

ADVOCATING FOR CGM (continuous glucose monitoring)

Using the ADA Standards of Care in Diabetes

The American Diabetes Association's Standards of Care in Diabetes include expert recommendations for management of all kinds of diabetes based on the latest evidence. The Standards of Care are released annually, are decided on by international experts in the field, and are a key resource guiding all healthcare professionals in the US.

The full Standards of Care document is over 300 pages long—we're breaking down the top things that you and your healthcare team should know when it comes to diabetes technology.

1

All people with diabetes should be offered any kind of continuous glucose monitoring (CGM)

Whether you have type 1, type 2, LADA, gestational, or any kind of diabetes, CGM can be useful for daily diabetes management and **should be offered to you by your healthcare team**. CGM is now recommended to be started immediately at diabetes diagnosis for people who are on **any kind of therapy where CGM could help**.¹

2

There are limitations to A1C.

The ADA states that A1C does not provide a measure of glycemic variability or hypoglycemia, and **recognizes that time above and below range**, found through CGM, are useful parameters for evaluating treatment.¹

3

Time in range is a valid glycemic assessment in people with diabetes

The ADA affirms time in range is associated with the risk of microvascular complications, and that time above and below range can provide important data.²

Why CGM?

TIME COALITION
IN RANGE

Medical experts say that:

- CGM should be offered to anyone with diabetes.
- Just testing your A1C might not be enough, especially if you're dealing with low glucose levels.
- Time in, above, and below range are valid measurements of glycemic management.

You and your healthcare team are just that—a team. Working together to learn how a CGM and its metrics can help you can be life changing. To learn more about ADA's Standards of Care in Diabetes, scan this QR code!

Benefits of CGM

There's a reason that CGM is growing in popularity. Using a CGM has been proven to help...

- Lower A1C¹
- Improve quality of life³
- Reduce fear of hypoglycemia (low blood sugar)³
- Reduce risk of diabetes-related complications⁴
- and so much more!

Read more about the data behind CGM benefits at timeinrange.org.

"Time in range helped me orient myself towards my successes..."

Robert Greene
Living with type 2 diabetes



1. American Diabetes Association Professional Practice Committee for Diabetes*; 7. Diabetes Technology: Standards of Care in Diabetes—2026. *Diabetes Care* 1 January 2026; 49 (Supplement_1): S150–S165. <https://doi.org/10.2337/dc26-S007>
2. American Diabetes Association Professional Practice Committee for Diabetes*; 6. Glycemic Goals, Hypoglycemia, and Hyperglycemic Crises: Standards of Care in Diabetes—2026. *Diabetes Care* 1 January 2026; 49 (Supplement_1): S132–S149. <https://doi.org/10.2337/dc26-S006>
3. Gao M, Saravanan S, Munyombwe T, et al. Effects of Modern Glucose Monitoring and Insulin Delivery Technologies on Patient-Reported Outcomes and Experiences in Individuals With Type 1 Diabetes: A Systematic Review and Meta-analysis. *Diabetes Care*. 2025;48(12):2160-2180. doi:10.2337/dc25-1178
4. Kim JY, Kim S, Kim JH. Continuous glucose monitoring and risks of acute and chronic diabetes-related complications and mortality in adults with type 1 diabetes: a nationwide cohort study. *Diabetologia*. Published online March 21, 2026. doi:10.1007/s00125-026-06709-2