

# Uncover the power of your ambulatory glucose profile (AGP)

**Just started** using a Continuous Glucose Monitor (CGM) device?

**Not sure** about your ambulatory glucose profile (AGP)?

**Worried** about all the new numbers you're seeing on your CGM app?

**Confused** about Time in Range?

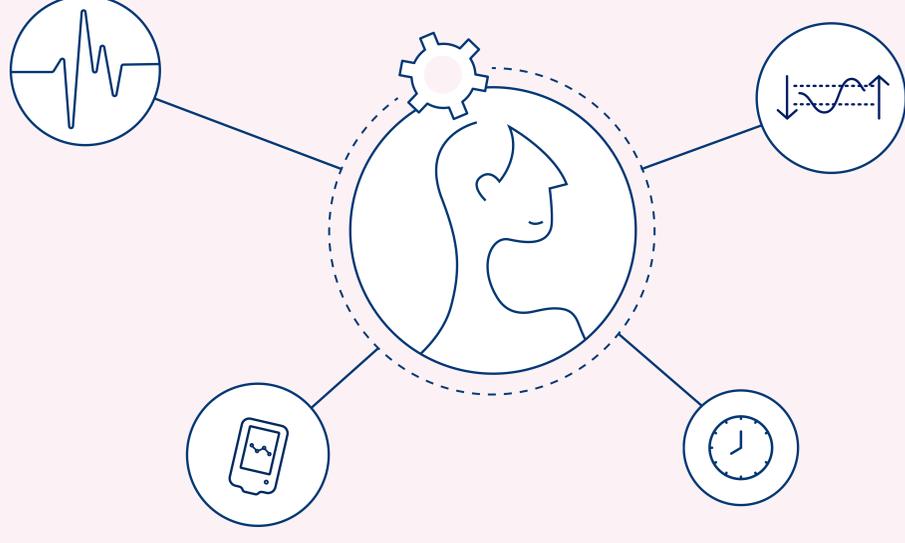
**It's much easier to read your numbers when you know how.** Here is a short guide to help you understand your CGM numbers and your AGP and how they can help you manage your diabetes.

## What is Time in Range?

### Time in Range

is an up-and-coming diabetes measure produced by your CGM device<sup>1</sup>

**Time in Range** tells you how much time you spent in your **target glucose range**, as well as time **spent above and below that range**<sup>1,2</sup>



Your **Time in Range** is shown in the one-page ambulatory glucose profile (AGP) report made using the numbers from your **CGM device**<sup>1</sup>

**Time in Range** gives you **round-the-clock information on your glucose levels** in a one-page report that's easy to read<sup>1</sup>

## How do I read my AGP?

The AGP is broken down into three parts.<sup>1</sup>

**Part 1** shows the amount of time you've spent in range, above range and below range using a traffic light system:

**Time above Range** – the time you spend above your target range

You should aim for less than **6 hours above range**

**Time in Range** – the time you spend in your target glucose range

You should aim for at least **17 hours in range**

**Time below Range** – the time you spend below your target range

You should aim for less than **1 hour below range**

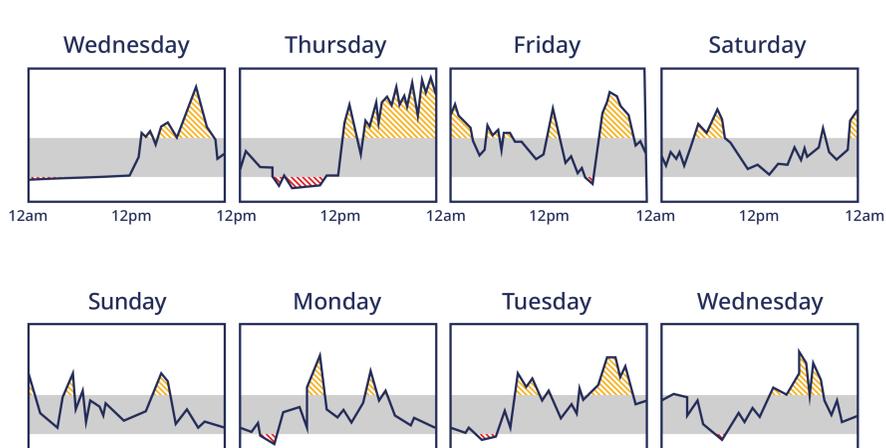
**Experts recommend most people spend at least 17 hours of the day within their target glucose range.<sup>1\*</sup> Check your personal range with your doctor.**

\*For most people, their glucose is 'in range' when it is between 70 and 180 mg/dL (3.9–10 mmol/L). The recommendations in the visual above are those for most people.

**Part 2** is a summary of your glucose levels over the reporting period, shown as if occurring in a typical 24-hour day.<sup>1,3</sup>



**Part 3** tracks your daily glucose levels, so look out for differences between particular days – weekdays and weekends for example. These patterns might help you adjust your daily routine to spend more time in range.<sup>1,4</sup>



## Remember!

Time in Range helps you track your glucose levels better.<sup>1</sup> It could have a big positive impact on your life, give you more power to manage your diabetes and protect your long-term health.<sup>1,5</sup>

**If you're struggling with your numbers, don't despair.** Talk to your healthcare professional to get a better understanding of your ambulatory glucose profile. Together you can look at your food, exercise and medication plans.

### References

1. Battelino T, Danne T, Bergenstal RM, et al. Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations from the International Consensus on Time in Range. *Diabetes Care*. 2019;42(8):1593–1603. 2. American Diabetes Association Standards of Medical Care in Diabetes 2023. *Diabetes Care*. 2023; 46 (Supplement 1):S1–S292. 3. Kröger J, Reichel A, Siegmund T, et al. Clinical Recommendations for the Use of the Ambulatory Glucose Profile in Diabetes Care. *J Diabetes Sci Technol*. 2020;14(3):586–594. 4. International Diabetes Center. AGP Reports. CGM AGP Report (Continuous Glucose Monitor) – v5.0. Available at: <http://www.agpreport.org/agp/agpreports>. [Accessed April 2023]. 5. Runge AS, Kennedy L, Brown AS, et al. Does Time-in-Range Matter? Perspectives From People With Diabetes on the Success of Current Therapies and the Drivers of Improved Outcomes. *Clin Diabetes*. 2018; 36(2):112–119.