

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

Just started using a continuous glucose monitor (CGM)?

Not sure about your ambulatory glucose profile (AGP)?

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

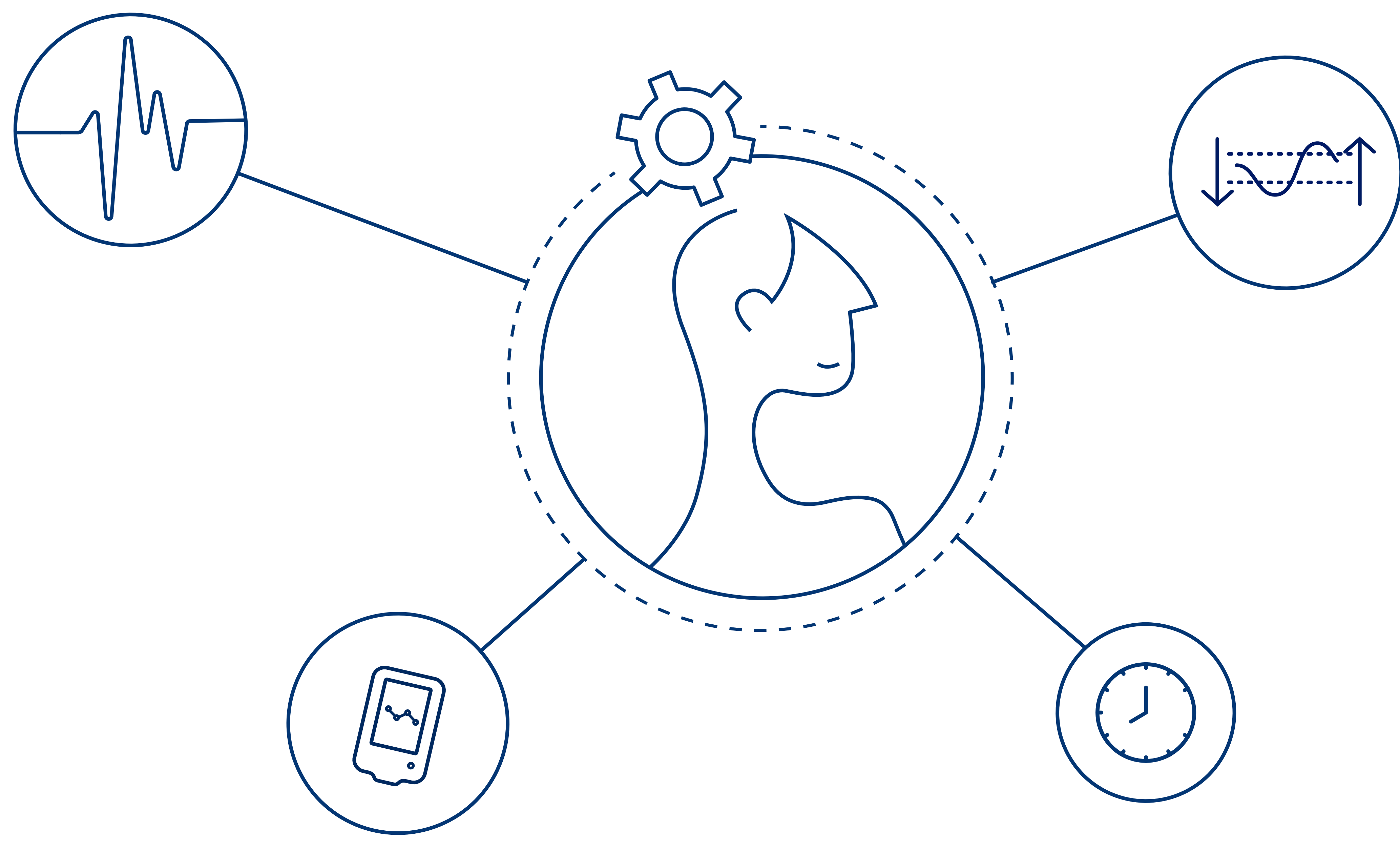
Confused about Time in Range?

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

What is Time in Range?

Time in Range (TiR) measure for blood glucose (sugar) control, produced by your CGM¹

Time in Range tells you how much time you spent in your **target blood glucose range**, as well as time **spent above and below that range**^{1,2}



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 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 the target range

