

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?

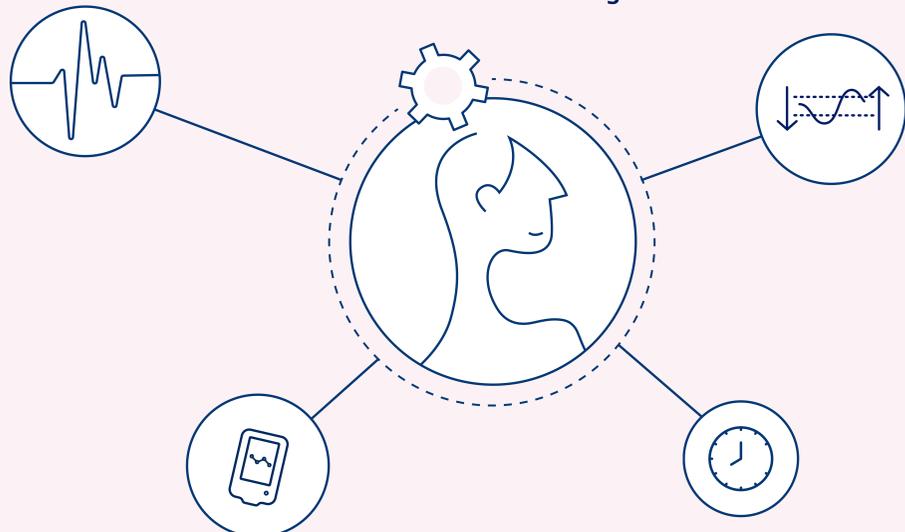
Confused about Time in Range?

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 device¹

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**.^{1,2}



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

Time in Range gives you **round-the-clock information on your glucose levels** in a one-page report that's easy to read¹

How do I read my AGP?

The AGP is broken down into three parts.¹

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**

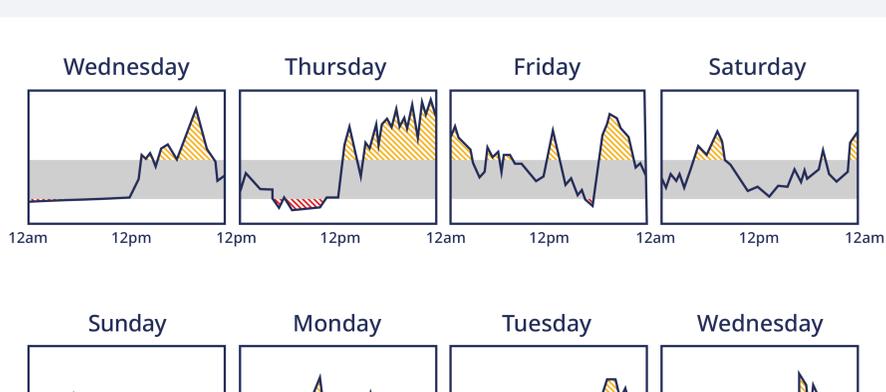
Experts recommend most people spend at least 17 hours of the day within their target glucose range.* Check your personal range with your doctor.

*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.^{1,3}



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.^{1,4}



Remember!

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

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.