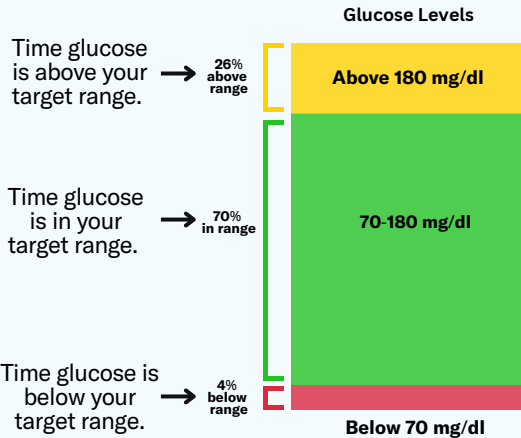


DESTIGMATIZING DIABETES TECH

Tech & time in range empower people with diabetes



Continuous glucose monitors (CGM) and other devices can help diabetes management because they tell you important metrics like time in range, the percentage of time a person spends within their target blood glucose zone each day.

Time in range helps remove blame, shame, and black-and-white targets to focus on what matters most: our unique goals and health. We can't "control" diabetes, but we can use time in range to feel more confident and improve outcomes.

When we use negative, stigmatizing, or judgmental language to discuss tech and goals, it can alienate people and impact care. Stigma can de-motivate people and lead to feelings of isolation, guilt, failure, or anxiety. That doesn't help our management goals!

Conversation tips for discussing time in range & CGM

Choosing Stigma-Free Language

How we talk about diabetes tech and data can transform the conversation and improve care outcomes. Choose to use language that:

- is neutral, nonjudgmental, and based on facts, actions, or physiology/biology
- is strengths-based, respectful, inclusive, and imparts hope
- is person-centered
- fosters collaboration between people with diabetes and healthcare teams

For more language guidance, [explore the resources at dstigmatize.org](https://dstigmatize.org).

1

Validate feelings and past experiences

A majority of people with diabetes report stigma, especially when using visible diabetes tech that draws unwanted attention or comments. Phrases like "control" or "compliance" and "good" or "bad" management can lead to stigma, shame, and blame.

Acknowledge past experiences and try supportive phrases like, "I see you're working hard on managing your time in range. It's challenging. What support do you need?"

2

Avoid assumptions and help remove access barriers

Assumptions and biases about who is a good fit for CGM, personal preferences, cost, and access can increase stigma and barriers to utilizing helpful tools and resources. Remove what barriers you can by asking about these topics.

Explore challenges with questions like, "How do you feel your diabetes tech is working with your lifestyle and goals?" Always offer options and use resources like [DiabetesWise's Device Finder](#) and [cost-savings programs](#) to find the perfect fit and improve access for each person with diabetes.

3

Meet people where they are

Everybody's diabetes is different. Time in range allows for individualized goals that are attainable for each person in your care. Visit the [Time in Range Coalition](#) for more tips on setting personalized goals.

Even if time in range and CGM are not a priority right now, they could be later. Keep discussions open with questions like, "How are you finding the current tools you're using for management? Is there anything you're curious about?" Resources like [PANTHERTOOLS](#) can help people feel confident if they decide to start using a new CGM and time in range.