

Interpreting CGM Data in the EHR



DETERMINE if action is needed

1. Review the Time In Range

- Is time in range (TIR) 70–180 mg/dL: >70%?
- Is time below range (TBR) <70 mg/dL: <4%?
- If yes to both, reinforce healthy lifestyle behaviors and continue medication use as prescribed.
- If no to either, move to steps 2 & 3.



WHERE is action needed

2. Review all other metrics

- GOALS (for most people^{1,2}):
 - TIR 70–180 mg/dL: >70%
 - TBR <70 mg/dL: <4%
 - TBR <54 mg/dL: <1%
 - TAR >180 mg/dL: <25%
 - TAR >250 mg/dL: <5%
 - GMI: <7%
 - CV: <36%
 - Mean glucose: <154 mg/dL
- Address time below range (hypoglycemia) first.



ACT on the data

3. Use shared decision-making to:

- Identify lifestyle and medication adjustments.
- Continue making adjustments at each visit until glucose goals are achieved.
- Reinforce that every 5% increase in TIR provides meaningful clinical benefit – even if targets are not yet met.
- Reassess and adjust at each visit until glucose goals are reached.

CV = coefficient of variation (glucose stability); GMI = Glucose Management Indicator (CGM-based estimate of A1c)

Dexcom Clinic Workflow-IDC: <https://s.tiled.co/2QfuXh5/dexcom-clinic-workflow-idc>

¹Battelino T, et al. Clinical Targets for Continuous Glucose Monitoring Data Interpretation: Recommendations From the International Consensus on Time in Range. Diabetes Care. 2019;42(8):1593–603

²Glycemic Goals, Hypoglycemia, and Hyperglycemic Crisis: Standards of Care in Diabetes – 2026. Diabetes Care 2026;49 (Supplement_1):S132–S149 <https://doi.org/10.2337/dc26-S006>

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