

Overview

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

Glucose

Average Glucose

90 mg/dL

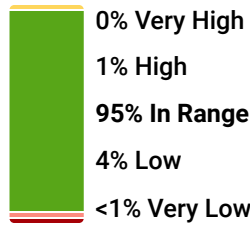
Standard Deviation

14 mg/dL

GMI

N/A

Time in Range



Target Range:

70-140 mg/dL

Sensor Usage

Days with CGM data

56%

50/90

Avg. calibrations per day

0.0

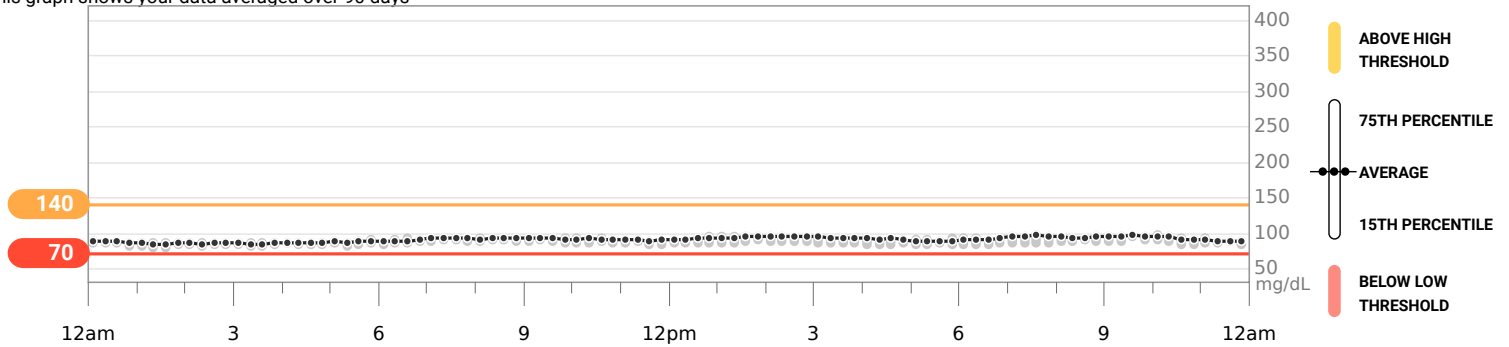
Top Patterns



m Bret's best glucose day was October 23, 2024

m Bret's glucose data was in the target range about 100% of the day.

This graph shows your data averaged over 90 days



Patterns

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

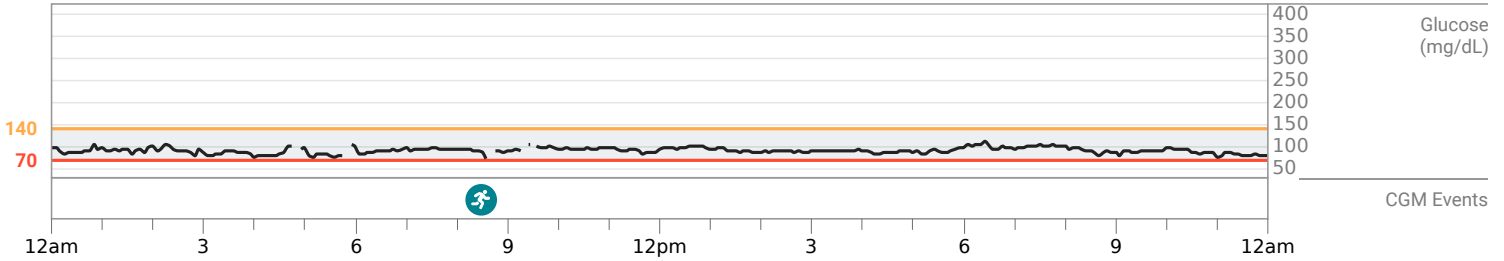
CGM: Alert Activity/Exercise Meal/Carbs Fast-Acting Insulin Long-Acting Insulin Blood Glucose Health Calibration Note

Best Day

m Bret's best glucose day was **October 23, 2024**

m Bret's glucose data was in the target range about 100% of the day.

