

The benefits of continuous glucose monitoring (CGM) & digital health

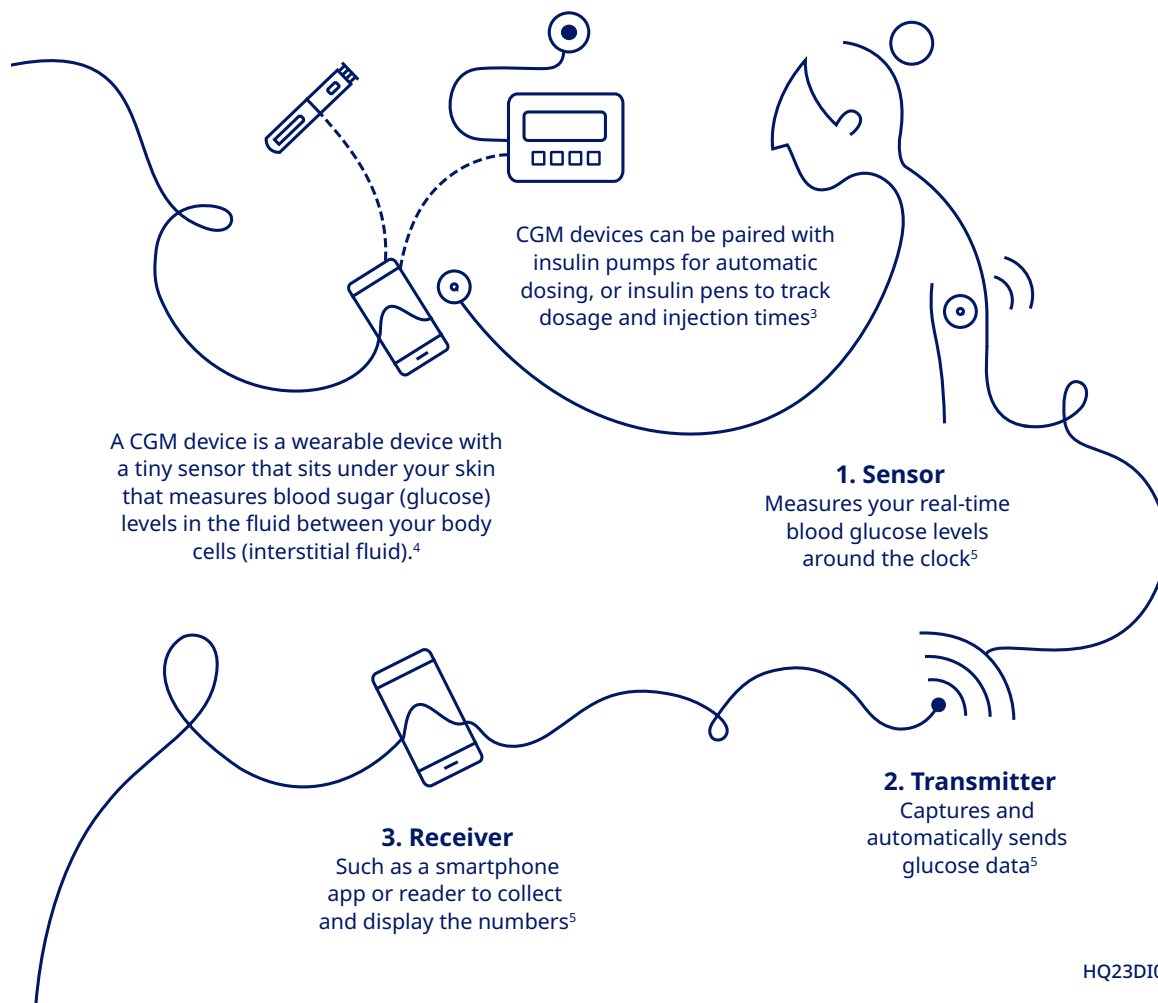
Increasing your power to manage diabetes¹

First, some CGM and diabetes digital health terms

Telemonitoring	Telemedicine (virtual appointments) ²
<ul style="list-style-type: none"> Using a CGM device to monitor and share glucose data with a diabetes care team Allows remote patient care, using mobile phones and other connected devices Enables CGM data to be stored and reviewed by you and your diabetes care team 	<ul style="list-style-type: none"> Managing diabetes care using telecommunications, including telephone and video conferencing, to deliver care at a distance Allows an HCP in one location to provide a medical consultation, including treatment modifications, to a patient in another location Can also involve multiple HCPs in group patient consultation or care review

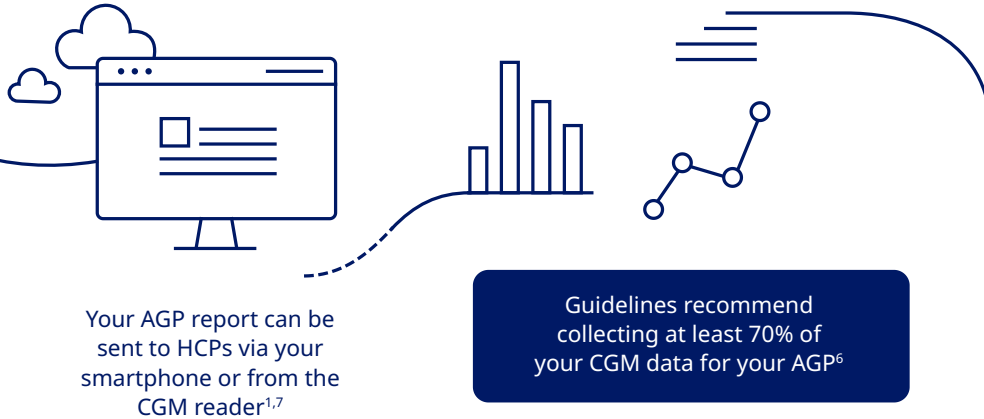
Showing how CGM + digital health work together

1) Taking a look at starting with a CGM device



2) Taking a look at your CGM data

The numbers immediately show if your blood glucose is too high or low, and the 14-day AGP report shows how much time you spent in (time in range), below (time below range) or above (time above range) the target blood sugar range.^{5,6}



3) Taking a look at your AGP with telemonitoring and telemedicine

Telemonitoring:

Your HCP or diabetes care team reviews your AGP remotely. They can contact you if you need to make changes, or to arrange a telemedicine or face-to-face appointment²

Telemedicine:

An online or phone appointment where you discuss your uploaded AGP and make shared decisions about changes to increase your TIR, stabilise your blood glucose levels and lower your risk of diabetes complications^{2,6}

4) Taking a look at your extra power to improve your diabetes management

You can learn to interpret the AGP yourself to help make decisions on your own about lifestyle, food and medication changes to increase your TIR, in between appointments with your HCP⁸

Visit www.diabeteswhatsnext for patient-friendly downloadable guides to CGM, Time in Range and how to read the AGP report.

AGP, Ambulatory Glucose Profile; HCPs, healthcare professional; TAR, Time above Range; TBR, Time below Range; TIR, Time in Range.

References

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