

# Continuous Glucose Monitoring

Helping you make lifestyle choices for improved glucose management

Continuous glucose monitoring (CGM) can help you make lifestyle decisions and achieve your glucose targets and your targets for CGM time in ranges. Use this guide to:

- Know your glucose and CGM targets.
- Learn what lifestyle choices affect your glucose levels.
- Choose lifestyle changes that fit into your daily life. You'll know the changes are working when you get closer to your targets.

## Knowing your targets

### Glucose targets

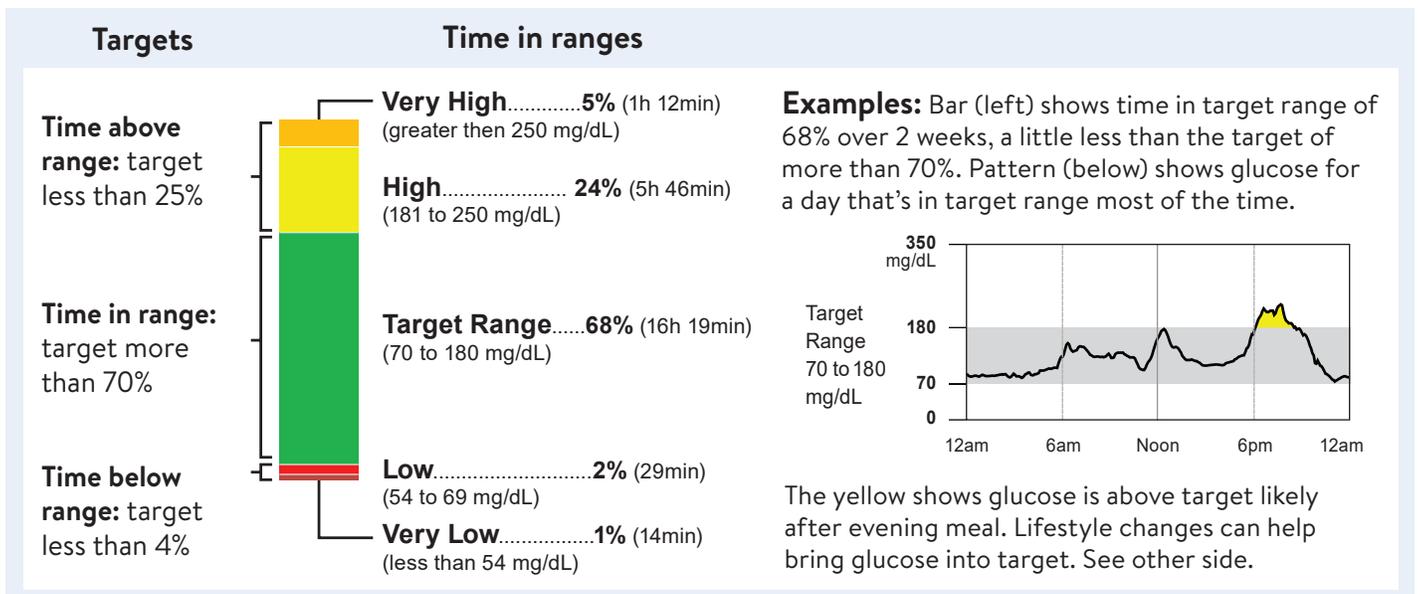
Fasting and before a meal	1 to 2 hours after a meal
70 to 130 mg/dL	Less than 180 mg/dL

Glucose rises after eating and is highest 1 to 2 hours after a meal or snack. Another target is for your glucose to not rise more than 50 mg/dL after eating.

### CGM targets

## Getting started

- Look at your CGM glucose readings 10 or more times a day. Best times include:
  - » Waking up and before bedtime
  - » Before meals and 1 to 2 hours after meals
  - » Before and after physical activity
  - » When stressed or ill, every 2 to 3 hours
- CGM and fingerstick numbers may differ, especially when glucose is rising or falling. If your symptoms of low glucose don't match your CGM numbers, use your fingerstick number to treat.



## Using CGM trend arrows

Use the trend arrows on your CGM to see if your glucose is rising ↑ or falling ↓ or staying steady →. Your trend arrows can help you make changes in your lifestyle choices and medication.

# Getting in target more often – What makes a difference for you?

Below are some ideas to keep your glucose in target more often. Circle ideas to try.

## Food and Beverages



- ♦ Choose whole, fresh foods for meals and snacks.
- ♦ Fill ½ your plate with nonstarchy vegetables, such as leafy greens, carrots, broccoli, bell peppers and green beans.
- ♦ Decrease portions of foods that you notice usually raise your glucose.
- ♦ Avoid sweetened beverages. Choose water from a safe source.
- ♦ Limit foods with added sugar, such as cereals, sauces and salad dressings.

## Physical Activity



- ♦ Move more and sit less every day.
- ♦ Increase the intensity of your current activity or try a new activity.
- ♦ Walk briskly (or do other activity) for at least 30 minutes, 5 days a week.
- ♦ Walk right before or after meals that have the highest glucose peaks.

## Medications



- ♦ Put medication in an easy place to see, and take medication as prescribed.
- ♦ Talk to your care team about the need to start or adjust medication, or if you have trouble paying for your medication.

## Well Being



- ♦ Sleep 7 to 8 hours a night.
- ♦ Try relaxation activities to reduce stress, such as yoga, listening to music, reading or playing with your pet.

Write other ideas to try here: \_\_\_\_\_

## Observing and learning

Compare your glucose to your targets. What’s happening when you’re in and out of target? Look at the examples below. Write your own example in the space provided.

What I Did	Observe and Compare to Targets		What I Learned
	Before meal 70 to 130 mg/dL	1 to 2 hours after meal Less than 180 mg/dL	
I drank a cup of juice.	128 mg/dL	201 mg/dL	Drinking juice raises my glucose above target, like a sugar-sweetened drink does.
I walked after a meal.	145 mg/dL	175 mg/dL	Activity after a meal helps get my glucose in target.
My example:			