

# CGM-GUIDED GLUCOSE MANAGEMENT: PARTNERING FOR PERSONALIZED DIABETES CARE

## Establish a relationship:

"Thank you for making time for this appointment today."  
"Is there anything about your diabetes care that you want to be sure we talk about today?"  
"Can you tell me about your experience using the CGM?"



**DID YOU KNOW?** The top of the AGP Report shows the same time in ranges bar as in the person's Dexcom G7 app.

## Introduce the Ambulatory Glucose Profile (AGP) Report

- Remind the person you can see their glucose information from the Dexcom G7 sensor on the Clarity website.
- Explain that the AGP Report is a way to look at glucose over time and it shows the effect of food, activity, and medications in three ways:
  - As **time in ranges**
  - A **24-hour glucose summary curve** (14 days of glucose values combined into a single day)
  - As **daily glucose profiles**

## Review the most recent AGP Report

- Open the AGP Report** from the Clarity website: <https://clarity.dexcom.com/professional/>
- Use these three steps** to efficiently interpret the individual's AGP Report and guide shared decision-making for optimized glucose management
  - PREFERRED OPTION: if possible, provide a screen share of the individual's AGP Report during virtual visits

### 1 DETERMINE if action is needed

Review the time in ranges bar to DETERMINE if action is needed:

- Is time in range (TIR) 70-180 mg/dL >70%?
- Is time below range (TBR) <70 mg/dL <4%?

If **yes** to both, continue to encourage healthy lifestyle—specifically healthy eating and physical activity—and taking medications as prescribed.

If **no** to either question, move to step 2 and 3.

### TIPS

- Aim for **MORE GREEN/ LESS RED** in the time in ranges bar.
- Individualize goals as appropriate; some people may be able to aim for a TIR of 80%, 90%, or more—and some older/ high-risk individuals may need a TBR goal of <1%.

### REMEMBER:

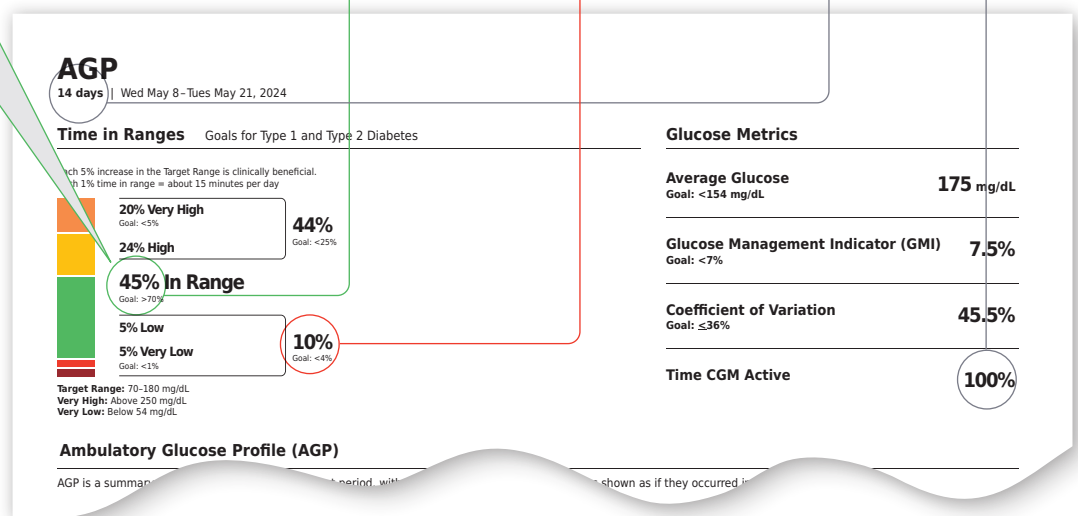
- Focus** on patterns of hypoglycemia first.
- Every 5% improvement in TIR** is clinically beneficial even if not at goal today.

