group will have option for either phone call/audiovisual contact or visit.

232 <sup>b</sup>CGM group asked to download CGM at home if possible

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

233    **Phase 2**

234    Both groups for Phase 1 will use real-time CGM during Phase 2.

235

#### **Phase 1 CGM Group**

237    If you were a CGM group participant in Phase 1, you will choose whether or not to have alarms  
238    turned on or off in Phase 2.

239

#### **Phase 1 BGM Group**

241    If you were a BGM group participant in Phase 1, you may be randomly assigned to one of two  
242    groups:

243

- **CGM with Alarms**

245    If you are in the CGM with alarms group, you will use CGM with alarms for low and high blood  
246    glucose turned on. These alarms will be set for you by the study team. You may change the  
247    alarm settings at any time after discussing with your study team.

248

- **CGM without Alarms Group**

250    If you are in the CGM without alarms group your study team will turn the alarms for low and  
251    high blood glucose off. The low glucose alarm of <55 mg/dl will remain on for safety. Your  
252    study doctor may decide to turn the alarms on in certain circumstances.

253

254    If you do not feel comfortable having the low or high alarms turned off you may still start using  
255    real-time CGM with alarms and continue in the study.

256

257    To start Phase 2 of the study, you must:

258       • Wear the CGM during the 14 day blinded wear for at least 200 hours prior to the 26 week  
259       visit

260

261    You will be instructed on use of the CGM and how to use CGM and BGM data to adjust diabetes  
262    management.

263

#### **Phase 2 Visits and Schedule for Both Groups**

265    If you did not use real-time CGM during phase 1, you will have a telephone or video telehealth  
266    contact at 1 week (27 weeks from study start) and a visit 2 weeks (28 weeks from study start)  
267    after CGM initiation for CGM training.

268

269    All participants will have visits at 39 weeks and 52 weeks, about 3 and 6 months from the start of  
270    phase 2. Additional visits and phone contacts can be made as indicated.

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

271 Visit procedures will be similar as those in the first six months. In the table on the next page you  
 272 will find what will happen at each visit in the extension phase.  
 273

Visit or Phone-weeks	26w (same visit as 26 week for Phase 1)	27 week phone call/ video chat Phase 1 BGM Only	28w Visit (Phase 1 BGM Group only)	39w Visit	52w Visit
Visit Window		±3d	±7d	±7d	±14 d
CGM Real-time Placement & Training	X	X	X		
Skin Assessment	X		X	X	X
Review Diabetes Management	X	X	X	X	X
HbA1c finger-stick	X			X	X
Physical Exam including height, weight and BP	X			X	X
Skin assessment	X		X	X	X
Data download	X		X	X	X
Questionnaires	X				X
Medical history, medications and/or adverse events ascertainment	X	X	X	X	X

274  
 275 **ARE THERE RISKS IN THIS STUDY?**  
 276 If you decide to take part in the study, you will be at risk for the side effects listed below.  
 277 Risks related to your normal medical care are not listed in this form. There is a possible risk of  
 278 unsecured communication during the telephone or video telehealth contacts. There may be  
 279 additional risks that are not known at this time.

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-***

280 **CGM**

281 The CGM sensor may produce pain when it is inserted into the skin, similar to a pump site insertion  
282 or insulin injection. Rarely, a skin infection can occur at the site of insertion of the sensor.  
283 Itchiness, redness, bleeding, and bruising at the insertion site may occur. A reaction to the tape  
284 that holds the sensor to the skin is possible. The risk of skin problems could be greater if you use  
285 a sensor for longer than it should be used. Study staff will check your skin during the study visits,  
286 and will give information for skin treatments if needed. There is a chance that the sensor or needle  
287 may break under your skin. This is not expected to occur; but, if it does, you should ask your study  
288 doctor what to do.

289

290 The readings from the CGM may not be as correct as testing your blood glucose with a home  
291 blood glucose meter. It is important that you check your blood glucose with a home blood glucose  
292 meter when your symptoms or the expected blood sugar does not match the CGM reading. Use of  
293 acetaminophen-containing products may reduce the correctness of the CGM glucose readings, so  
294 we urge study participants not use acetaminophen while using blinded or unblinded CGM in this  
295 study. Newer versions of the CGM may not be affected by acetaminophen.

