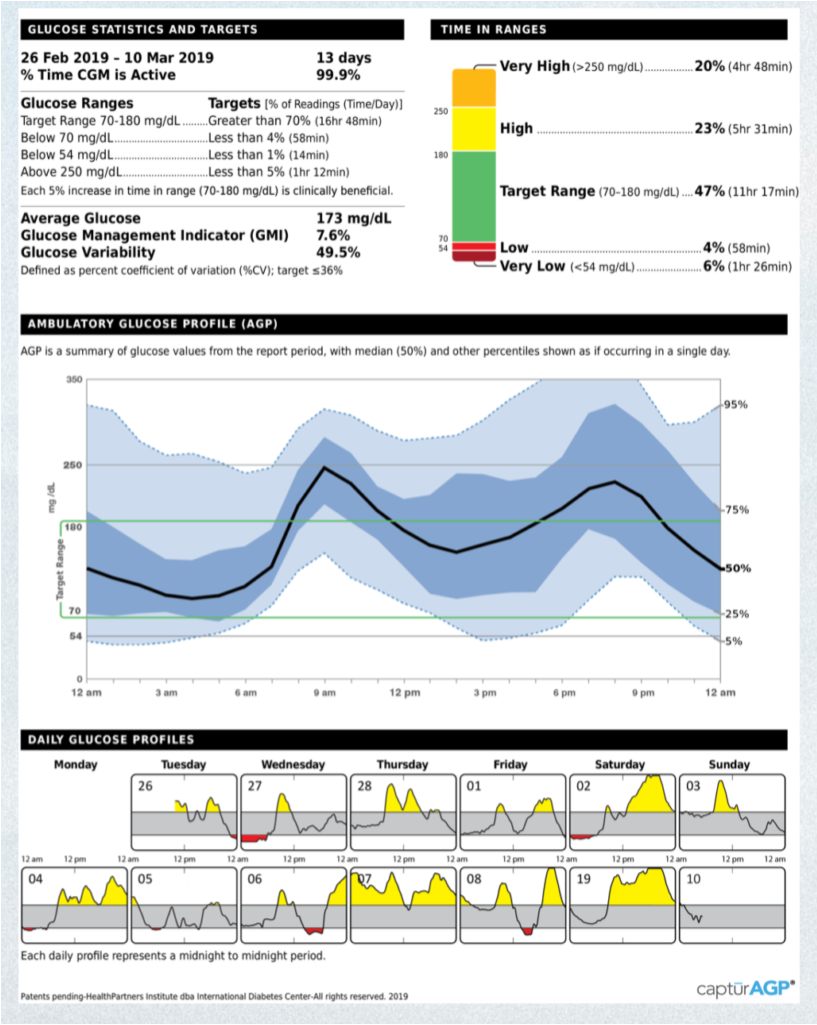
Until recently, the only available measure of glucose values over time (or glycemic control) was A1c. CGM use, however, has made it possible to get a steady stream of glucose values throughout the day. Now, a measure called “time in range,” can be used in partnership with A1c. Time in range refers to the percentage of time that glucose levels are in the target range. An international consensus was reached in June 2019 that outlined specific clinical guidelines for time in range targets, as well as targets for high and low glucose. The CGM needs to be worn at least 85% of the time to have enough blood glucose values to see if goals are being met.

Here are the recommended targets:

	GLUCOSE (mg/dL)	TARGET
VERY HIGH	Above 250	No More than 5% of the Day
HIGH	Above 180	No More than 25% of the Day
IN RANGE	70-180	70% of the Day
LOW	Lower than 70	Less than 4% of the Day
VERY LOW	Under 54	Less than 1% of the Day

Each CGM system allows you to print out a report called the Ambulatory Glucose Profile (AGP) which gives a detailed analysis of your time in range values.



You can reduce your risk of diabetes complications by getting 70% of your glucose values in the target range of 70 to 180 mg/dL. This can be a challenging target to reach. Improving your time in range by small amounts each week will help you reach the target. Work with your diabetes care team to find ways to make small changes that will get you closer to your goal.

Updated on 06/26/24

Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Interpreting CGM Data

Sharing Data with your Clinic

Understanding A1c

Sources

AGP Reports – International Diabetes Center

CGM Clinical Guidelines – American Diabetes Association