Time in range  
goal: >70%

Time below range  
goal: <4%

Goal:  
14 days

CGM active  
goal: >70%



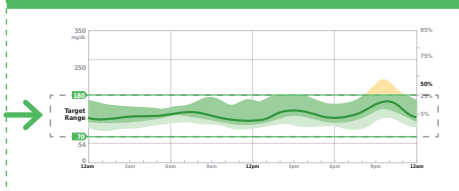
## 2 WHERE is action needed?

Review the AGP curve to determine WHERE action is needed.

- **Identify patterns of time** below range, time above range, or significant variability.
- **Use the daily profiles** to see where patterns occur or if there are differences some days of the week (e.g., weekends vs weekdays).

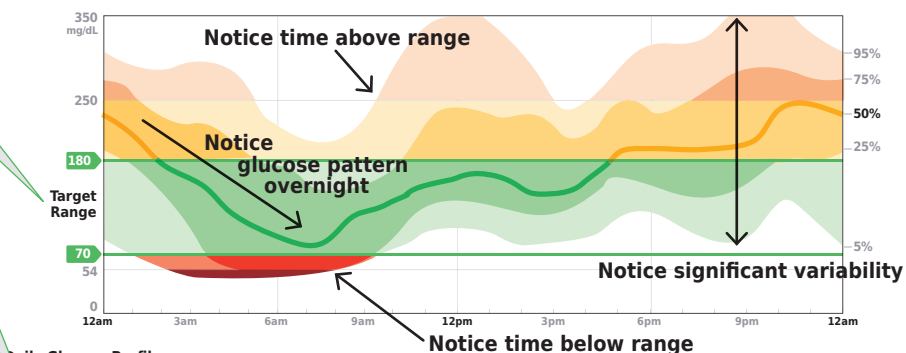
**TIP:** Ask the person when they wake, eat, and drink. When possible, ask what THEY NOTICE in their 24-hour glucose summary.

The goal for the AGP is: **Flat, Narrow and In-Range (FNIR)**



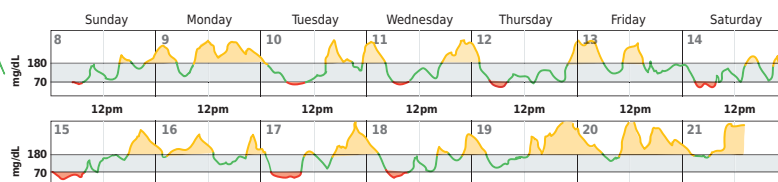
### Ambulatory Glucose Profile (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if they occurred in a single day.



### Daily Glucose Profile

Each daily profile represents a midnight-to-midnight period.



## 3 ACT on the data

Use shared decision-making to:

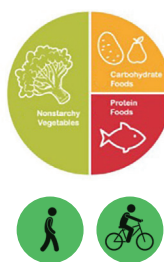
- Identify lifestyle and medication adjustments.
  - Use the Medication Management Guide and the AGP Report Case Examples for support and suggestions.
- Continue making adjustments at each visit until glucose goals are achieved.

**REMINDER:** Review the Know, Learn, Act Guide from Visit 1.

**STEP 1** **KNOW** your glucose goals and follow your glucose throughout the day

**STEP 2** **LEARN** how your body responds to food and activity

**STEP 3** **Take ACTION** to find out what keeps you in your target more often



### MORE

- High-fiber, whole-food choices
- Vegetables: fill up  $\frac{1}{2}$  your plate or bowl
- Whole fruits
- Nuts, seeds, beans, lentils
- Whole grains
- Water, black coffee, plain tea
- Awareness of portion sizes
- Walking or activity after meals



### LESS

- Highly processed foods
- Refined grains
- Food with added sugar
- Sugar-sweetened beverages
- Large portion sizes

## Wrap up

### CHECK-IN

What will you try this week? Can you make the goal more specific?

Is there anything else we should discuss today?

### Encourage the individual to:

1. Wear the G7 continuously and aim for glucose 70 to 180 mg/dL with >70% time in range. **Note: Goals can be modified.**
2. Keep taking action and making choices that bring glucose closer to goal each day
3. See a diabetes educator for support with healthy lifestyle
4. Contact care team if TBR  $\geq 4\%$  or if glucose <54 mg/dL
5. Set or adjust alerts to identify high or low glucose