

# Time in Range



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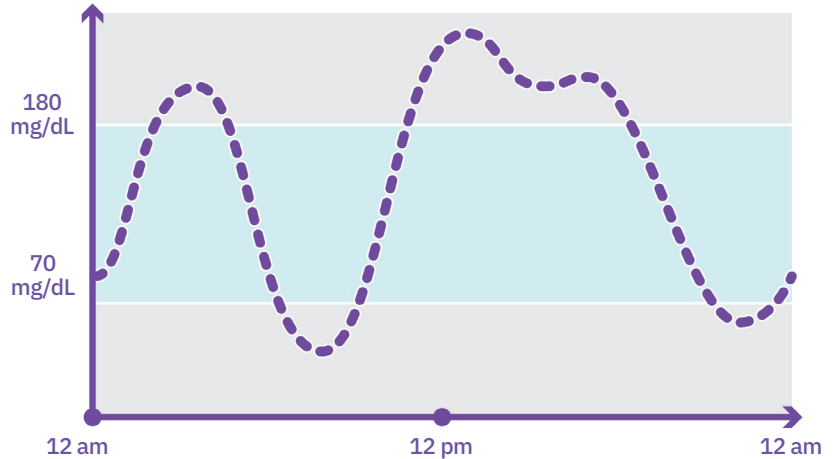
## What is time in range?

*Time in range describes the percentage of time that your blood glucose is within a target range.*

## Why is time in range important?

People with diabetes report that time in range impacts quality of life.<sup>1</sup> An increase in time in range means less time focusing on high and low glucose levels and more time focusing on things other than diabetes.

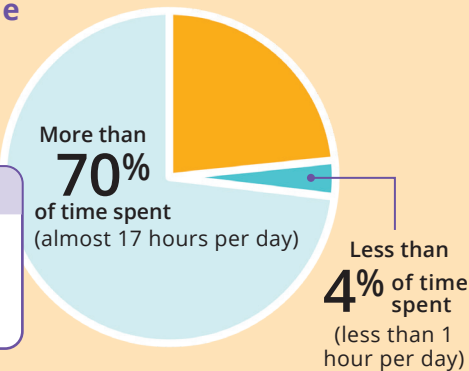
The target range will vary for each person, but general guidelines suggest starting with a range of 70–180 mg/dL.<sup>2</sup>



For most people with diabetes, the goal each day should be<sup>2</sup>:

### Blood glucose level

- 70–180 mg/dL
- Below 70 mg/dL
- Above 180 mg/dL



For those who are older or at high risk for low blood glucose, the recommendation is for time in range greater than 50%.<sup>3</sup>

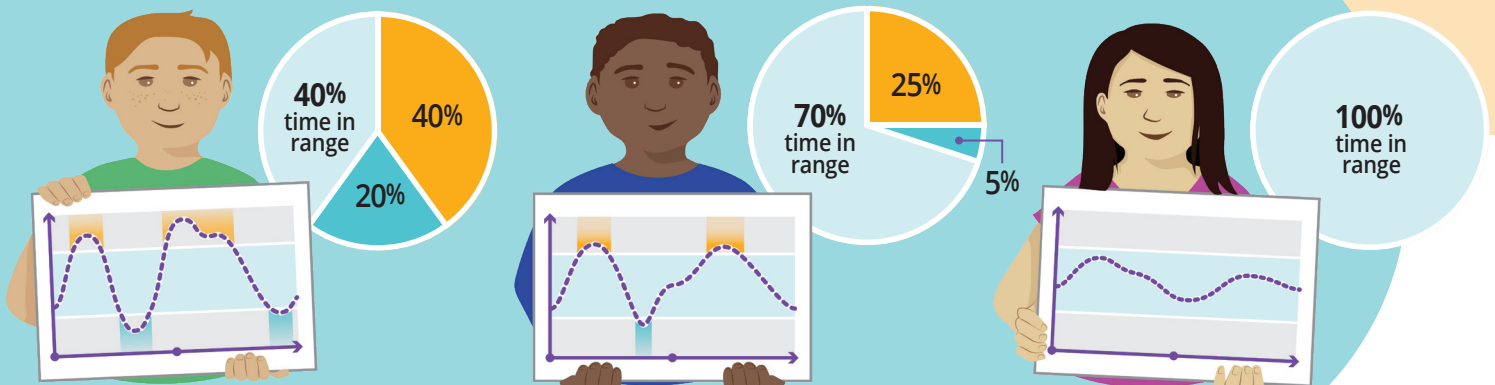
Your healthcare provider can help you decide what your individual goal should be.

How does time in range compare with HbA1c?<sup>3</sup>

Time in Range (70–180mg/dL)	HbA1c Estimate
20%	9.4%
30%	8.9%
40%	8.4%
50%	7.9%
60%	7.4%
<b>70%</b>	<b>7.0%</b>
80%	6.5%
90%	6.0%

**GOAL >>>**

## An HbA1c of 7% is not the same time in range for everyone



## Time in range compared to HbA1c testing<sup>2,4</sup>

Advances in diabetes technology, including continuous glucose monitoring (CGM), have shown new ways to look at glucose control besides HbA1c testing. Reviewing time in range may provide a more complete view of glucose control compared to HbA1c.

### Time in Range

Evaluates continuous glucose levels

Captures **all** glucose levels for a given time frame and identifies time within a safe range

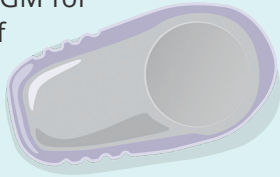
### HbA1c Testing

Reflects glucose levels over 3-month period

Does not show low or high glucose levels occurring in the same day; shows an average

## How can you increase your time in range?

- **Wear your diabetes devices as often as you can.** Studies show wearing a CGM for more than 70% of time correlates strongly with time in ranges.<sup>2</sup>



*Identifying patterns will help you discuss with your healthcare provider if you need to make changes to your insulin doses.*

- **Look at your data for patterns**

- Look for low blood glucose values first. Consider why you might have had a low blood glucose:

- Did you exercise?
- Did you eat as much as you planned?



- Next, look at 2–3 days for times where your blood glucose was high. Look for a trend instead of single values. Again, consider why you might have had a high blood glucose:

- Did you increase your portion size?
- Did you underestimate what you were going to eat?
- Were you feeling ill? Stressed?



## REFERENCES

1. Runge AS, Kennedy L, Brown AS et al. Does time-in-range matter? Perspectives from people with diabetes on the success of current therapies and the drivers of improved outcomes. *Clin Diabetes*. 2018;36(2):112–119.
2. American Diabetes Association. 6. Glycemic targets: Standards of Medical Care in Diabetes – 2021. *Diabetes Care*. 2021;44(Suppl 1):S73–S84.
3. Beck RW, et al. *J Diabetes Sci Technol*. 2019;13:614.
3. Agiostratidou G, et al. *Diabetes Care*. 2017;40:1622–1630.

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INS-N/A-04-2021-00014 V 1.0