

## KNOW YOUR DIABETES TARGETS:

- HbA1C: (Tells you about your blood glucose control over 3 months)

< 7% (53 mmol /L)

- 14 day average of (of daily glucose readings)

< 8 mmol / L

- % Time in Range if you are on Continuous Glucose Monitoring (CGM)

> 70%

Blood Glucose Levels	Blood Glucose Levels 2 hours after Meals
4-7 mmol / L	4-10 mmol / L

### WE RECOMMEND:

- Take your insulin (or bolus) at least 15 minutes BEFORE eating
- Check your Blood Glucose Levels at least 6 times a day
- Talk to your Diabetes Team if you need help



## KNOW YOUR HbA1C / AVERAGE BGL / CGM TIME IN RANGE WHAT SHOULD THEY BE?

HbA1C	Average BGL	CGM Time in Range	What does this mean?
5.5 %	6.2 mmol / L		<b>In Target</b> You're doing well!
6.0 %	7.0 mmol / L	90%	
6.5 %	7.7 mmol / L	80%	
7.0 %	8.5 mmol / L	70%	
7.5 %	9.3 mmol / L	60%	<b>Above Target</b> We can help
8.0 %	10.1 mmol / L	50%	
8.5 %	10.9 mmol / L	40%	
9.0 %	11.7 mmol / L	30%	<b>High – your team will help you make changes</b>
10.0 %	13.3 mmol / L		
11.0 %	14.9 mmol / L		<b>At higher risk of DKA &amp; severe hypo's</b> <b>At risk of complications</b> <b>Diabetes can affect your driving</b>
12.0 %	16.5 mmol / L		
13.0 %	18.1 mmol / L		
14.0 %	19.7 mmol / L		

