Correlation Between TIR And Hba1c

Vigersky & McMahon
N=1,137 T1DM and T2DM

TIR 70-180 mg/dL	A1C
20%	10.6%
30%	9.8%
40%	9.0%
50%	8.3%
60%	7.5%
70%	6.7%
80%	5.9%
90%	5.1%

For every 10% increase in TIR=~0.8% HbA1c reduction

Beck et al.
N=545 T1DM

TIR 70-180 mg/dL	A1C
20%	9.4%
30%	8.9%
40%	8.4%
50%	7.9%
60%	7.4%
70%	7.0%
80%	6.5%
90%	6.0%

For every 10% increase in TIR= ~0.5% HbA1c reduction

Beck RW et al. J Diabetes Sci Technol 2019
Vigersky RA and McMahon C. Diabetes Technol Ther 2019

Core CGM Metrics - Goals for Time In Range

KEY METRICS

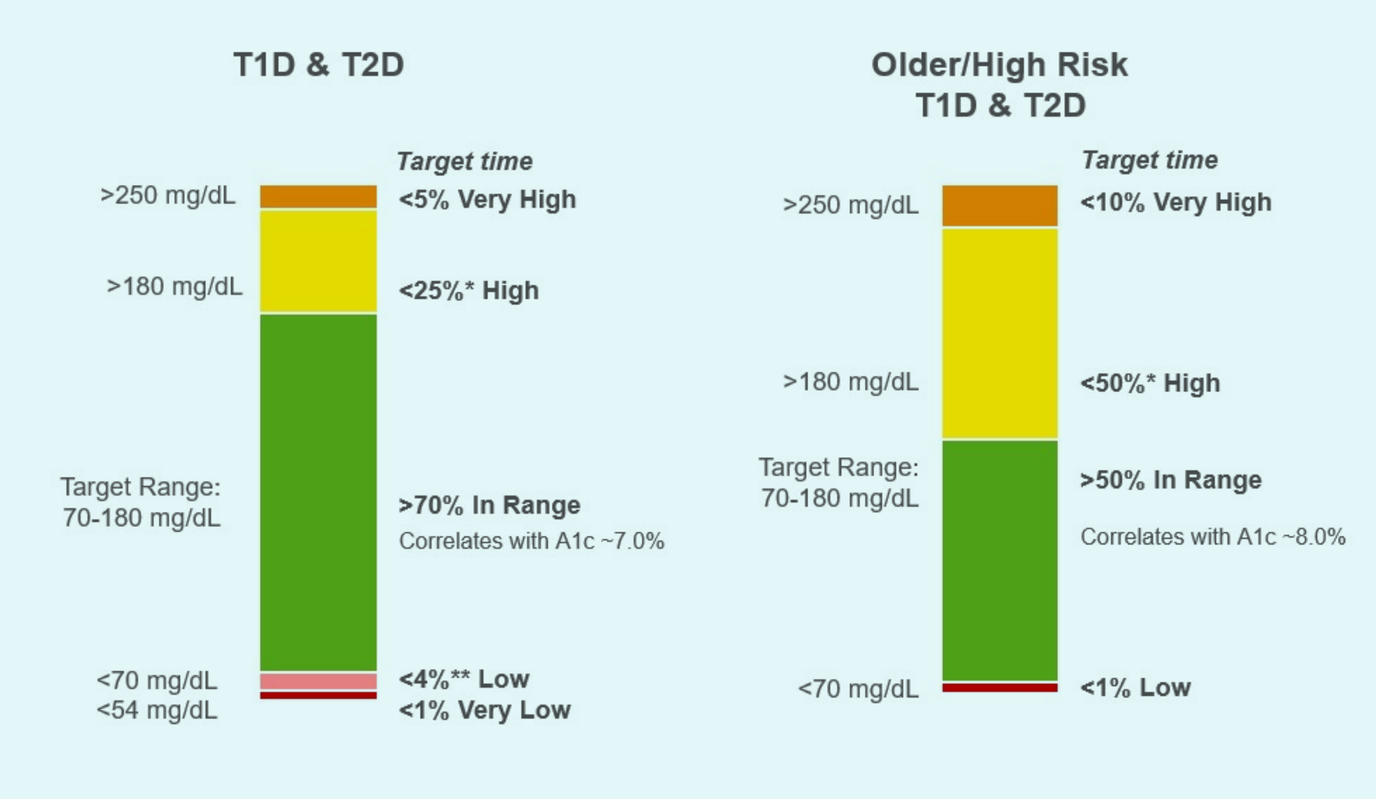
Number of Days with CGM Data
14+ days recommended

Percentage of Time CGM is Active
>70% of data recommended

Mean Glucose
The average glucose

Glucose Management Indicator (GMI)
Approximate A1C levels based on average glucose measured using CGM values

Coefficient of Variation (CV)
Measure of glycemic variability (standard deviation/mean) ≤36% is recommended



Battelino T et al. Diabetes Care. 2019;42(8):1593-1603
*Includes percentage of values >250 mg/dL **Includes percentage of values <54 mg/dL

A = Glucometrics (glucose ranges)

B = Average glucose & Glucose Management Indicator

C = Glucose Variability

D = Time in Range References

E = Ambulatory Glucose Profile

F = Daily Glucose Profiles