

Your Simple Guide to The Dexcom G6 Clarity App

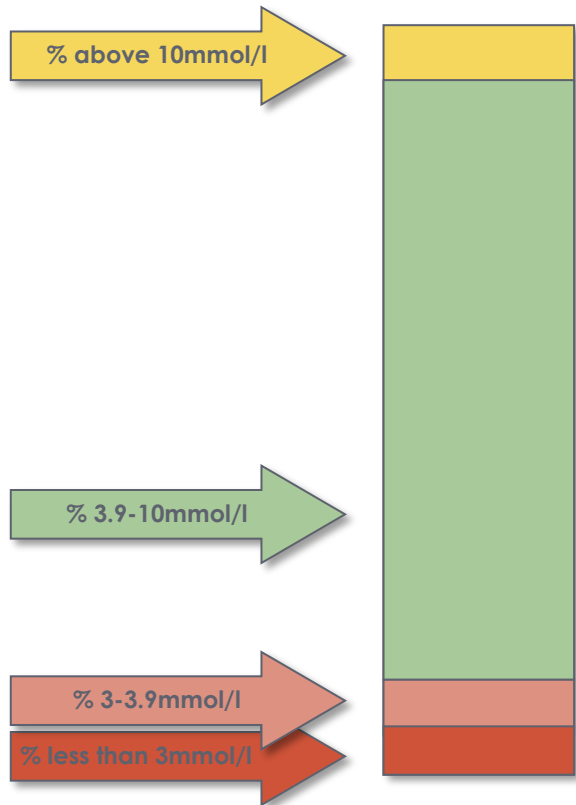
Time in Range gives you a really good way of monitoring your diabetes control. It measures the percentage of blood sugars on CGM between 3.9-10mmol/l.

The more *Time in Range*

- ...the better your average sugar will be
- ...the better your HbA1c will be
- ...the less variable your blood sugars will be
- ...the less risk of diabetes complications

Increasing *Time in Range* by 10% i.e. 2.4 hours will reduce your HbA1c by 5mmol/l

You should review *Time in Range* on the Clarity App every two weeks to monitor your progress



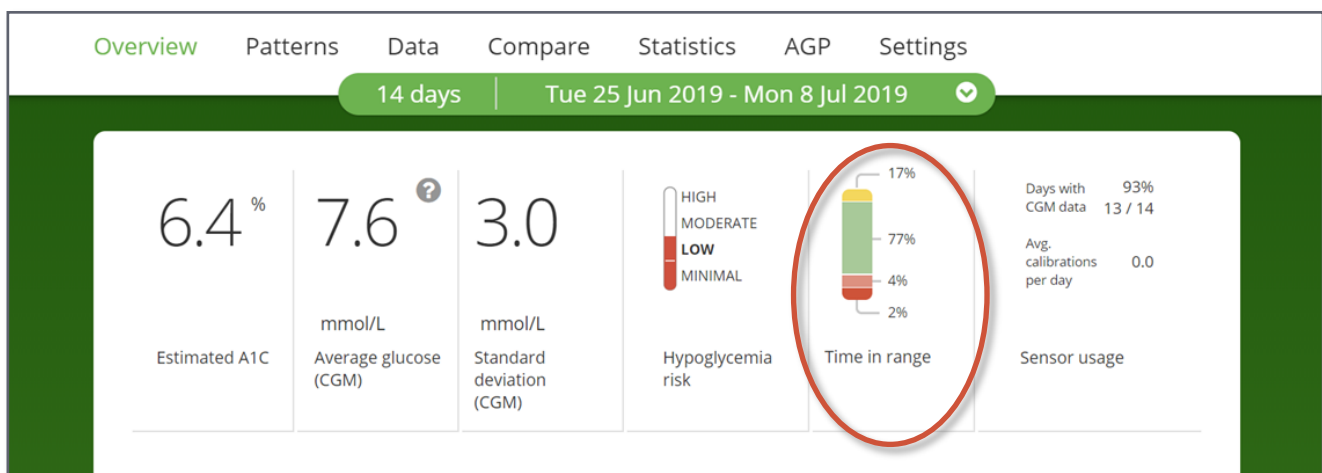
Aim to increase *Time in Range* to 70%

% 3.9-10mmol/l

Aim to reduce percentage hypos to less than 5%

% 3-3.9mmol/l

% less than 3mmol/l



Time in Range can be found in 'Overview' on the Clarity App.

