



Key Continuous Glucose Monitoring (CGM) Measures

Understanding Target Ranges and Variability for Optimal Diabetes Management

CGM data may offer detailed insights into a patient’s daily glucose patterns. By focusing on core measures such as Time in Range and Glucose Variability, clinicians may more accurately assess metabolic control and tailor individualized treatment plans. Below is a summary of recommended targets for key CGM metrics.

Time in Range (TIR) for Diabetes

This bar represents the TIR goals for most adults with Type 1 or Type 2 diabetes. But your TIR goals may be different for several reasons.

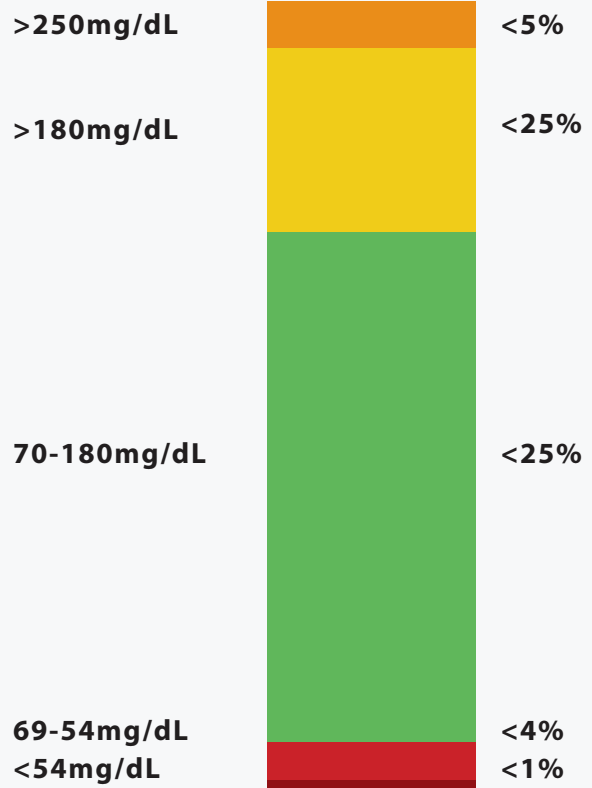


Chart Source: Clinical Targets for Continuous Glucose Monitoring Data
 Interpretation: Recommendations From the International Consensus on Time in Range. Diabetes care, 42(8), 1593–1603. <https://doi.org/10.2337/dci19-0028>

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