Time in Range



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



It's much easier to read your numbers when you know how. Here is a short guide to help you understand your new numbers and

how they can help you to manage your diabetes.

What is **Time in Range**?



Your **Time in Range** is shown on the ambulatory glucose profile (AGP) report made using the numbers from your **CGM**¹ **Time in Range** gives you **round-the-clock blood glucose information** in a onepage 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 the target range

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

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

Less than 6 hours above range

At least **17 hours in range**

Less than **1 hour** below range

Experts recommend most people spend at least 17 hours of the day within your target blood glucose range.¹ Check your personal range with your healthcare professional.

Part 2 shows your blood glucose levels over a typical 24 hours – the less wavy and closer to your target line the better.^{1,3}



Part 3 tracks your daily blood glucose levels, so look out for differences between particular days – weekdays and weekends for example. These patterns might help you to adjust your daily routine to spend more time in range.^{1,3}





Remember!

Time in Range helps you track your blood glucose levels better.¹ It could give you more power to control your blood glucose, manage your diabetes and protect your long-term health.^{4,5} **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.

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References

1. Batt lino 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. Glycemic Targets: Standards of Medical Care in Diabetes 2021. *Diabetes Care*. 2021; 44 (Suppl 1):S73-S84. **3.** International Diabetes Center. AGP Reports. CGM AGP Report (Continuous Glucose Monitor) – v5.0. Available at: http://www.agpreport.org/agp/agpreports. [Accessed September 2022]. **4.** Novo Nordisk. Data on file: TIR Patient Qualitative Research Global Summary Report. Data collection 2021–2022. **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.