

Understanding time in range

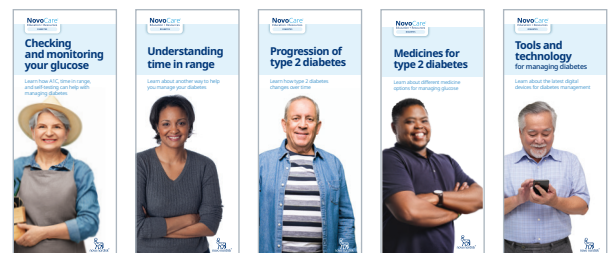
Learn about another way to help
you manage your diabetes



Managing your physical, mental, and emotional health with diabetes is important. Visit [NovoCare.com](https://www.novocare.com), your one-stop online resource for all things diabetes!

- Personalized resources and educational tools for living with diabetes
- Affordability and savings support for your medicine

The more you know about diabetes, the better you may be able to manage it. These brochures provide helpful information to educate you about diabetes and help you reach your diabetes goals.



Ask a member of your healthcare team for these brochures or click [here](#) for a digital version.

If you have questions or would like assistance with any of our resources, call 1-800-727-6500 (option 8 for Spanish), Monday to Friday, from 8:30 AM to 6:00 PM EST.

Visit [NovoCare.com](https://www.novocare.com) or scan this code with a smartphone or tablet



No data will be collected by scanning the QR code.

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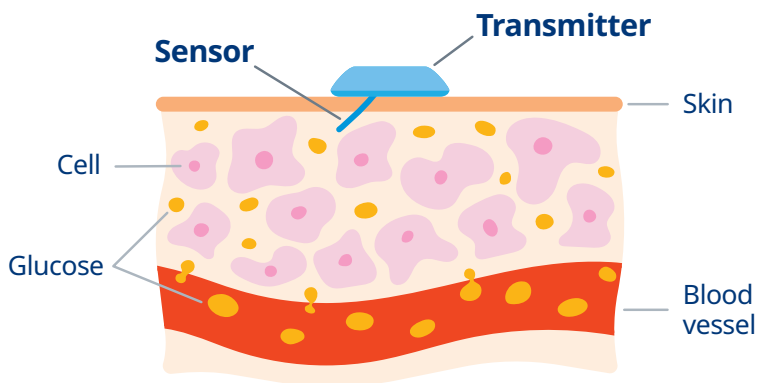
Understanding time in range

Part of managing your diabetes is knowing your blood glucose (*sugar*) numbers and understanding what they mean. You may be familiar with A1C that is measured during an office visit. This is the standard measure for diabetes management. You may also be checking your own blood glucose levels with a glucose meter. A new way to manage blood glucose is “time in range.” This may be used to help reach your daily blood glucose goals.

What is a CGM?

You may use a continuous glucose monitor (CGM) to help manage diabetes. By checking your glucose levels every few minutes, a CGM provides real-time information about your levels throughout the day and night. It also tracks this data over time.

A CGM is a device that is attached to your body, usually on your belly or arm. It has 2 parts:



Sensor

Inserted under your skin and measures the glucose level of the fluid between your cells. This is very similar to the glucose level in your blood that is tested with your meter or by A1C tests.

Transmitter

Sends your glucose data wirelessly to a smartphone, receiver, or an insulin pump.



What is time in range?

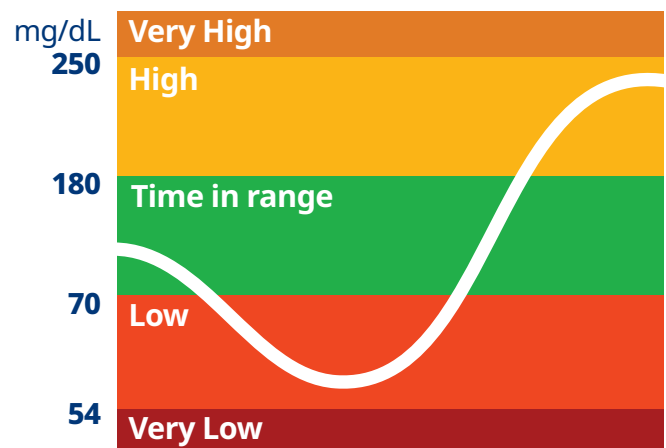
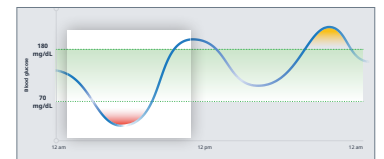
Time in range is the percentage of time you spend in your target glucose range. For most adults with diabetes, this range is between 70 and 180 mg/dL. These targets may be different depending on age, risk level, or if you are pregnant. Talk with your diabetes care team to determine the right range for you.

The TIR measurement comes from the data taken with your CGM. It looks at the time your glucose is:

- Very high
- High (hyperglycemia)
- Target range (time in range)
- Low (hypoglycemia)
- Very low

Your personal glucose data is collected and shown in a report as pictures and graphs. They display your daily glucose levels over about 10 to 14 days.