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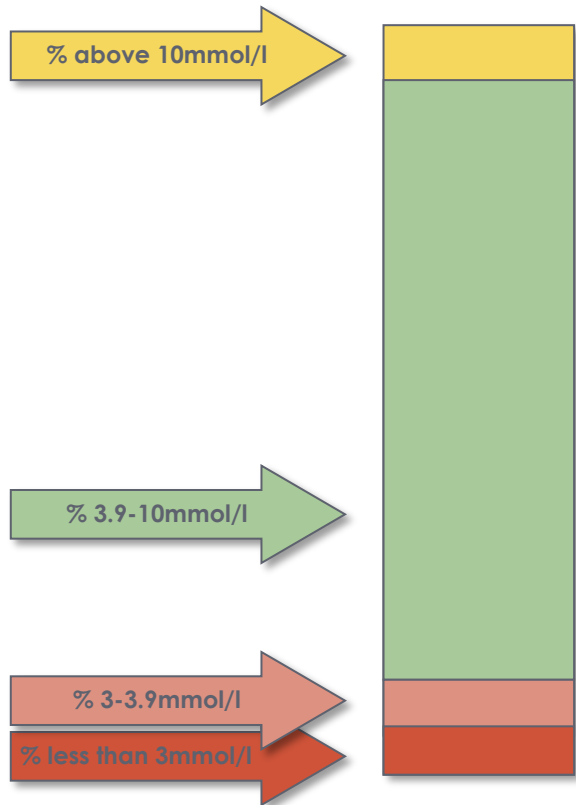
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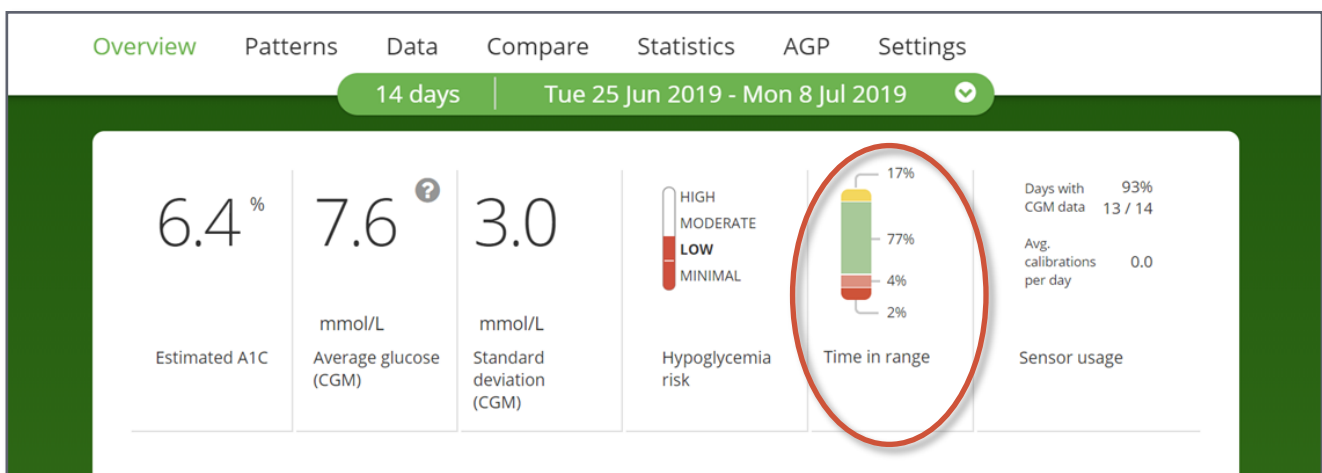
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