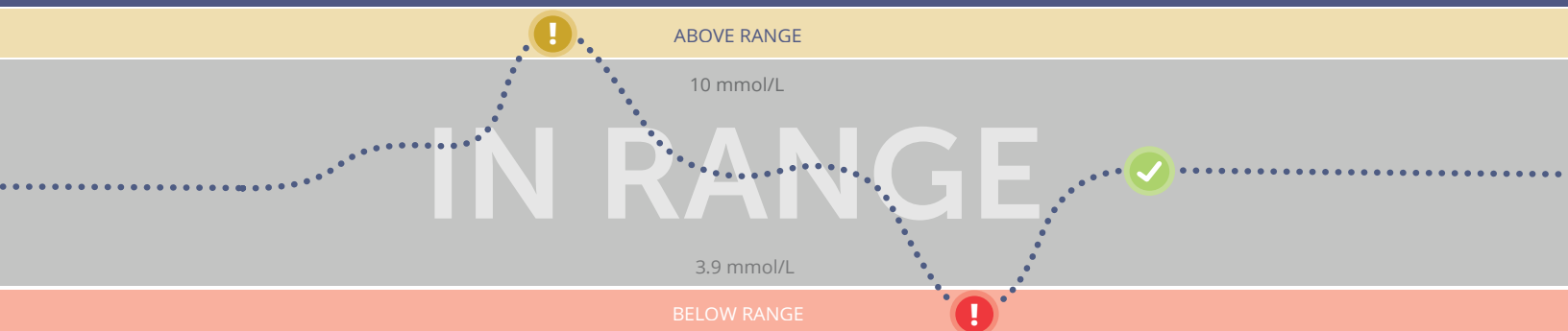


HOW TO TALK TIME IN RANGE

IT'S TIME TO TALK TO YOUR HEALTHCARE PROFESSIONAL OR DIABETES CARE TEAM ABOUT MORE THAN JUST HBA1C

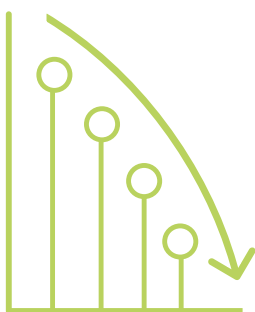


WHY SHOULD I PAY ATTENTION TO MORE THAN JUST A1C?

A1C is a three-month average of glucose levels — whereas time in range is the percentage of time spent with glucose levels in a target range.ⁱ

Time in range is a powerful supplement to A1C because it shows a more complete picture of changes in glucose levels, giving insight into potentially dangerous high and low glucose variations that you don't see with A1C.

The vast majority of people with insulin-treated diabetes say they feel better when they spend more time in range, yet, less than a quarter regularly talk about it with their HCPⁱⁱ — so why wait to start a conversation about it?

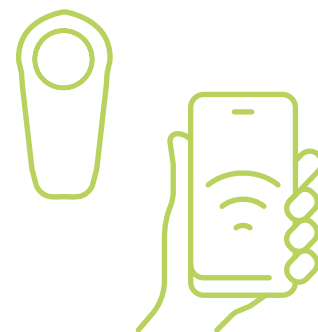


WHAT'S THE BEST WAY TO MEASURE TIME IN RANGE?

Real-time continuous glucose monitoring (rt-CGM) is an innovative technology and an effective tool for measuring time in range.

A CGM system uses a small wearable that automatically sends real-time glucose values wirelessly to a compatible smart device* or receiver without the need for fingersticks or scanning.† It can give you daily time in range reports so you can monitor glucose levels and share easily with your healthcare professional.

Rt-CGM has been shown to help increase time in range (TIR) by an average of nearly five hours per day.ⁱⁱⁱ



HOW DO I TALK TO MY HEALTHCARE PROFESSIONAL ABOUT TIME IN RANGE?

Here are some questions to bring to your next appointment:



- How can I use time in range as a complement to A1C?
- How can reviewing my time in range help me better manage my diabetes?
- How should I set my personal time in range targets?
- How do I get started with a rt-CGM system?
- What can I do to help meet my time in range goals?