

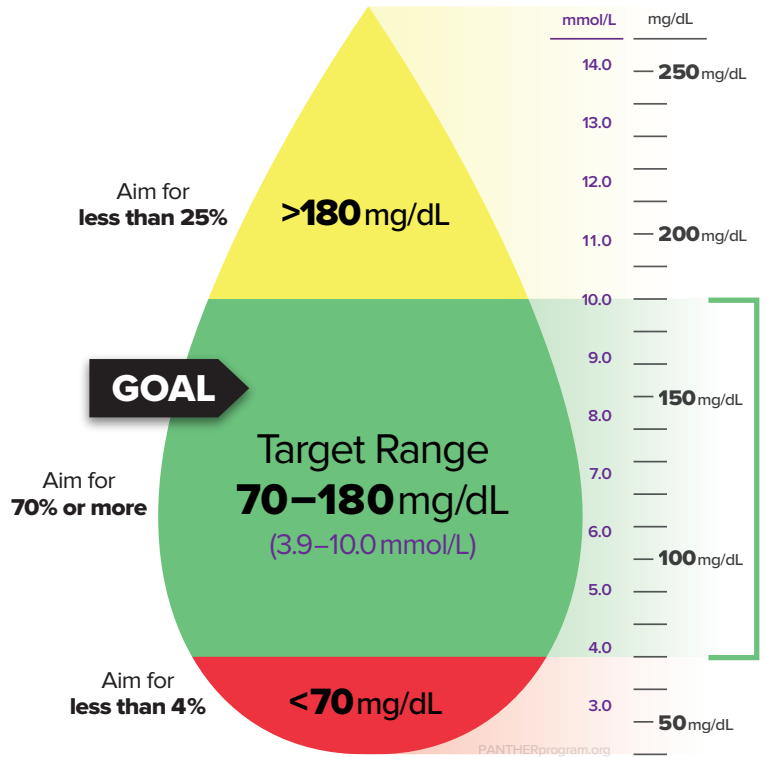
Time in Range Explained

Glucose targets for Type 1 Diabetes are moving away from **A1c** and toward how much **time is spent between 70–180 mg/dL**.

This is called **Time in Range (TIR)** and is calculated from CGM or fingerstick blood glucose (if more than 4/day).

TIR gives a better picture of how often you have high and low glucose levels.

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A1c	Time-In-Range
10	10%
9.5	20%
9	30%
8.5	40%
8	50%
7.5	60%
7	GOAL 70%
6.5	80%
6	90%

The American Diabetes Association (ADA) goals for most people with diabetes is a Time in Range of 70%, which correlates to an A1c of around 7.

Try setting personal goals to increase your TIR, which can improve your lifelong health with diabetes!