

5

WAYS TO TAKE CHARGE OF YOUR WELLBEING WHILE USING A CGM

Developed for community, by community



Diabetes impacts everyone differently. Feeling overwhelmed is normal. Here's how to manage your wellbeing and make the most of your CGM!

1

Change alarm sounds for highs and lows

It helps avoid irritation and keeps you alert if you're used to the same tone.

2

Modify when it beeps for highs and lows

Adjusting your settings can help manage alarms to fit your needs; whether you're sick, on your period, have a busy day, or anything else.

3

Focus on Patterns and Actions You Can Control

Use your CGM to spot patterns and take actionable steps, like adjusting your basal rate for a long walk or timing snacks to avoid lows. Focusing on what you can control can help ease mental strain.

4

Take a break from using a CGM

This could be for a few days or weeks. If you're using Automated Insulin Delivery, you can switch your pump to manual mode temporarily.

5

Ask for help when needed

You don't have to manage diabetes alone. Reach out to a loved one, a friend, or connect with a support group or community that understands.

Created as part of the DAC Research to Action Fellowship. For more information, scan the QR code.



This resource is for educational purposes only and is not medical advice.



TURNING PROBLEMS INTO POSSIBILITIES

A Guide For CGM Users

Developed for community, by community

Diabetes affects everyone differently, and feeling overwhelmed is okay. Let's reframe CGMs as tools to better understand our bodies and support our wellbeing.

Problem

- My CGM falls off or itches.
- The constant stream of data and alarms can feel like a lot.
- My endo uses my CGM data as a way to scrutinize my diabetes.
- CGMs sites are annoying to change.
- CGMs can make me feel exposed to diabetes judgement.
- Sharing CGM data with loved ones can feel overwhelming.

Possibility

- Try an adhesive barrier!
- Revisit your customizable alerts to prioritize data important to you.
- If you share your CGM data use it to shape the conversation. Stay in control of your care.
- Pair CGM site changes with something you enjoy to make the process feel less frustrating.
- They can also help me connect with others who have diabetes!
- You can choose whether to share your CGM. Set clear boundaries about how they can support you.

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3 WAYS TIME IN RANGE CAN BENEFIT YOUR WELLBEING

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CGMs can lower anxiety and fear of lows



Increasing time in range is associated with reduced risk of complications



Higher time in range is associated with better mood

GUIDELINES

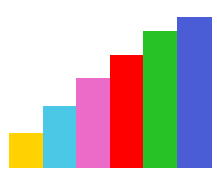
International guidelines **recommend** that most people with diabetes spend at least **70%** of the time in range (3.9 to 10 mmol/L or 70-180 mg/dL) for better quality of life. However, everyone is different and time in range goals can be individualized to your needs.

WHAT DOES THIS MEAN FOR ME?



Increasing your time in range by even one extra hour daily can improve mood and overall wellbeing!

REMINDERS FROM THE COMMUNITY



It is about progress, not perfection. Even people with fully functioning pancreases do not have 100% time in range. **Be kind to yourself.** There are 42 (known) factors that could be impacting your blood sugars, so it is impossible to account for everything.

42

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