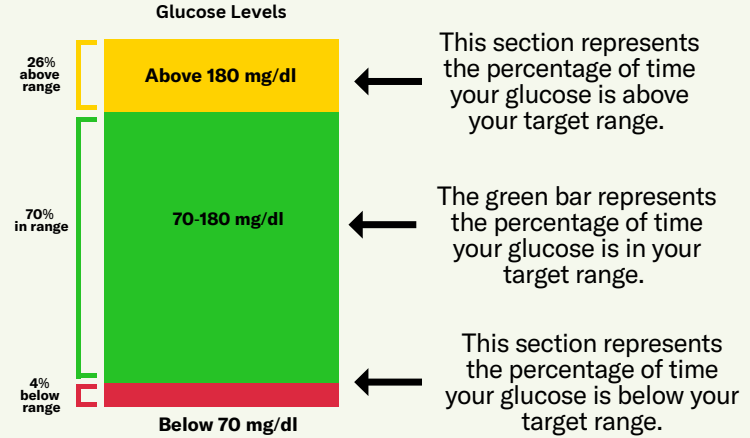# ENGAGING WITH TIME IN RANGE

What is time in range?

Time in range is the percentage of time a person spends "in range" each day. It is usually measured through a continuous glucose monitor (CGM) and can help people living with diabetes see the whole picture of their glucose levels! When you know more, you can do more.

The range will vary depending on the person, but the American Diabetes Association suggests starting with a range of 70 to 180 mg/dl. The goal is to be "in range" 70% of the day. You can see if they're running high or low, and then dive deeper to make changes needed.

Utilizing time in range gives you a data-driven starting place, saving time during appointments and helping you and those in your care feel more empowered.

Glucose Levels

26% above range — Above 180 mg/dl

This section represents the percentage of time your glucose is above your target range.

70% in range — 70-180 mg/dl

The green bar represents the percentage of time your glucose is in your target range.

4% below range — Below 70 mg/dl

This section represents the percentage of time your glucose is below your target range.

Language matters

How we talk about time in range matters. Using negative, stigmatizing, or judgmental language can alienate people living with diabetes and impact their care. Stigma can de-motivate people and lead to feelings of isolation, guilt, failure, or anxiety. Click here for a language guide.

Utilizing CGM metrics like time in range can help people with diabetes lower their A1C, decrease long-term diabetes complications, improve mental health and quality of life, and so much more.

Communicating around time in range

1

One step at a time—go at their speed

Introduce technology one step at a time! First, introduce CGM and the idea of 24/7, realtime glucose levels. Once they're comfortable with a CGM, introduce metrics like time in range and how they can take action from the patterns they see.

Diabetes tech can be overwhelming—things like CGM alarms can feel like a burden. Make sure you're acknowledging and addressing these concerns. Click here to check out Panther Program's Point of Care Clinic tools to learn more tips and tricks for CGM use.

2

Changing perspective on goals

Time in range goals can be individualized—everybody's diabetes is different! Consider nighttime vs. daytime goals to make changes attainable for those in your care. Little steps go a long way.

Not all goals have to be numeric. Try setting goals such as using time in range to feel better when traveling, figuring out what foods cause spikes, and more. Structure goals in the SMART framework!

3

Providing Support

Ensuring that people with diabetes have all the resources possible to thrive is one of the best things you can do as a healthcare provider. You are a key part of the puzzle and can help them find the other pieces!

1. Tips and tricks for thriving with time in range: Visit https://www.timeinrange.org/resources-middle-pwd/

2. Ensure people with diabetes know what devices will work best with them with DiabetesWise's device finder at https://diabeteswise.org/en/device-finder/.

3. Access and cost-savings programs: see what is possibile for people who want to go on CGM at https://www.adces.org/education/danatech.

Dive into these insights and more at timeinrange.org!