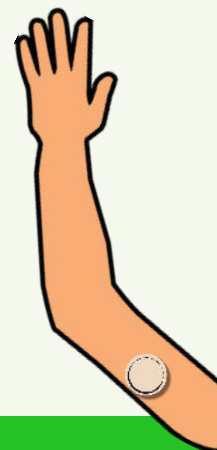


UNDERSTANDING CGM METRICS

Why use a Continuous Glucose Monitor (CGM)?

A CGM is a wearable device that measures glucose levels in real-time and can show you the entire picture of your glucose. They allow you to skip the finger pricks and have shown that they can help lower A1C, decrease diabetes complications, increase quality of life, and so much more. Over 9 million people with diabetes are using a CGM!



CGM metrics can show you the “why”

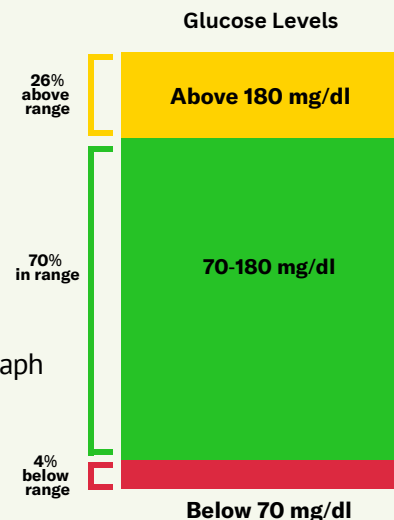
You can bring your CGM metrics to your healthcare team to work together to make informed changes to your diabetes management and medications. Below are 4 CGM metrics you can use!

Remember!

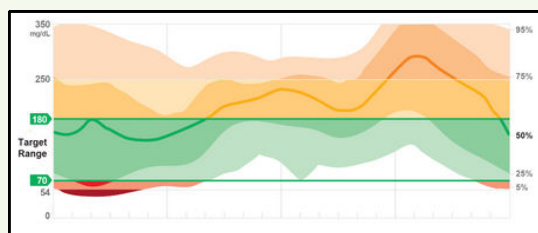
Diabetes stigma stems from the idea that poor choices and unhealthy behaviors cause diabetes—this is not true! If you're facing stigma from someone in your life, you can use the metrics below to empower yourself and fight against stigma. To learn more, visit www.dstigmatize.org.

Time in Range

Time in range is the percentage of time your glucose is in your target range during a specific time period. You can find this on your CGM app, and see if you're running high or low and how foods affect your glucose levels. Learn more about actionable time in range insights at timeinrange.org.



Ambulatory Glucose Profile (AGP) Graph



The Ambulatory Glucose Profile (AGP) Graph shows you patterns of hypo- and hyperglycemia, glucose variability (change in glucose), and factors that affect glucose. Reading this graph allows you to pinpoint when lows, highs, and in-range glucose levels are happening! Look at your CGM brand's apps and website to find this.

For example, if you have a higher spike than expected after dinner, you can work to make changes to insulin dosing, exercise, or food choices based on this data—based on what YOU need! Learn more about how to read the graph at agpreport.org.

Average Glucose & GMI (glucose management indicator)

Average glucose is all glucose values added together, divided by number of readings. The average glucose can tell you what your glucose level is most of the time. The GMI averages your values across a longer time and can sometimes be used like an A1c. You can then dive into your AGP graph and other metrics to identify what is going on and make changes!

Glucose Variability

Glucose variability is how far apart (wide) glucose values are. This can give you insights into how your glucose is reacting to different aspects in your life. If you have a sharp spike after a meal, you can look at different parts of your management routine (like insulin ratios or exercise patterns) and work with your healthcare team to make changes.