Wed, Oct 23, 2024



Statistics for this day

Average Glucose

91 mg/dL

Standard Deviation

6 mg/dL

Time in Range

0% Very High
0% High
100% In Range
0% Low
0% Very Low

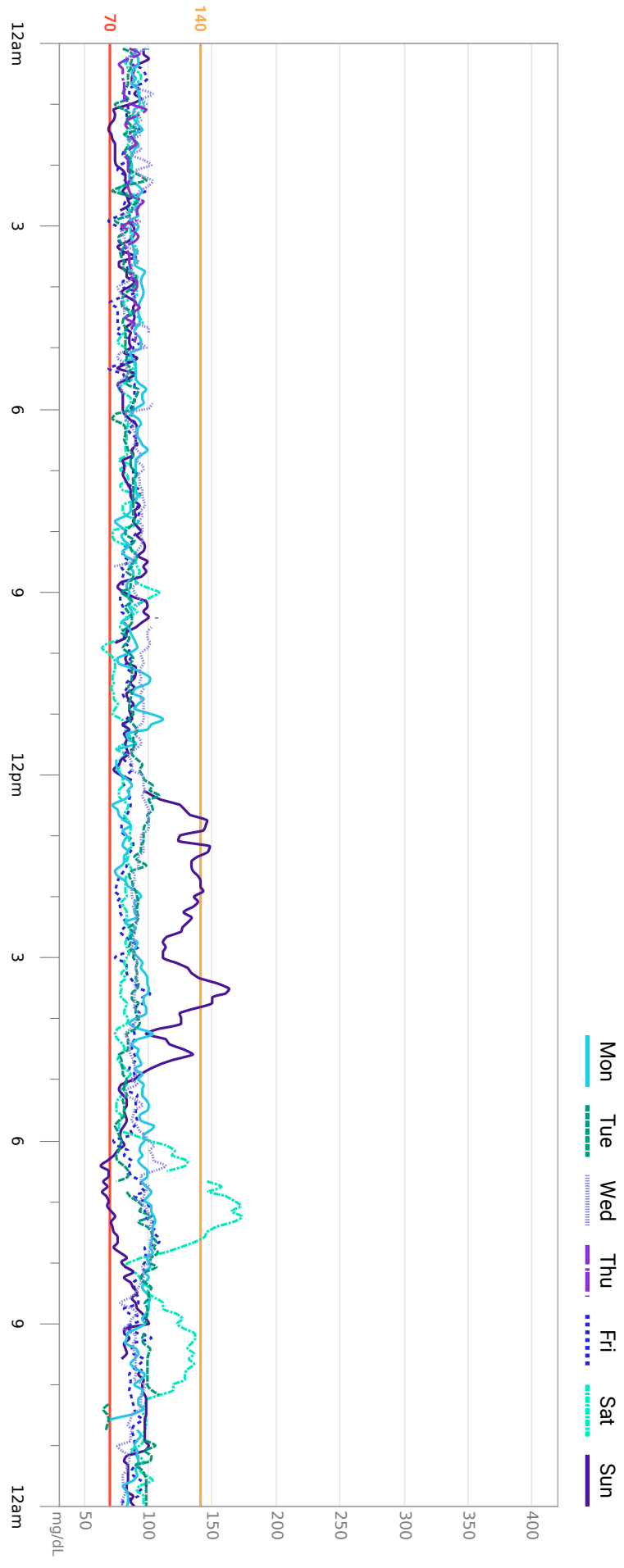
Target Range:
70-140 mg/dL

Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 13 | Fri Oct 18, 2024 - Thu Oct 24, 2024



