Continuous Glucose Monitoring (CGM)

Helping you make lifestyle choices for improved glucose management

Use this guide to:

- **Know** your glucose and 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

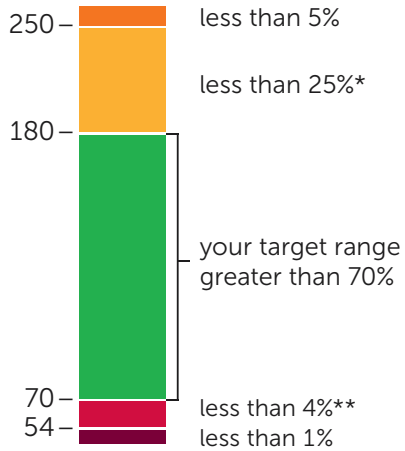
Glucose targets

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

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

Time in Range targets

– Glucose range (in mg/dL) targets



- 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

* includes percentage of values greater than 250 mg/dL
** includes percentage of values less than 54 mg/dL

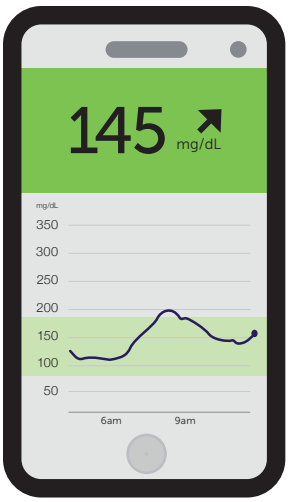
Using CGM trend arrows

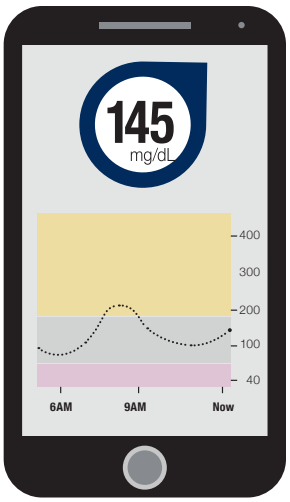
Use the trend arrows on your CGM to see if your glucose is rising ↑ or falling ↓ or staying steady →. Your trend arrows can help you make changes in your lifestyle choices and medication.

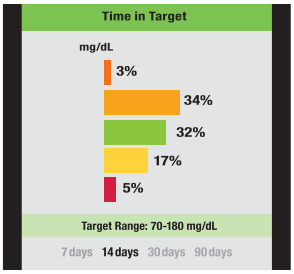
Getting started

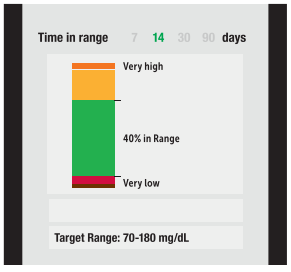
- Look at your CGM glucose readings often during the day. The more you look the more you learn. Best times include:
  - » Waking up and before bedtime
  - » Before meals and 1 to 2 hours after meals
  - » Before and after physical activity
  - » When stressed or ill, look every 2 to 3 hours
- CGM and 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.

CGM on your phone









continued

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

Below are some ideas to keep your glucose in target more often. Circle ideas to try.

Food and Beverages



- Choose whole, fresh foods for meals and snacks.
- Fill ½ your plate with nonstarchy 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 to buy more.

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 medication 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.
- Try relaxation activities 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	How I'll Take Action
	Before meal 70 to 130 mg/dL	1 to 2 hours after meal 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:				

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