

Managing Glucose With Time-in-Range

Time-in-range, or TIR, is the amount of time your glucose level is in your target range, something your A1C doesn't tell you. Time-in-range is sometimes shown as the number of hours your glucose is in your target range per day. **Knowing both your A1C and your time-in-range can help you better manage your glucose.**



This material explains time in range for people who use CGMs (continuous glucose monitors).



What is time-in-range?

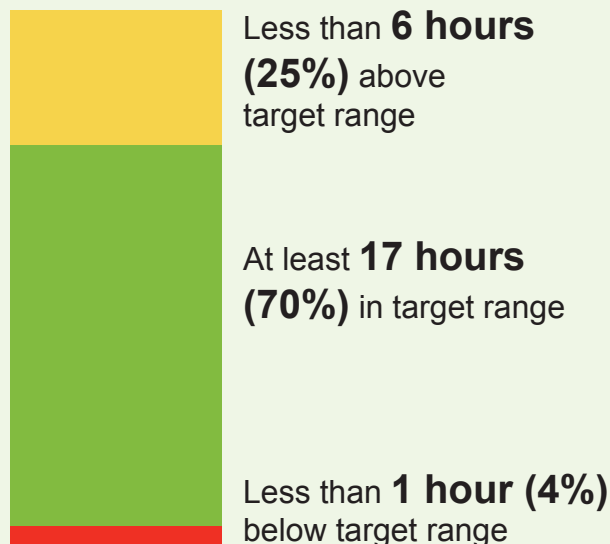
Time-in-range is the amount of time your glucose level is in your target range, which is your ideal glucose range. Many people have a target glucose range of 70-180 mg/dL, but this range isn't everyone's personal goal. Work with your health care professional to figure out your own target range.

Experts recommend:

- ✓ At least 17 hours a day, or 70 percent of the day, in your target range (this means your A1C is likely less than 7 percent)
- ✓ Less than 6 hours a day, or 25 percent of the day, above your target range
- ✓ Less than 1 hour a day, or 4 percent of the day, below your target range



24
hours in
a day



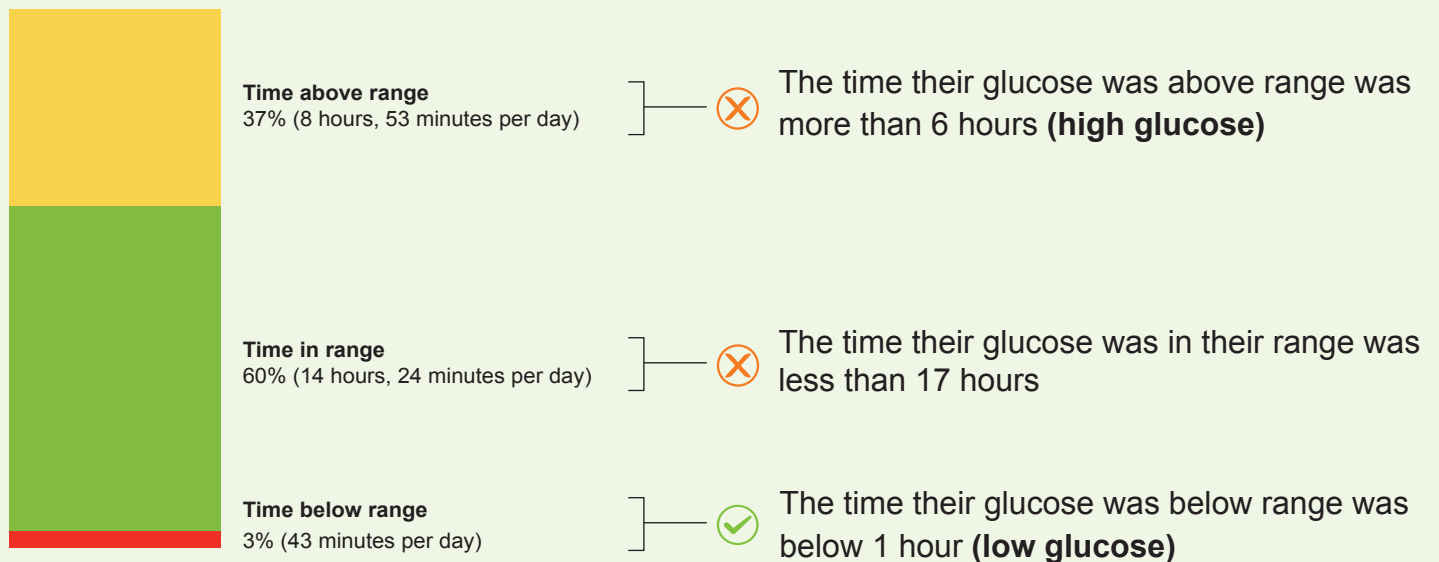


How do I find out my time-in-range?

If you use a continuous glucose monitor, or CGM, to check your glucose, the software or app that came with your CGM will automatically calculate your time-in-range.

Take a look at this sample TIR report for someone with diabetes. The report covers a 14-day period. It shows how much time their glucose was in, above, and below their target range.

2-Week time-in-range report, based on expert recommendations



Your CGM app or software will provide reports with similar information. You can download the reports to your smartphone, tablet, or computer. The most accurate time-in-range reports include CGM readings from at least 14 days in a row.

When you understand what's causing your high and low glucose levels, you can make changes to help you feel better and reduce your risk for other health problems.

Talk with your health care professional to learn how you can make time-in-range a regular part of your diabetes management.