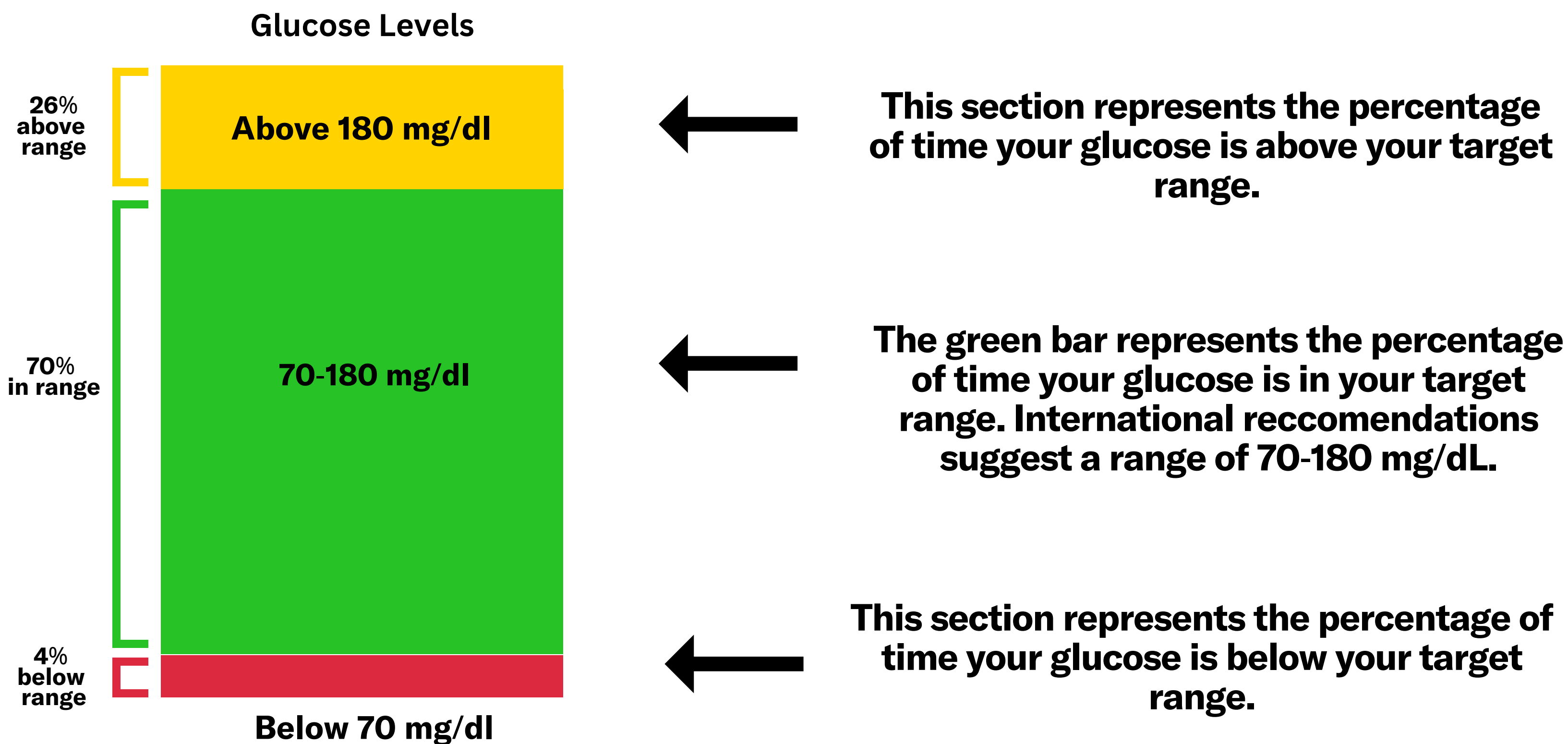


# WHAT IS TIME IN RANGE?

TIME COALITION  
IN RANGE

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.](#)



## 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](https://timeinrange.org)**