m Bret Blackford

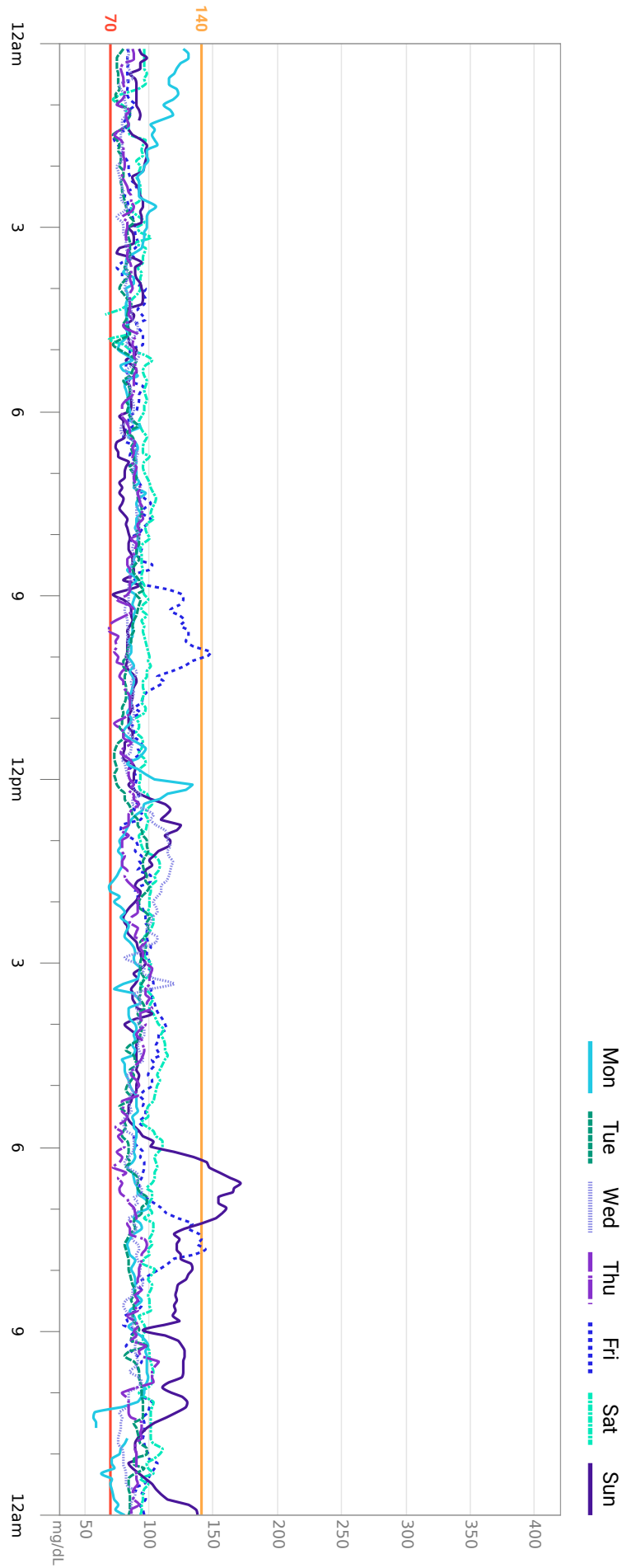


Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 12 | Fri Oct 11, 2024 - Thu Oct 17, 2024



