

DETERMINE WHERE TO ACT

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 encouraging healthy lifestyle modifications and taking medication as prescribed.

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

TIPS

- Aim for 14 days of data with the CGM active at least **70%** of the time.
- Aim for **MORE GREEN/LESS RED** in the time in ranges bar.

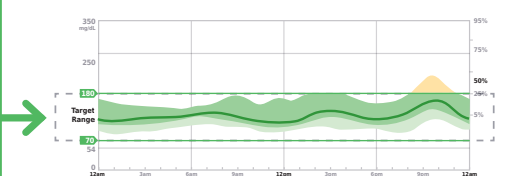
2

WHERE is action needed?

Review the AGP curve to determine WHERE action is needed the most.

- Identify **patterns of time** below range, time above range, or significant variability.
- Use the **daily profiles** to see if patterns occur or if there are differences on some days of the week (e.g., weekend vs. weekday).
- Ask the person with diabetes what they notice in their 24-hour glucose summary.

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

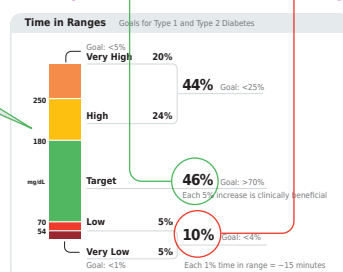


Time in range
goal: >70%

Time below range
goal: <4%

CGM active
goal: >70%

AGP Report: Continuous Glucose Monitoring



Test Patient DOB: Jan 1, 1970

14 Days: August 8-August 21, 2023

Time CGM Active: 100%

Glucose Metrics

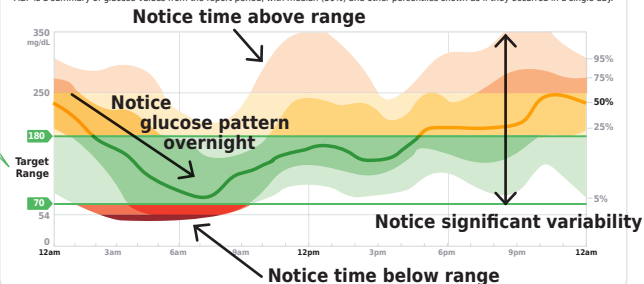
Average Glucose.....175 mg/dL
Goal: <154 mg/dL

Glucose Management Indicator (GMI).....7.5%
Goal: <7%

Glucose Variability.....45.5%
Defined as percent coefficient of variation
Goal: ≤36%

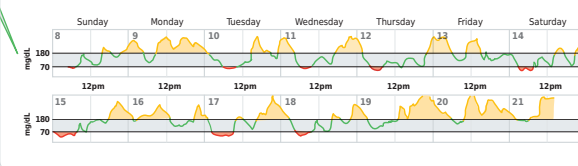
Ambulatory Glucose Profile (AGP)

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 Profiles

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



3

ACT on the data

- Using **shared decision-making**, partner with the person with diabetes to identify which lifestyle changes and/or medication adjustments may help optimize glucose management.
- Focus on **one area or change at a time**.
- Continue making adjustments over time until glycemic goals are achieved.
- Monitor regularly to maintain success.

REMEMBER:

- **Focus** on patterns of hypoglycemia first.
- **Every 5% improvement in TIR** is clinically beneficial.