Less than 6 hours above range

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

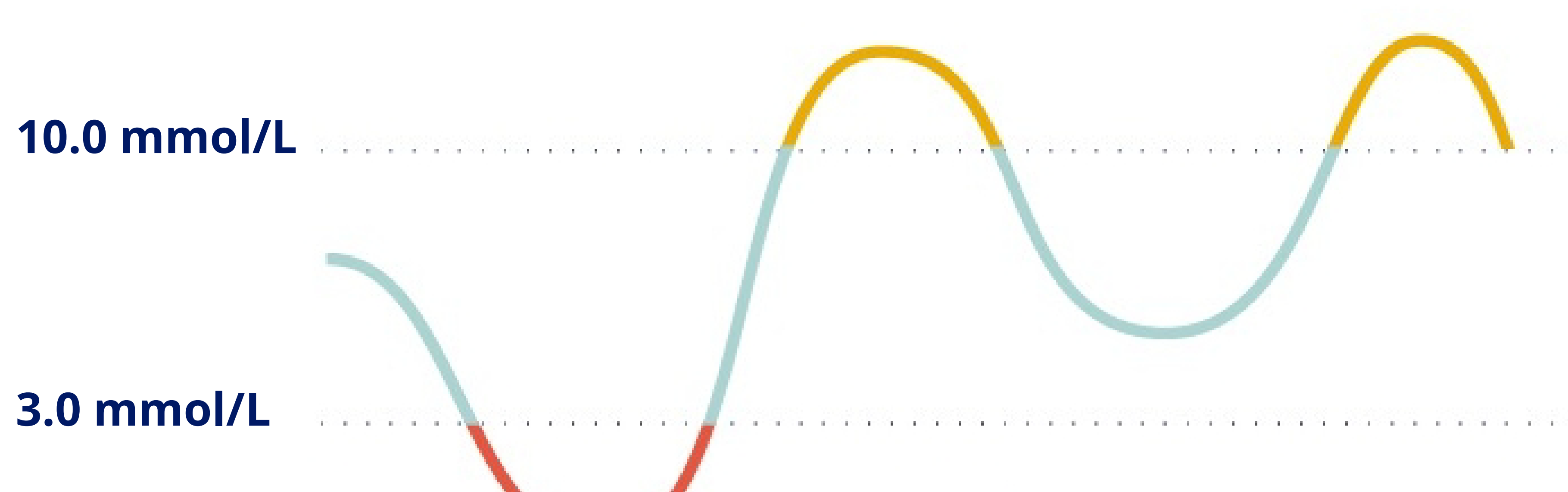
At least 17 hours in range

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

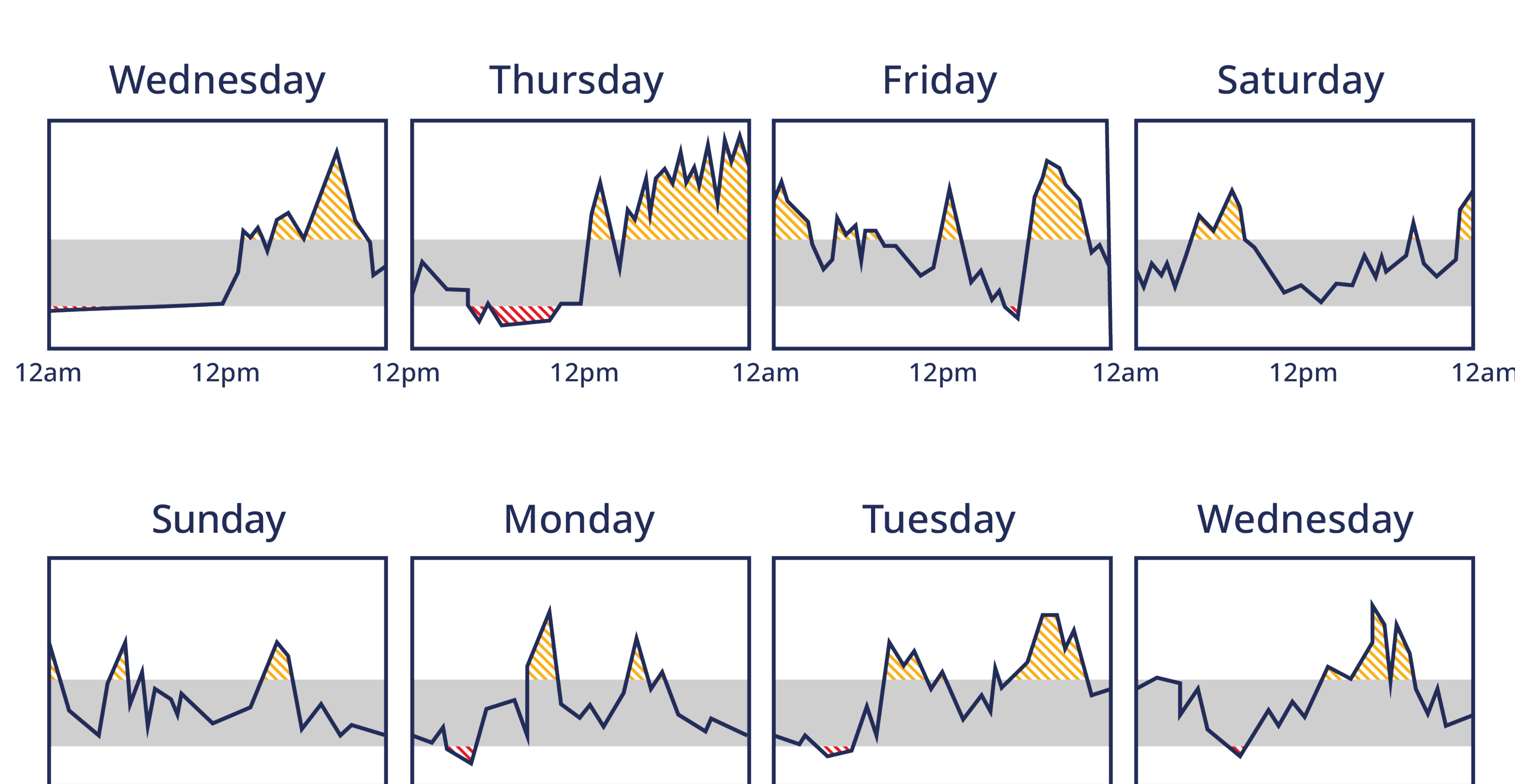
Less than 1 hour below range

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.