m Bret Blackford



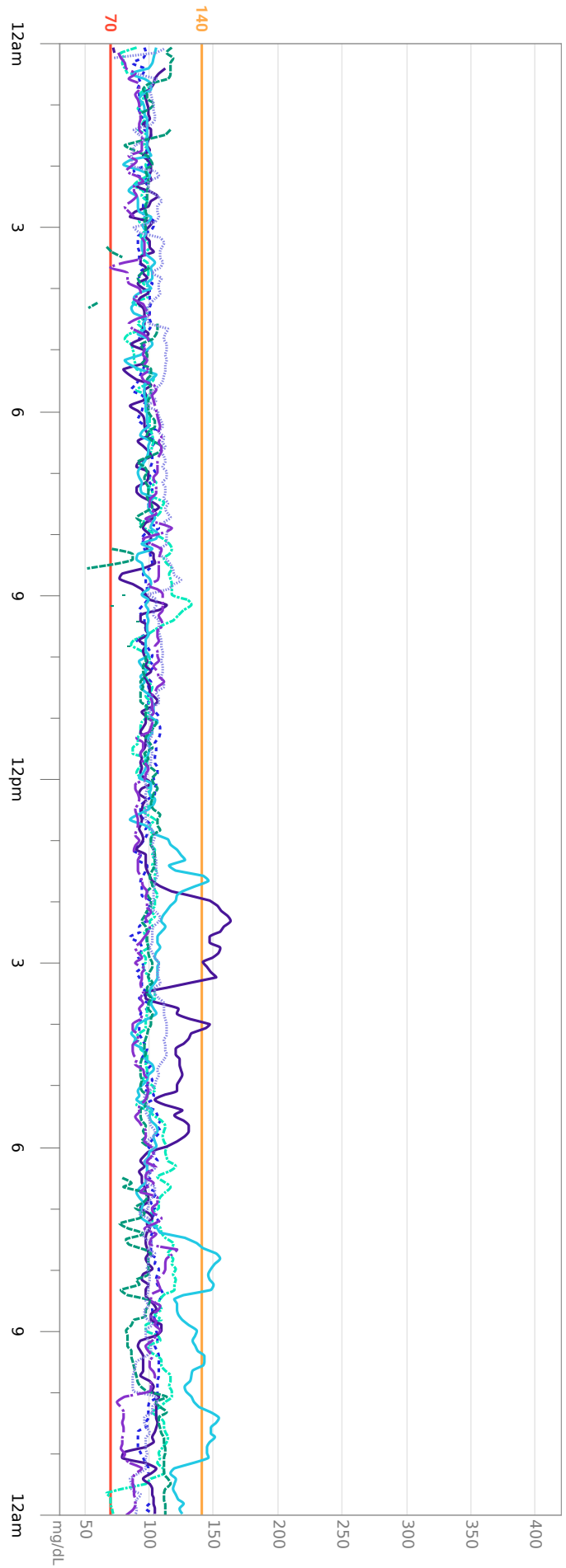
Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 11 | Fri Oct 4, 2024 - Thu Oct 10, 2024



