Continuous Glucose Monitoring (CGM)

Helping you make lifestyle choices for improved glucose management.

Use this guide to:

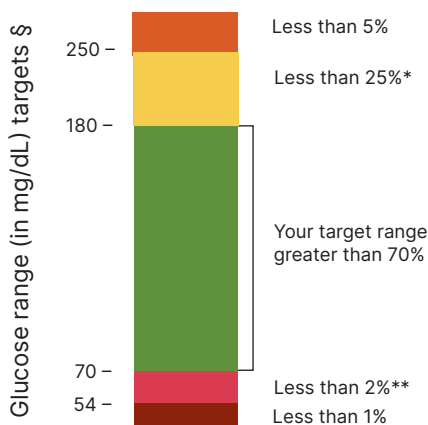|	
Know your glucose and CGM targets.	
Learn what lifestyle choices affect your blood glucose.	
Act by choosing lifestyle changes that fit into your daily life.	

Know 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.

Goals for Time in Ranges

Time in range refers to the time you spend with your blood glucose levels in your target range (between 70 mg/dL and 180 mg/dL for most people).

Glucose range (in mg/dL) targets §

- 250 — Less than 5%
- Less than 25%*
- 180 —
- Your target range greater than 70%
- 70 — Less than 2%**
- 54 — Less than 1%

§ 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
- The more time you spend in the 70-180 mg/dL (green bar) range reduces your risk of complications.

Using CGM Trend Arrows

Use the trend arrows on your CGM to see how your glucose is changing and help you make lifestyle changes.

Rising ⬆   Falling ⬇   Steady ➡

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 stresssed or ill, look every 2 to 3 hours

- CGM and fingerstick testing values may differ, especially when blood glucose is rising or falling. CGM values tend to lag behind actual blood glucose levels values by a few minutes.

  - If your symptoms don't match your CGM values, use a fingerstick test to guide your treatment decisions.
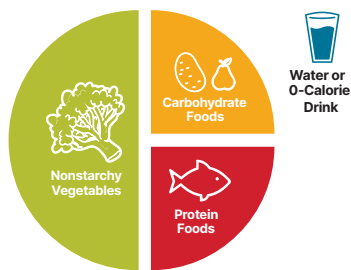
Sample CGM Display on Your Smart Phone

Getting in Time in Range Target More Often—What Makes a Difference for You?

Below are lifestyle choices that can affect your glucose and tips to help you reach your target range.

Food and Beverages

- Choose whole, fresh foods for meals and snacks.
- Fill ½ your plate with non-starchy vegetables, such as leafy greens, broccoli, bell peppers and green beans.
- Be aware of portions of foods that you notice usually raise your glucose above target and adjust your eating plan.
- Avoid regular soda, sweet tea, fruit juice, energy drinks, and other beverages high in carbohydrates, such as sugar. Choose water instead.
- Limit foods with added sugar, such as cereals, sauces, and baked goods.
- Talk to your health 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 your medication where you can see it every day and take it as prescribed.
- Talk to your health care team if you need to change your medications or if you have trouble paying for your medication.

Well-Being

- Sleep 7 to 8 hours a night.
- Do things that help you relax and 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 target range. What's happening when you're in and out of target range? 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	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 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:				