

3 WAYS TIME IN RANGE CAN BENEFIT YOUR WELLBEING

Developed for community, by community



CGMs* can lower anxiety and fear of lows



Increasing time in range is associated with reduced risk of complications



Higher time in range is associated with better mood

GUIDELINES

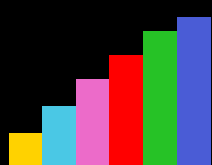
International guidelines **recommend** that most people with diabetes spend at least **70%** of the time in range (3.9 to 10 mmol/L or 70-180 mg/dL) for better quality of life. However, everyone is different and time in range goals can be individualized to your needs.

WHAT DOES THIS MEAN FOR ME?



Increasing your time in range by even one extra hour daily can improve mood and overall wellbeing!

REMINDERS FROM THE COMMUNITY



It is about progress, not perfection. Even people with fully functioning pancreases do not have 100% time in range.

42

Be kind to yourself. There are 42 (known) factors that could be impacting your blood sugars, so it is impossible to account for everything.

Created as part of the DAC Research to Action Fellowship. For more information, scan the QR code.

This resource is for educational purposes only and is not medical advice.