m Bret Blackford

- Mon
- Tue
- Wed
- Thu
- Fri
- Sat
- Sun



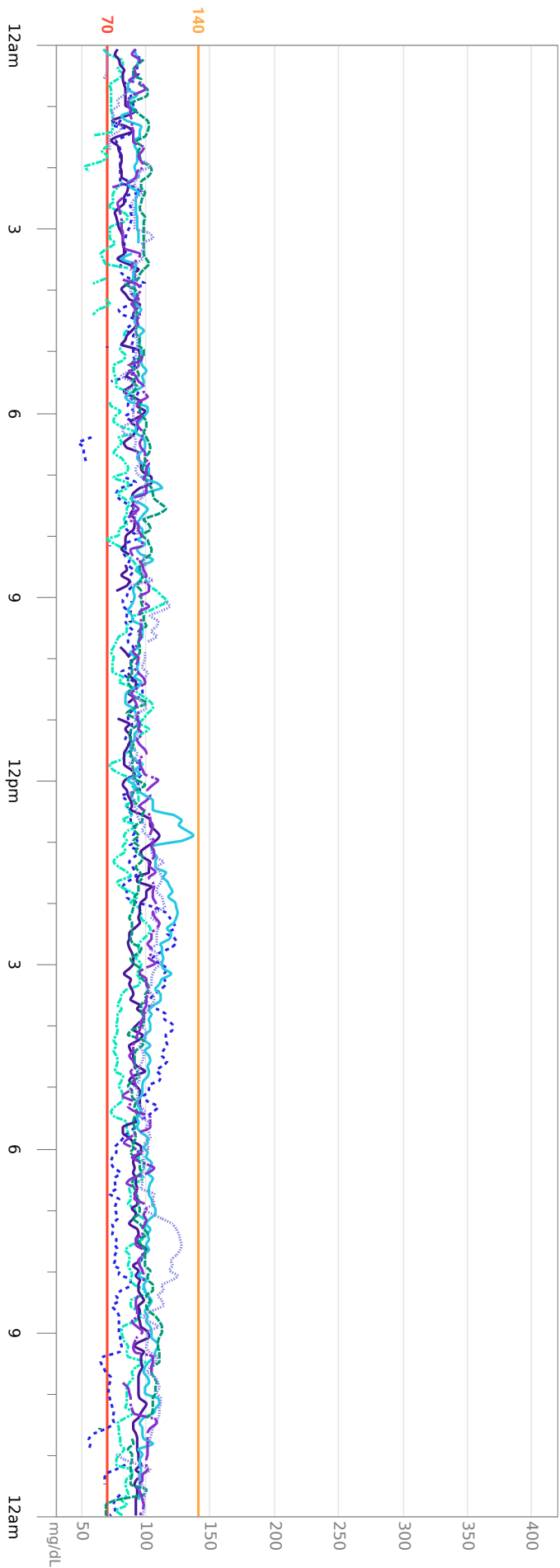
Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 10 | Fri Sep 27, 2024 - Thu Oct 3, 2024



m Bret Blackford

Mon Tue Wed Thu Fri Sat Sun



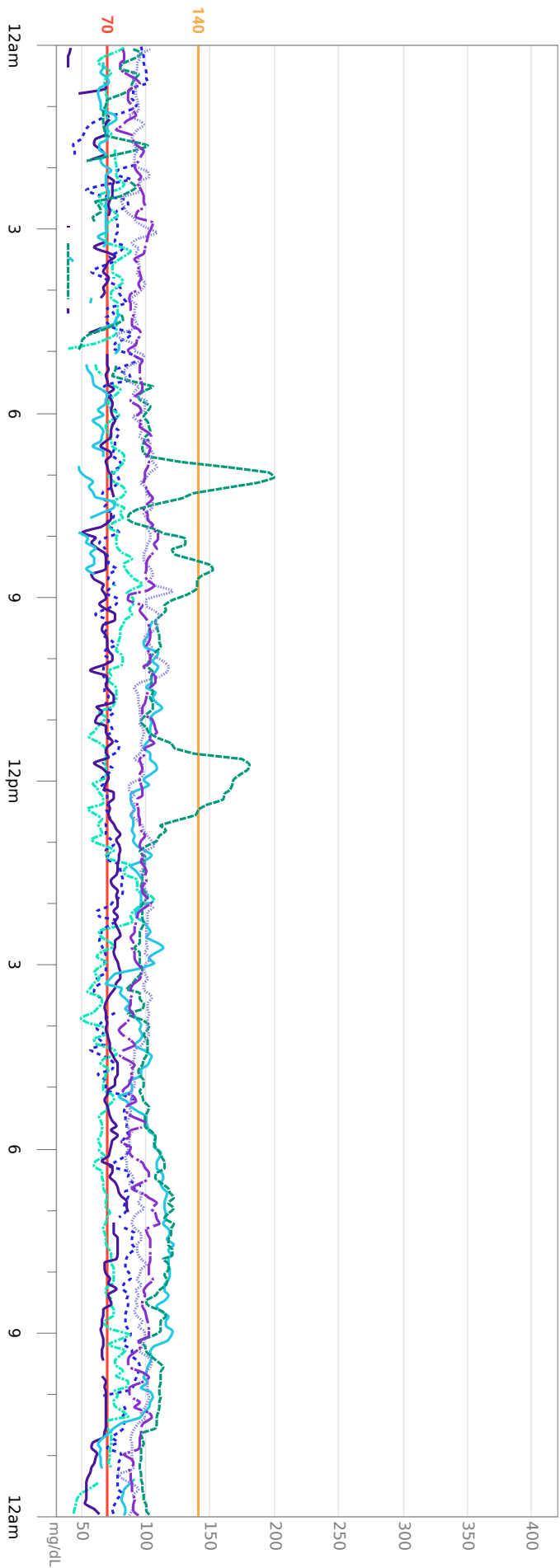
Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 9 | Fri Sep 20, 2024 - Thu Sep 26, 2024