296

### **Fingerstick Blood Glucose Measurements**

297 During the study, blood glucose measurements need to be made with a finger stick at certain  
298 times.

300

301 The finger-stick blood glucose measurements may produce pain or bruising.

302

### **Questionnaires**

303 You will be asked questions about your private attitudes, feelings, and behavior related to  
304 diabetes and your health. You can decide not to answer questions, take a break, or stop taking  
305 part in the study at any time. There are no physical risks present. Many protections will be  
306 made to keep your information private, but this is not a guarantee. Your questionnaire responses  
307 will be sent electronically to the study coordinating center.

308

309 Risks may include psychological stress or loss of confidentiality.

310

311 We encourage you to discuss the risks with your study doctor or any other health care  
312 professional who may understand our process.

313

### **WHAT ARE THE BENEFITS OF TAKING PART IN THIS STUDY?**

314 It may be possible that the blood glucose information from the CGM along with the instructions  
315 provided for management decisions will be useful for your diabetes management if you decide to

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

318 take part in the study, but it is not a guarantee. You may receive no direct benefit from being in  
319 the study. Those who take part in this research study will add to new knowledge about the role  
320 of CGM in managing diabetes that may help others with diabetes.

321

#### **WHAT ALTERNATIVE PROCEDURES OR TREATMENT ARE AVAILABLE IF I DO 322 NOT TAKE PART IN THIS STUDY?**

323 You may continue to use your home BGM or decide you want to use CGM but not be part of this  
324 study. We encourage you to discuss your options with your study doctor or another health care  
325 professional.

326

#### **WHAT IF I WANT TO WITHDRAW FROM THE STUDY, OR I AM ASKED TO 327 WITHDRAW FROM THE STUDY?**

328 You can stop participating in this study at any time. You may continue to receive medical care  
329 not related to this study. However, we encourage you to talk to a member of the research group  
330 so they know why you are stopping the study.

331 If there are any new findings during the study that may affect whether your participation, you  
332 will be told about them so you can decide if you want to continue.

333

334 No penalty or loss of medical care will result from your decision. You may continue to receive  
335 medical care not related to this study.

336

337 The investigators, physicians or funding source may stop the study or take you out of the study at  
338 any time. They may remove you from the study for various administrative and/or medical  
339 reasons. They can do this without your consent.

340 Some reasons why you may be removed from include:

341

- 342 • The doctors judge that it is in your best interest
- 343 • The doctors think that being in the study may cause you harm
- 344 • If you experience a study-related injury
- 345 • If you become pregnant

346

347 If you are removed from the study or the study is stopped, you may continue to receive medical  
348 care not related to this study.

349

350 We will ask you to have a pregnancy test before you start this study. Only you will be told the  
351 results. If you are pregnant, we will also advise you to get care for your pregnancy. You will be  
352 asked not to be in the study or you will be removed from the study if your pregnancy test is  
353 positive.

---

### Consent to Participate in a Research Study

#### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-***

356 If there is any chance that you are pregnant or you might become pregnant during the time of this  
357 study, we would recommend that you think really carefully about whether you should be in the  
358 study. It is okay if you decide that you do not want to be in the study or to stay in this study. You  
359 do not need to give a reason for not being in the study.

360

#### **361 ARE THERE COSTS RELATED TO TAKING PART IN THE STUDY?**

362 Testing that is specifically for this study will be paid for by the study. The costs of treatment,  
363 office visits, and tests that are part of your usual standard diabetes care and are not specifically  
364 part of this study will be your insurance company's responsibility. The study will pay for all  
365 procedures and tests done specifically for this study. All other tests and procedures are your  
366 insurance company's responsibility.

367

368 At no cost to you, the study will be providing the CGM device and sensors for you to use during  
369 the study. If you complete the study, you will be able to keep the CGM devices. Sensors for the  
370 CGM and replacing the CGM transmitter will be your responsibility after the study and if needed  
371 study staff will assist you with obtaining insurance coverage to the degree possible.

372

373 You may be provided with a study BGM and test strips if your current BGM is not able to be  
374 downloaded.

375

#### **376 IS THERE COMPENSATION FOR TAKING PART IN THIS STUDY?**

377 If you take part in the study, you will receive \$50 for each completed visit required for the study.  
378 This \$50 payment is to help compensate for the money spent on travel and other visit-related  
379 expenses.