24-hour glucose profile



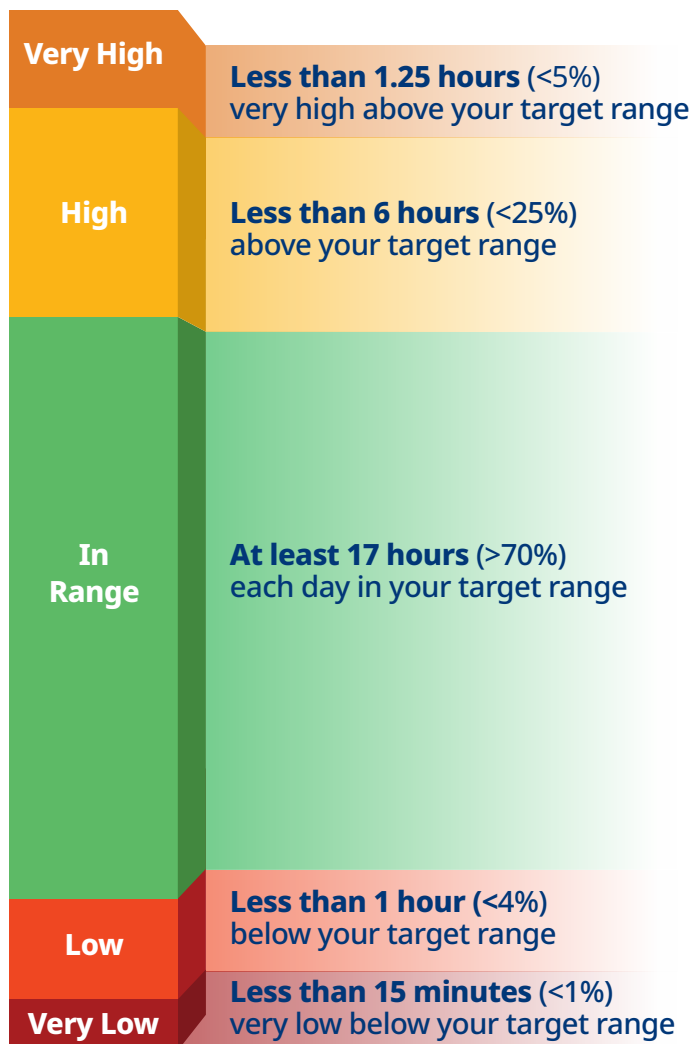
What is my time in range goal?

There is no TIR goal that is right for everyone. Your goal will depend on your specific needs and lifestyle. Talk with your diabetes care team to help you determine the right range for you. For most people with type 1 and type 2 diabetes, the American Diabetes Association (ADA) recommends a daily target range:



**Between 70 and 180 mg/dL
for at least 70% of readings**

This means that you should aim for:



Some people may have different targets.

Why are A1C and time in range important?

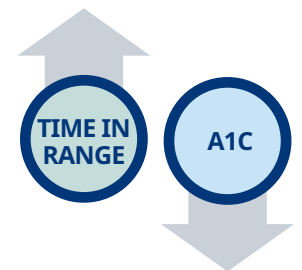
A1C is a blood test taken during an office visit that tells your average blood glucose for the past 2 to 3 months. Just like TIR, your A1C goal is your own. The ADA suggests an A1C goal of less than 7% for most adults with diabetes, but your personal goal may be higher or lower.

Both TIR and A1C provide important information about your glucose levels. One difference is that TIR shows the daily glucose highs and lows that people may have and A1C does not. TIR also helps to show you what affects your glucose levels 24 hours a day, such as:

- Seeing what happens when you eat certain foods
- Understanding what happens when you take your diabetes medicines (as directed)
- Learning how levels change during physical activity or times of stress

Together [TIR and A1C](#) give you a more complete picture of your glucose levels and what you can do to help manage your diabetes.

Spending more time in your target range can lower your A1C.



How A1C relates to time in range (TIR)

A1C Levels	TIR (70-180 mg/dL)
9.0%	40%
8.3%	50%
7.5%	60%
6.7%	70%
5.9%	80%

Every 10% increase in TIR can lower A1C by about 0.8%.

How can I improve my time in range?

The more time you spend in range, the less likely you are to develop certain diabetes complications. So, what are some things you can do to help manage your diabetes and reach your TIR goals?



Know your range

Check your CGM daily and weekly glucose summaries often. The more times you check your glucose levels, the more you'll know about how long you are in range.



Reduce highs

Work with a member of your diabetes care team to review your physical activity and meal plan. Balancing these with your medicine plan may help to [reduce highs](#).



Act on lows

Not eating enough and physical activity are some causes that can lower glucose levels. Know what low means for you (usually less than 70 mg/dL). Be prepared with 15 grams of fast-acting carbohydrates to [treat low glucose](#) levels, if needed. These may include glucose tablets/gel, non-diet soda/juice, or hard candies.



Take medicines as prescribed

Skipping or forgetting doses, taking the wrong amount, or not injecting a medicine properly can affect your glucose levels. Do not change your [medicine routine](#) without talking to a member of your diabetes care team.



Get enough sleep

Problems sleeping may interfere with keeping glucose levels in your target range. Try to stick to a sleep schedule and limit your caffeine in the afternoon.



Manage stress

Stress from illness, work, school, and family can impact your blood glucose levels. Meditation, breathing exercises, physical activity, or even a warm bath may help to ease some of the stress from managing your diabetes.

My glucose goals



My target time in range

Between

_____ and _____ mg/dL

_____ % of the time or

_____ hours



A1C

My A1C _____

My A1C goal _____

Goals as recommended by my healthcare professional.