

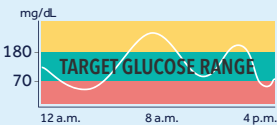
HAPPY MEDIUM ACTION PLAN

KEEPING YOU IN THE KNOW ABOUT TIME-IN-RANGE

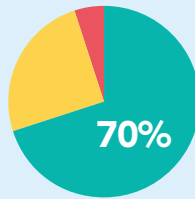
What Is Time-in-Range?

Time-in-Range or TIR is the amount of time those with diabetes spend with their blood glucose levels in a recommended target range and is represented as a percentage. Finding this happy medium can be difficult. So, more and more people with diabetes use continuous glucose monitoring (CGM) to help achieve more TIR. CGM generates a great deal of data showing where your current glucose levels are, where they've been, and what direction they are going. The hours per day spent "in-range" and "out-of-range" can vary but here are a few things to keep in mind:

Goals can vary in each person, but a typical target glucose range is 70 to 180 mg/dL.



For most people with type 1 or type 2 diabetes, a **TIR above 70%** is recommended. That's just under **17 hours** of a 24-hour day.



You should aim to spend:

- at least 70% (17 hours) in range 70–180 mg/dL
- less than 25% (6 hours) above 180 mg/dL with less than 5% (1 hour) above 250 mg/dL
- less than 4% (58 minutes) below 70 mg/dL with less than 1% (14 minutes) below 54 mg/dL

TIR targets can be lower for older or high-risk individuals and for those under age 25.

Talk with your healthcare provider about the TIR that's best for you.



Understanding Time-in-Range Improves Diabetes Management

Today's CGM systems allow you to track your blood glucose moment by moment and in real time. This helps you find times, such as before or after eating, or before or after physical activity, when your blood glucose is out-of-range. Identifying these times allows you to take steps, such as adjusting medication, to smooth out the highs and lows. Staying in-range helps maintain your energy level, mood, and overall quality of life.

Measuring hemoglobin A1c levels has been a common way to track success managing diabetes. But it only represents the average blood glucose (sugar) value over the past 2 to 3 months as a single snapshot and does not capture the fast and frequent blood glucose (sugar) changes you can experience. There can be parts of the day, such as during sleep, when you are spending time with blood glucose levels dangerously low (hypoglycemia) or high (hyperglycemia).

CGM can provide a daily glucose profile that displays a graph of the glucose readings from midnight-to-midnight. It's easy to spot which hours of each day you are in-range, above range, and below range. This information can help you adjust what you eat and drink, get the right amount of exercise, and modify your insulin dosing.





Track Your Time-in-Range

Tracking your TIR can help you learn how to manage your blood glucose (sugar) levels most efficiently. Use the chart below to track when you were in- and out-of-range during a 24-hour period. Take note of daily behaviors that can affect your readings. **It is important to track at least 14 days of blood glucose data.** Here's an example of how you can collect the details:

DAY 1 Date: _____	Hours/ Minutes in This Range Today	What I Was Doing When My Blood Glucose Was in This Range	What I Can Do Differently During Out-of-Range Times
Below 54 mg/dL			
Below 70 mg/dL			
70 to 180 mg/dL			
Above 180 mg/dL			
Above 250 mg/dL			



Tips to Help Maximize Time-in-Range



1. **Check blood glucose often** or wear a CGM system (per your doctor's recommendation).



2. **Keep track of the things you did** to keep blood glucose in range and replicate those activities.



3. **Pay attention** to anything that causes extreme glucose changes, such as:

- Not matching insulin doses with food
- Eating excessive amounts of carbs
- Skipping or delaying a meal
- Stress
- Inconsistent exercise
- Lack of sleep
- Drinking alcohol or beverages with caffeine
- Time of day
- Being dehydrated

Talk with Your Healthcare Provider

Bring along your TIR tracking charts the next time you visit your healthcare provider. You can review trends and discuss steps you can take to keep your blood glucose in the range that's best for you.

Use this space to write notes and remind yourself of questions and concerns you'd like to discuss during your next visit:

Hormone Health Network is your trusted source for endocrine-related patient education. Our digital resources are available at hormone.org.

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