CGM: HELPING YOU MAKE LIFESTYLE CHOICES FOR IMPROVED GLUCOSE MANAGEMENT

Use this guide to:

- **Know** your glucose and continuous glucose monitoring (CGM) targets.
- **Learn** what lifestyle choices affect your glucose levels.
- **Act** by choosing lifestyle changes that fit into your daily life.

You'll know the changes are working when you get closer to your targets.

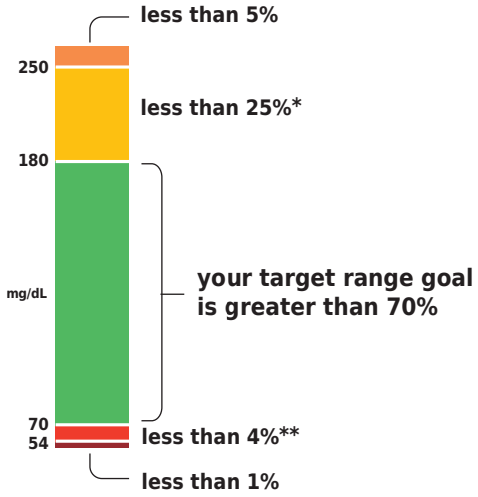
Knowing your targets

Glucose targets	
Fasting and before a meal	70 to 130 mg/dL
1 to 2 hours after a meal	Less than 180 mg/dL

Glucose rises after eating and is usually highest 1 to 2 hours after a meal or snack.

Time in ranges targets§

Glucose range (in mg/dL) targets



§ Target ranges may differ in pregnancy and for elderly
* includes percentage of values greater than 250 mg/dL
** includes percentage of values less than 54 mg/dL

- Goal is to have more green and less red
- Each 5% increase in Time in Range (TIR) between 70 to 180 (green bar) reduces your risk of complications

Using CGM trend arrows

Use the trend arrows on your CGM to see if your glucose is rising ↗ or falling ↘ or staying steady →. Your trend arrows can help you make changes in your lifestyle choices and medication.

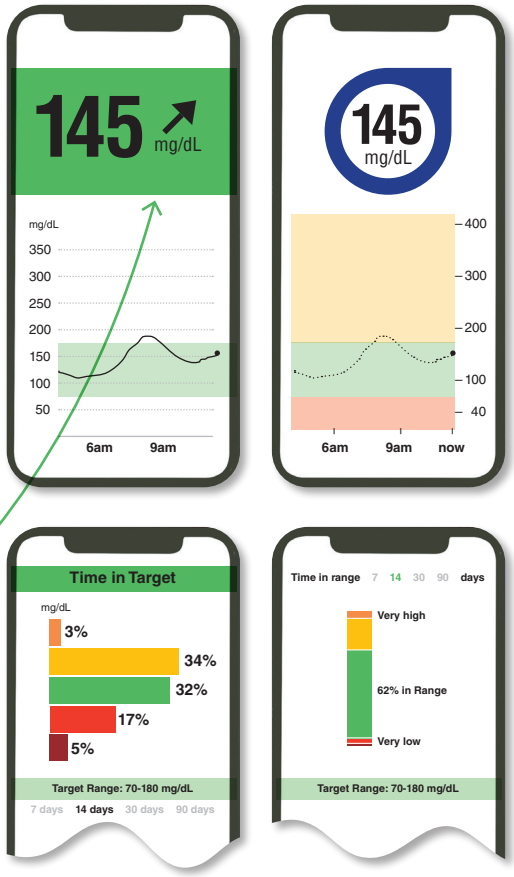
Getting started

- Look at your CGM glucose readings often during the day. The more you look the more you learn.

  Best times include:
  — Waking up and before bedtime
  — Before meals and 1 to 2 hours after meals
  — Before and after physical activity
  — When stressed or ill, look every 2 to 3 hours

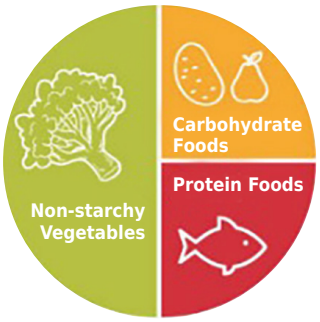
- CGM and fingerstick numbers may differ, especially when glucose is rising or falling. If your symptoms of low glucose don't match your CGM numbers, use your fingerstick number to decide how to treat.

Examples of CGM displays on your phone



Getting in target more often—What makes a difference for you?

Below are lifestyle choices that can affect your glucose and tips to help you increase your time in the target range.
Circle ideas you want to try.



Food and Beverages

- **Choose** whole, fresh foods for meals and snacks.
- **Fill** ½ your plate with non-starchy vegetables, such as leafy greens, carrots, broccoli, bell peppers and green beans.
- **Decrease** portions of foods that you notice usually raise your glucose above target.
- **Avoid** regular soda, sweet tea, fruit juice, energy drinks and other beverages high in sugar. Choose water instead.
- **Limit** foods with added sugar, such as cereals, sauces and bakery goods.
- **Talk** to your care team if you worry your food will run out before you have money.



Physical Activity

- **Walk** right before or after meals that have the highest glucose peaks.
- **Move** more and sit less every day.
- **Increase** the intensity of your current activity or try a new activity.
- **Walk** briskly (or do other activity) for at least 30 minutes, 5 days a week.



Medications

- **Put** medication in an easy place to see, and take it as prescribed.
- **Talk** to your care team about the need to start or adjust medication, or if you have trouble paying for your medication.



Well-Being

- **Sleep** 7 to 8 hours a night.
- **Do** things that help you relax to reduce stress, such as physical activity, yoga, listening to music, reading or playing with your pet.

Learn and take action

Compare your glucose to your targets. What's happening when you're in and out of target?
Look at the examples below. Write your own example in the space provided.

What I Did	Look and Learn		What I Learned	What I Can Change
	Before meal goal 70 to 130 mg/dL	1 to 2 hours after meal goal less than 180 mg/dL		
I ate 2 cups of rice with dinner.	128 mg/dL	254 mg/dL	Eating 2 cups of rice raises my glucose above target.	I'll try to eat 1 cup of rice and fill 1/2 my plate with non-starchy vegetables.
I walked after a meal.	145 mg/dL	165 mg/dL	Activity after a meal helps get my glucose in target.	I'll walk 10 minutes 4 times a week after meals.
My example:				

Copyright 2024 by International Diabetes Center, HealthPartners Institute

HealthPartners® Institute