380

381 You will receive \$25 each for the 19 week phone call. If you are in the BGM group, you will  
382 receive an extra \$25 for the 24 week blinded CGM placement visit.

383

384 You will receive each payment within a week from completing the visit/contact. You will not  
385 receive payment for extra visits your doctor believes are needed for your usual care. There will  
386 be no payment for completing study required phone calls or audio/video contacts except for the 2  
387 week visit (if not done in the office) and the 19 week contact.

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-***

388

#### ***Study Participant Reimbursement Schedule:***

	Visit	Total Amount
<b>Blinded Run-in Phase</b>	Screening	\$50
<b>Phase 1 Randomized Trial</b>	Randomization Visit	\$50
	1 week telephone or video telehealth contact	No payment
	2 week follow-up visit/contact (CGM Group only)	\$50
	4 week telephone or video telehealth contact	No payment
	6 week follow-up visit	\$50
	13 week follow-up visit	\$50
	19 week telephone or video telehealth contact	\$25
	24 week blinded sensor placement (BGM Group only)	\$25
	26 week follow-up visit	\$50
	27 week telephone or video telehealth contact (Phase 1 BGM Group )	No payment
<b>Phase 2 Extension</b>	28 week CGM training visit (Phase 1 BGM Group )	\$50
	39 week follow-up visit	\$50
	52 week follow-up visit	\$50

389

#### **WHAT HAPPENS IF I EXPERIENCE A RESEARCH RELATED INJURY?**

390 Medical care is available if you have a research-related injury. If you have an emergency, you  
 391 can get emergency care. If possible, you should tell the emergency care medical staff that you  
 392 are in a research study. You should also tell your study doctor about the emergency as soon as  
 393 possible.

395

396 The study will not provide costs for medical expenses or any other costs for research-related  
 397 injuries. Money for lost wages or direct or indirect losses is not available.

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-***

#### 398 **CONTACT INFORMATION FOR QUESTIONS OR PROBLEMS**

399 If you have questions about this study, a research-related injury, have concerns, suggestions or  
400 questions about the study, contact your study team using the provided contact information on the  
401 Cover Page.

402  
403 If you have unanswered questions about your rights as a research participant, wish to talk about  
404 your concerns or suggestions linked to the research study, want additional information about the  
405 research, or want to provide comments about the research, contact the Jaeb Center for Health  
406 Research Institutional Review (IRB) Office at 813-975-8690 or [irb@jaeb.org](mailto:irb@jaeb.org).

#### 407 **HOW WILL MY INFORMATION BE PROTECTED AND KEPT CONFIDENTIAL?**

408 As required by law, study-related records with identifying information will be kept confidential.  
409 Safeguards for authorized access, security, and privacy of your information have been put in  
410 place by the Federal Privacy Regulations. Unless the law requires it, your name, address, social  
411 security number, telephone number, or any other direct identifying information will not be used  
412 to identify you.

#### 413 **A. Purpose of Authorization**

414 We have rules to protect information about you. Federal and state laws and the federal medical  
415 Privacy Rule also protect your information. By signing this form you provide your permission,  
416 called your “authorization,” for the use and disclosure of information protected by the Privacy  
417 Rule.

418 You must sign the **Protected Health Information Authorization** at the end of this form if you  
419 want to be in the study. When you sign the form, you give permission for the use and disclosure  
420 of your Protected Health Information (PHI) for the study. PHI is health information that  
421 identifies you. Your authorization is beneficial and important for the study. Without your  
422 authorization, you will not be able to be in this research study.

#### 423 **B. Use and Disclosure of the PHI**

424 Your study doctor will collect information about you. This information includes things learned  
425 from procedures listed and described in this form as well as your name, address, date of birth,  
426 and information from your medical records. Your name, address, telephone number, and social  
427 security number are examples of identifiable information.

428 A code number will replace your name, address, telephone number, or social security number in  
429 the results given to the study coordinating center which is the Jaeb Center for Health Research in  
430 Tampa, Florida.

---

## Consent to Participate in a Research Study

### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-**<25** with Type 1 Diabetes***

436 The study doctor's office will not disclose study results that have your identifiable information  
437 except as explained in Section C, or when required by law. The Jaeb Center and this doctor's  
438 office will guard the privacy of your study PHI.

