

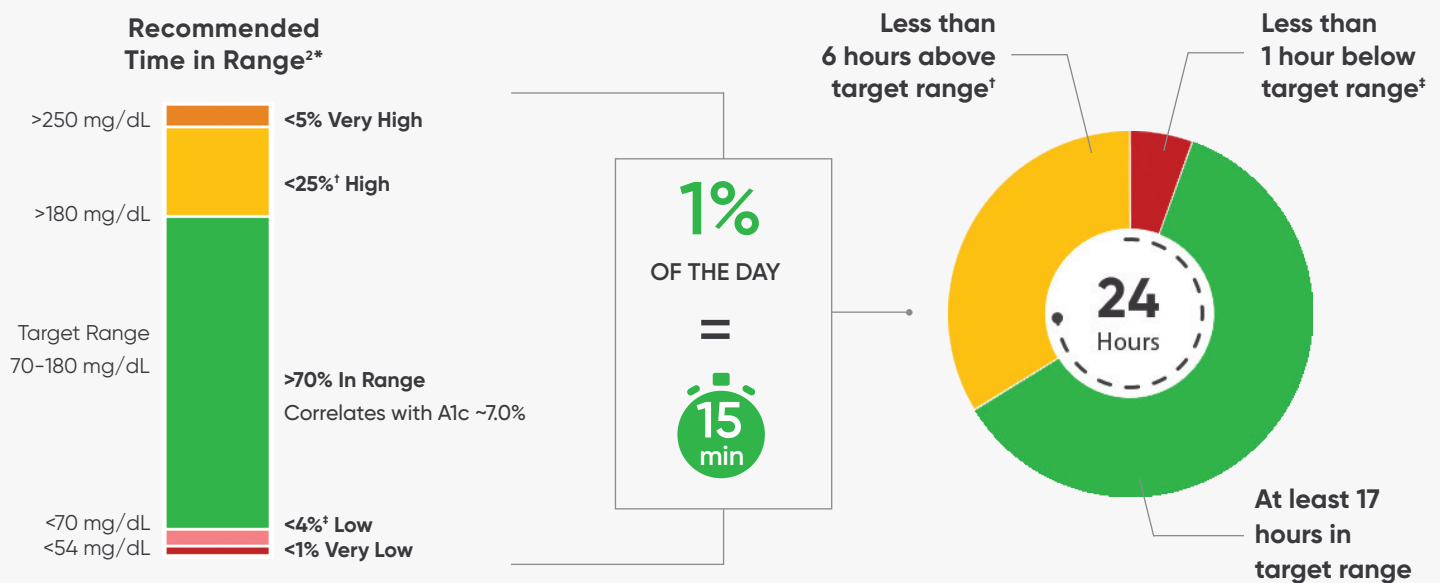
beyond A1C: the importance of time in range

what is time in range?

Time in Range (TIR) is the amount of time your body's glucose is within a target range. For most people with diabetes the target range is between 70 and 180 mg/dL.* The more time people spend in the green zone, the better they report feeling.¹



time in range targets and hours per day²



goal: more green and less red

Tips that may help move towards more green

Wear: Wear CGM daily

Share: Share data with at least one follower³

Customize: Customize Dexcom G7 high alert settings⁴

Discover: See what food or activity choices helped glucose to stay in range

Be curious: Experiment with portion sizes to evaluate after meal peaks

Tips that may help reduce red

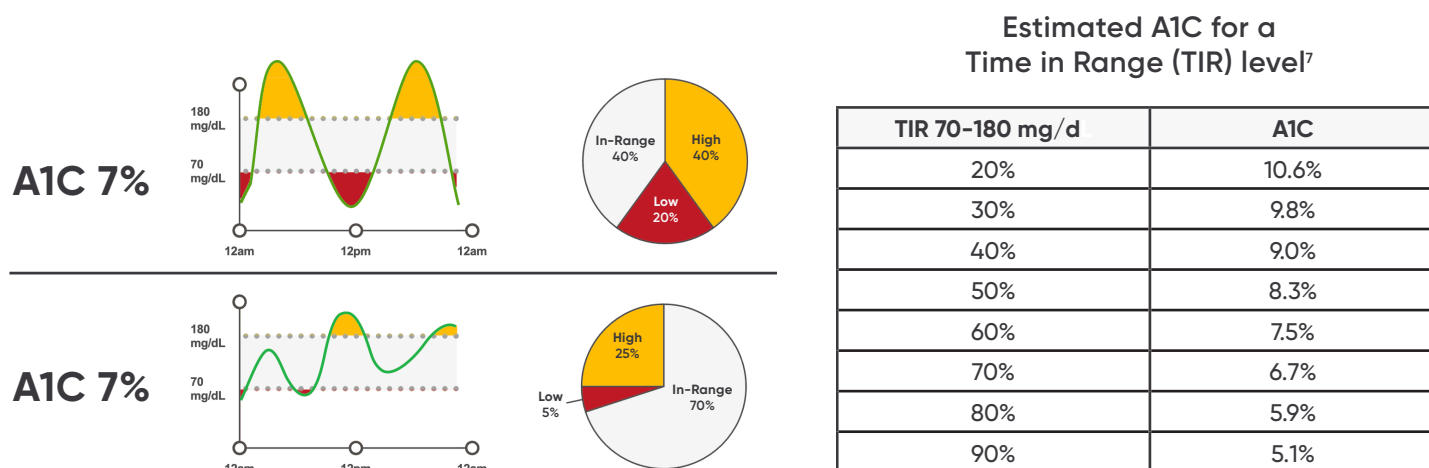
Urgent Low Soon alert: Enable alert to predict when glucose will be ≤ 55 mg/dL within 20 min

Customize: Customize Dexcom G7 low alert settings⁵

the value of metrics beyond A1C

A1C is a reflection of average glucose over the last 2-3 months but does not identify glycemic variability.² CGM can identify patterns of hypo- and hyperglycemia, assess glycemic excursions and glucose variability to allow for therapy modification.²

same A1C but CGM patterns drive different treatment plans⁶



Each 5% increase in TIR is considered clinically significant.²
For every 10% increase in TIR = ~0.8% A1C reduction.⁷

key metrics

Number of days with CGM data: 14+ days recommended

Percentage of time CGM is active: >70% of data recommended

Mean glucose: The average glucose

Glucose Management Indicator (GMI): Calculated using average sensor glucose data and expressed as a percent. Can be an indicator of glucose management and will likely differ from A1C.

Coefficient of Variation (CV): Measure of glycemic variability ≤36% is recommended¹

*Recommendations from the International Consensus on Time in Range, 2019 recommend individualized glycemic targets for high risk and/or older adults with a focus on reducing the percentage of time spent less than 70 mg/dL and preventing excessive hyperglycemia.

†Includes percentage of values >250 mg/dL ‡Includes percentage of values <54 mg/dL

1 Vigersky RA, et al. *Diabetes Technology Ther.* 2019;21:81-85. 2 Battelino T, et al. *Diabetes Care.* 2019;42(8):1593-1603. 3 Welsh JB, et al. *Diabetes Therapy.* 2019;10(2):751-755.

4 Van der Linden J, et al. *J Diabetes Sci Technol.* 2023;17(2):600-601. 5 Pühr S, et al. *Diabetes Technol Ther.* 2019;21(4):155-158.

6 Adapted from <https://diatribe.org/BeyondA1c>, Assessed March 18, 2021. 7 American Diabetes Association. *Diabetes Care.* 2019

BRIEF SAFETY STATEMENT: Failure to use the Dexcom Continuous Glucose Monitoring System and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in you missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the Dexcom CGM do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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