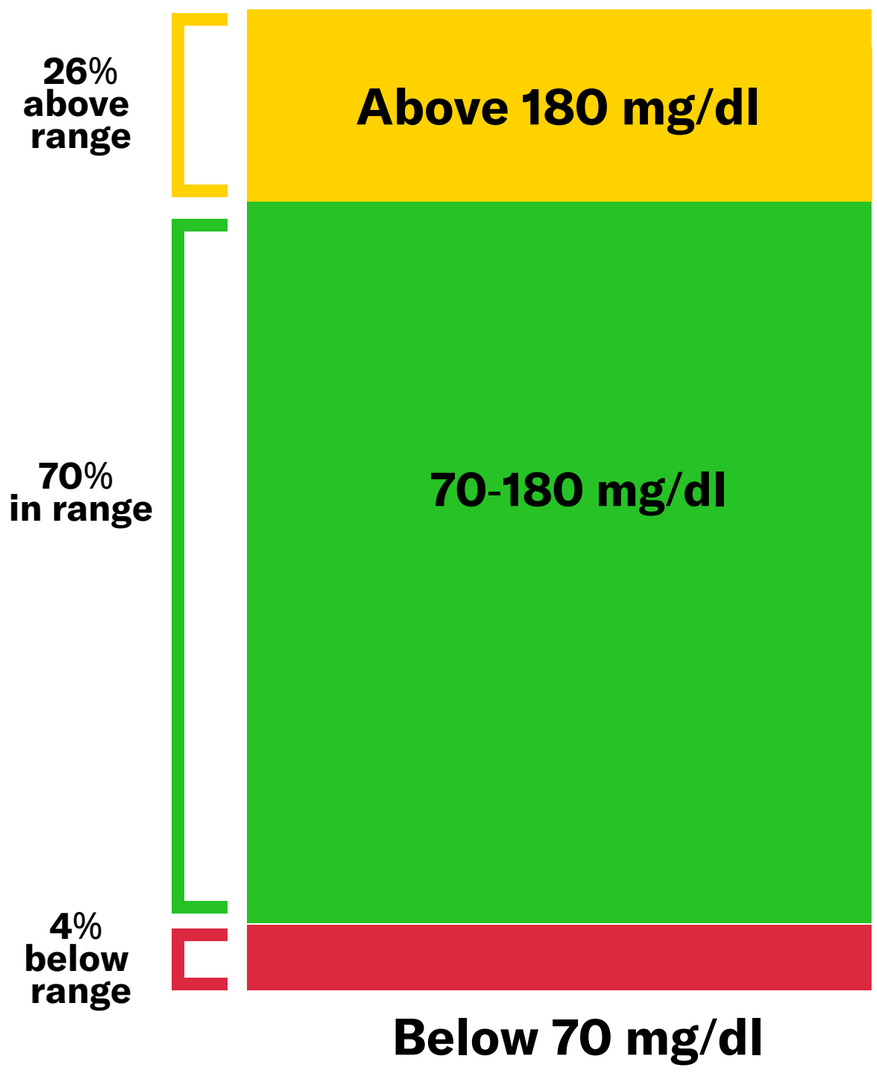
WHAT IS TIME IN RANGE?

TIME IN RANGE COALITION

Time in range is the average percentage of time you spend “in range” each day. It is usually measured through a continuous glucose monitor (CGM) and can help people with diabetes see the whole picture of their diabetes management. When you know more, you can do more.



This section represents the percentage of time your glucose is above your target range.

The green bar represents the percentage of time your glucose is in your target range. International reccomendations suggest a range of 70-180 mg/dL.

This section represents the percentage of time your glucose is below your target range.

Time in range helps people with diabetes thrive.

Together, this data helps you identify patterns—like what kind of foods, feelings, and activities raise and lower your glucose levels, so you can feel better more often. It can also...

- Help lower A1c
- Save time at your appointments—no more log books or guess work
- Help improve mental health and decrease diabetes distress
- Put the power of your management in your hands
- and so much more...

“Time in range helped me orient myself towards my successes...”

Robert Greene
Living with type 2 diabetes

Learn more at timeinrange.org!