

Your Simple Guide to The LibreView App

Time in Target 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 Target

...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 Target by 10% i.e. 2.4 hours will reduce your HbA1c by 5mmol/l

% above 10mmol/l

Aim to increase Time in Target to 70%

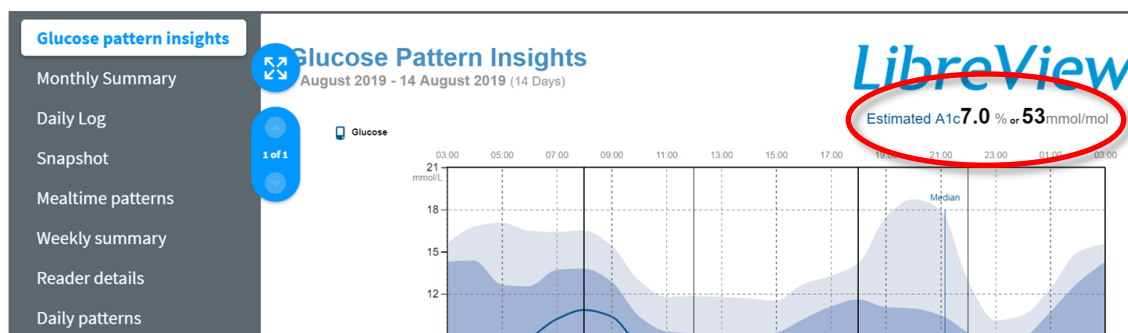
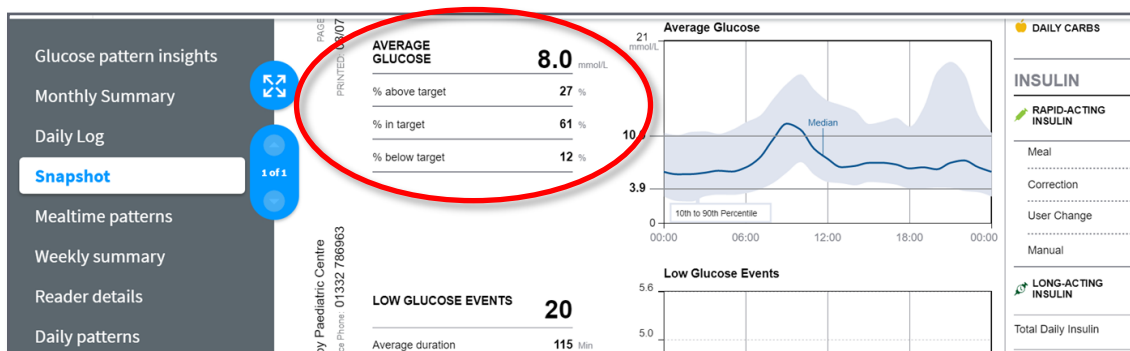
% 3.9-10mmol/l

Aim to reduce percentage hypos to less than 5%

% 3-3.9mmol/l

% less than 3mmol/l

Time in Target can be found on **LibreView** in **Snapshot**



Your **estimated HbA1c** can be found on **LibreView** in **Glucose pattern insights**

You should review **Time in Target** on **LibreView** every two weeks to monitor your progress

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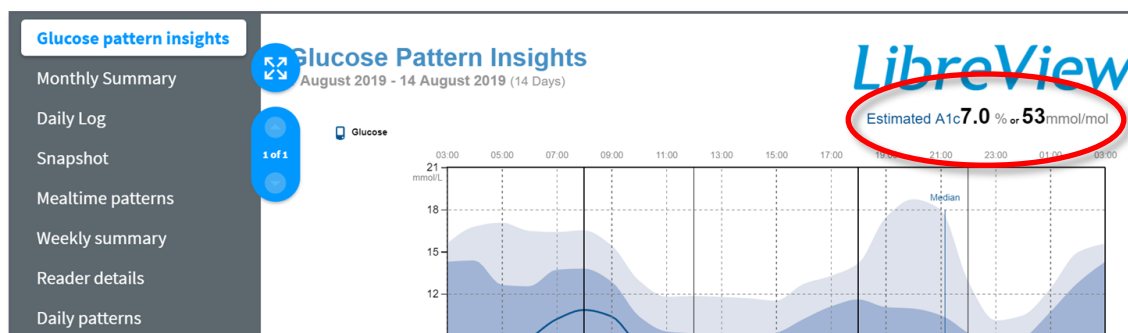
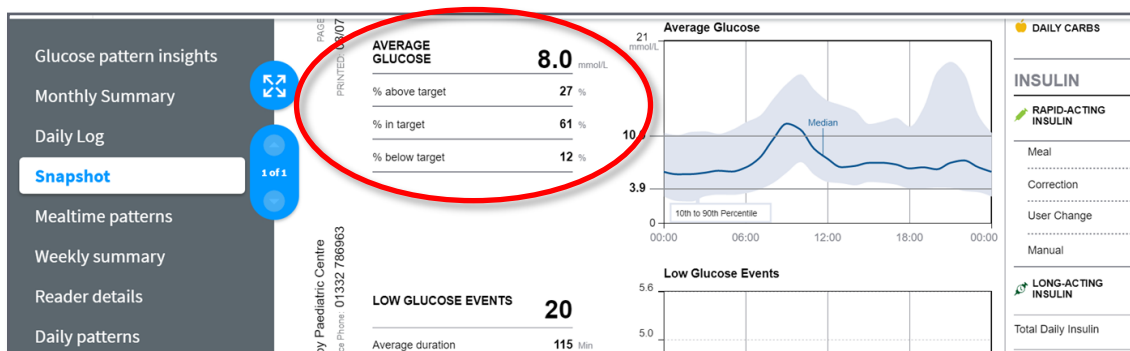
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