439  
440 Study results without the protected information may be shared in medical journals and at  
441 scientific meetings. Your records will be confidential. No one will disclose your identity in a  
442 medical journal or at a scientific meeting.

443  
**C. Authorized Recipients and Users**

444 It is possible that people outside of this doctor's office and the Jaeb Center may need to see or  
445 receive your information from this study. Some examples include: government agencies (such as  
446 the Food and Drug Administration), committees that monitor safety, other sites in the study, the  
447 laboratory testing your blood samples, and companies that sponsor the study. Dexcom, Inc. will  
448 have access to CGM data and the information used to create your Dexcom Clarity account.

449  
450 In most cases the information will have a code number with it instead of your name, address,  
451 telephone number, or social security number.

452  
453 There are some situations where the information will not have a code number but may include  
454 your name, address, telephone number, or social security number (PHI). If so, people outside this  
455 doctor's office who assist in your care may see your study PHI. They may not be covered by the  
456 federal Privacy Rule. Everyone who needs to see your information will be told it is confidential  
457 – but we cannot guarantee full confidentiality.

458  
**460 Other Considerations**

461 The data collected in the study may be provided to other researchers to use; however, the data  
462 that are provided will not contain any information that could identify you.  
463 When the results are made public, all of the study data collected may also be made public.  
464 However, there will be no identifying information included.

465  
466 A description of this clinical trial will be available on <http://www.ClinicalTrials.gov>, as required  
467 by U.S. law. This Web site will not include information that can identify you. At most, the Web  
468 site will include a summary of the results. You can search this Web site at any time.

469  
**470 D. Cancellation of HIPAA Authorization**

471 You may cancel your permission for the use and disclosure of your study PHI at any time. You  
472 need to contact your study doctor and give him/her a notice of cancellation in writing. When you  
473 cancel your permission or when you withdraw from the study directly, you are no longer part of

---

### Consent to Participate in a Research Study

#### ***CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-***

474 the study. No new information about you will be gathered for the study except when there is an  
475 adverse (unfavorable) event that is related or potentially related to the study. If an adverse event  
476 happens, your entire medical record may need to be reviewed.

477  
478 The Jaeb Center will receive all the information that was collected for the study up to the time of  
479 cancellation or withdrawal. The Jaeb Center will receive any new information about any adverse  
480 (unfavorable) event that is related or potentially related to the study.

481  
482 **E. 50 Year Expiration Date and Indefinite Expiration Date**

483 Some of your study PHI does not have a code number with it. Your permission for the use and  
484 disclosure of this PHI lasts 50 years from the date of your signature or until the end of the study,  
485 whichever is sooner.

486 The rest of your study PHI does have a code number with it. When it is collected, it becomes a  
487 research report. Your permission for the use and disclosure of these coded data will never end.  
488 These coded data do not have your name, address, telephone number, or social security number.

489 The above supports the HIPAA Privacy Rule – 45 CFR 164.508

490

**Consent to Participate in a Research Study**

**CGM Intervention in Teens and Young Adults with T1D (CITY): A Randomized Clinical Trial to Assess the Efficacy and Safety of Continuous Glucose Monitoring in Young Adults 14-25 with Type 1 Diabetes**

491 Your Full Name (printed) \_\_\_\_\_

492

493 **Description of Representative's Authority to Act for the Subject**

494 \_\_\_\_\_ (if applicable)

495

496 **Protected Health Information Authorization**

497

*By signing, you authorize the use and disclosure of your protected health information. This information is collected as part of your participation in this study.*

Signature \_\_\_\_\_

Date \_\_\_\_\_

498

**Study Enrollment**

499

500

*By signing, you agree to take part in this study. Your signature means that:*

- *you have read this informed consent form about the study named below;*
- *you have been given the chance to discuss the study and to ask questions;*
- *you have verbally summarized your understanding of the study to the person who is explaining it to you; and*
- *you freely choose to participate.*

Name of Study: CITY \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

*I certify that to the best of my knowledge the participant understands the nature, demands, risks, and benefits involved in his/her participation in this study.*

Investigator's Printed Name \_\_\_\_\_

Investigator's Signature \_\_\_\_\_

Date \_\_\_\_\_

501 You will be given a signed copy of this document in case you want to read it again.