

For Libre and other CGM devices

Interpreting your readings:

Sensor active time – recommend **70%** or more

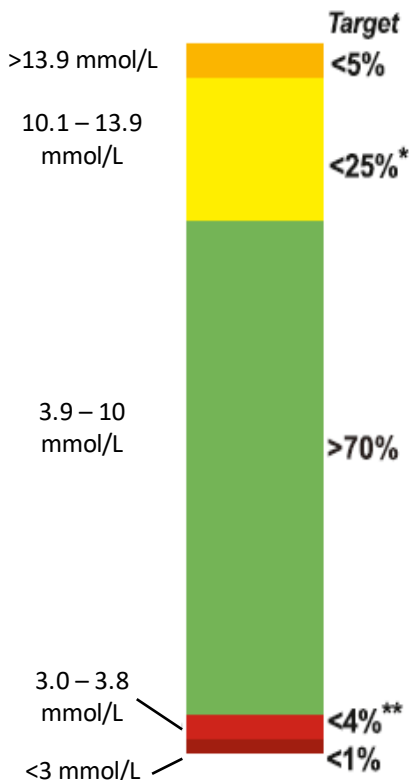
this indicates how much data your sensor is capturing

Glycaemic variability (CV) – recommend **< 36%**

this indicates how much your readings swing over the course of the day as well as day to day

Glucose management indicator (GMI) – recommend **48-58 mmol/mol**

this is an estimation of your overall control and comparable to an HbA1c reading



Your traffic light system

Avoid hypoglycaemia:

We would like to see <4% of time spent at <3.9 mmol/L and <1% of time spent at <3 mmol/L

Increase Time in Range (TIR) between 3.9 mmol/L and 10 mmol/L by looking for patterns of high readings on your AGP curve and making changes

Reduce your high readings by working on increasing your Time in Range

Good to know:

Increasing your time in range reduces your risk of complications

If you spend 50% time in range, your predicted HbA1c is 63 mmol/mol

If you spend 70% time in range, your predicted HbA1c is 53 mmol/mol