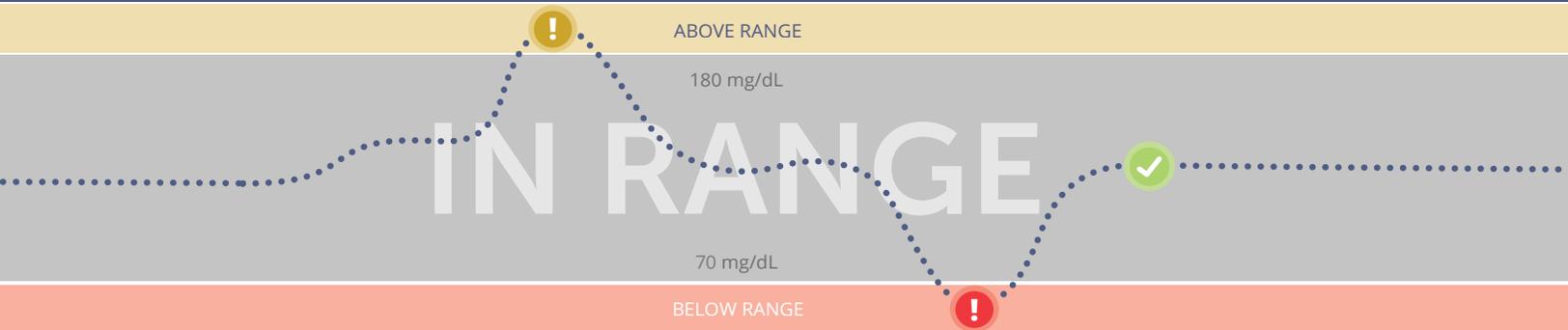


# HOW TO TALK TIME IN RANGE

IT'S TIME TO TALK TO YOUR HEALTHCARE PROVIDER OR DIABETES CARE TEAM ABOUT MORE THAN JUST A1C



## WHY SHOULD I PAY ATTENTION TO MORE THAN JUST A1C?



A1C is a three-month average of glucose levels — whereas time in range is the percentage of time spent with glucose levels in a target range.<sup>1</sup>

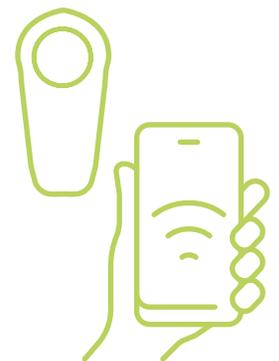
Time in range is a powerful supplement to A1C because it shows a more complete picture of changes in glucose levels, giving insight into potentially dangerous high and low glucose variations that you don't see with A1C.

The vast majority of people with insulin-treated diabetes say they feel better when they spend more time in range<sup>ii</sup> — so why wait to start a conversation about it?

## WHAT'S THE BEST WAY TO MEASURE TIME IN RANGE?

Continuous glucose monitoring (CGM) is an innovative technology and an effective tool for measuring time in range.

A CGM system uses a small wearable that automatically sends real-time glucose values wirelessly to a compatible smart device\* or receiver without the need for fingersticks.† It can give you daily time in range reports so you can monitor glucose levels and share easily with your care team.



## HOW DO I TALK TO MY CARE TEAM ABOUT TIME IN RANGE?

Here are some questions to bring to your next appointment:



- How can I use time in range as a complement to A1C?
- How can reviewing my time in range help me better manage my diabetes?
- How should I set my personal time in range targets?
- How do I get started with a continuous glucose monitoring system?
- What can I do to help meet my time in range goals?