

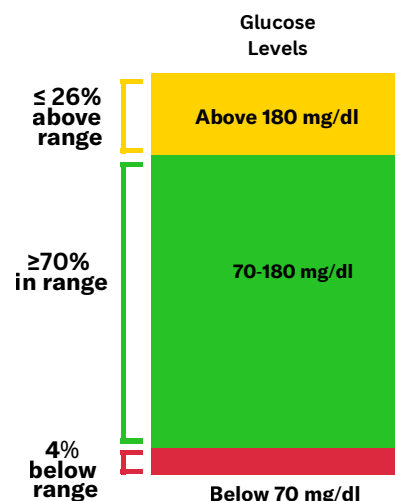
3 CGM METRICS TO KNOW

1

Time in range

Time in range allows you to see the totality of your diabetes management in one glance. You can see if you're running high or low, and then dive deeper to make needed changes. Utilizing time in range gives you a starting place, helping you feel more empowered going into your appointments and maximizing the conversation during them. [ADA guidelines](#) suggest people with diabetes stay in range at least 70% of the time, but you can tailor your goals to what works for you!

For example, if you're "low" a larger percentage of the time, you can make management changes that focus on decreasing hypoglycemia (low glucose). Learn more about actionable time in range insights at timeinrange.org.



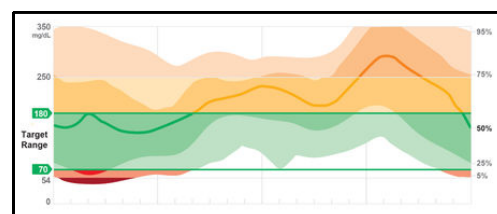
2

AGP graph

The AGP Graph shows you patterns of hypo- and hyperglycemia (low and high blood sugar), glucose variability, and factors that affect glucose. Reading this graph allows you to pinpoint when low, high, and in-range glucose levels are happening, and make treatment changes based on this data.

For example, if you see several higher spikes than expected after dinner, you can work to make changes to insulin, exercise, or diet based on this data—your management plan can be individualized based on your needs and what's realistic to you. Learn how to read the graph at agpreport.org.

AGP Graph

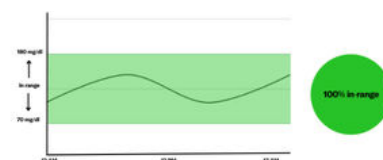


3

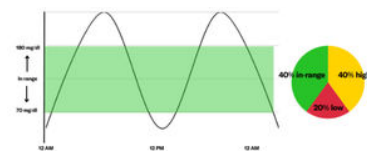
Glucose variability

Glucose variability refers to the fluctuations in glucose levels over time. It can be a day, a week, or months! This can be measured through the coefficient of variation (standard deviation/mean glucose). The goal is to be under 36%.

When the shaded areas on the AGP are wider (see graph above), that indicates more variability at that time of day. You can use this knowledge to identify patterns and further understand the true story of glucose levels. If you're swinging high and low, that can help you and your healthcare team understand what to tackle next!



This person has a 7% A1c and stays in range 100% of the time...



This person has a 7% A1c and stays in range 40% of the time...