



MEMORANDUM

Dexcom announces new enhancements to Stelo’s Smart Food Logging and Daily Insights features – February 4, 2026

Launch to come via in-app updates in the coming weeks, ahead of a fully redesigned Stelo app expected later this year

Dexcom announced today that it will roll out new AI-enabled updates to Stelo in the coming weeks, aimed at improving how users understand their glucose patterns and make progress toward long-term health goals. By updating to the latest version of the Stelo app on iOS and Android, users will gain access to enhanced Smart Food Logging and a redesigned Daily Insights feature. These feature launches come as Dexcom completes development and regulatory review of a “fully redesigned” Stelo app experience, expected later this year.

Table of Contents

- 1. Enhancements build on Smart Food Logging feature, brought to Stelo in July 2025
2. Redesigned Daily Insights feature with card-based interface
3. Updates positioned to further support lifestyle modifications with Stelo
4. Stelo adoption advances in the US, with over half a million users
5. Close Concerns’ Questions

Enhancements build on Smart Food Logging feature, brought to Stelo in July 2025

Dexcom introduced Smart Food Logging to Stelo in July 2025, and more than 10 million meals have been logged since its launch (as of January 2026). With the forthcoming update, the company will expand the feature with a nutrition database of over one million foods and multiple logging options, including text search, barcode scanning, and meal photos. The enhanced tool provides detailed breakdowns of calories, carbohydrates, protein, fat, dietary fiber, and other macronutrients for each logged meal. This added context is designed to help users better understand how food choices influence glucose levels and support more informed dietary decisions.

Redesigned Daily Insights feature with card-based interface

Stelo will also introduce a redesigned Daily Insights experience with a new card-based interface, supported by AI. Users will receive up to three daily insights based on the previous day’s glucose, activity, nutrition, and sleep data. Each card highlights these key metrics and offers additional context on the trends, while a fourth card will apply behavioral science techniques to prompt self-reflection among users.

Updates positioned to further support lifestyle modifications with Stelo

Early data suggest CGM use can translate into meaningful outcomes among people with T2D not on insulin therapy by effectively supporting lifestyle modification. Citing internal data, Dexcom reports that most Stelo users report positive changes in dietary habits, physical activity, and weight-management behaviors after just 30 days of use.

Dexcom presented early real-world data from Stelo users at ADA 2025 (n=61,085), showing that among people with T2D and a baseline Time in Range (TIR) ≤70%, TIR increased by 2.3 hours per day, from 42% in the first 10 days to 51% in the final 10 days, while Time in Tight Range increased by 1.9 hours per day, from 12% to 20%.

Stelo adoption advances in the US, with over half a million users

At [JPM 2026](#), Dexcom reported more than 500,000 Stelo users and \$130 million in full-year 2025 revenue. Stelo remains a small portion of Dexcom's broader CGM business, which exceeded 3.5 million G-series users globally and generated \$4.66 billion in unaudited 2025 revenue (+16%). Usage consistency among Stelo users has not been disclosed, though management has indicated that many users have opted into subscriptions. We look forward to learning more when Dexcom reports 4Q25 revenue and earnings [on February 12](#) after the market close.

Close Concerns' Questions

1. Will these enhancements to Smart Food Logging come to Dexcom's traditional G7 for people with diabetes as well?
2. How reliable is macronutrient estimation when users log meals via photos, and how does accuracy compare with barcode scanning or text-based entry?
3. When might Daily Insights be brought to G7 users, both in the US and globally?

--by Jeremy Alkire, Monica Oxenreiter, and Kelly Close