m Bret Blackford

- Mon
- Tue
- Wed
- Thu
- Fri
- Sat
- Sun



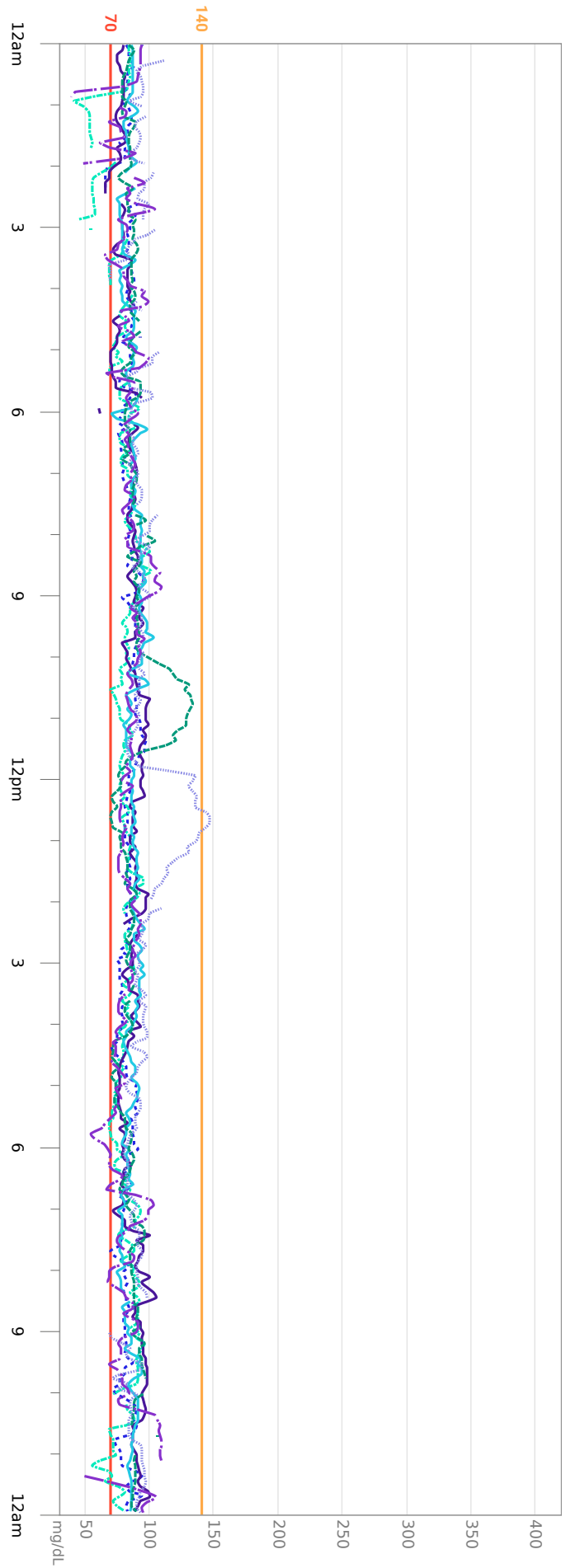
Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 8 | Fri Sep 13, 2024 - Thu Sep 19, 2024



m Bret Blackford

- Mon
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- Thu
- Fri
- Sat
- Sun



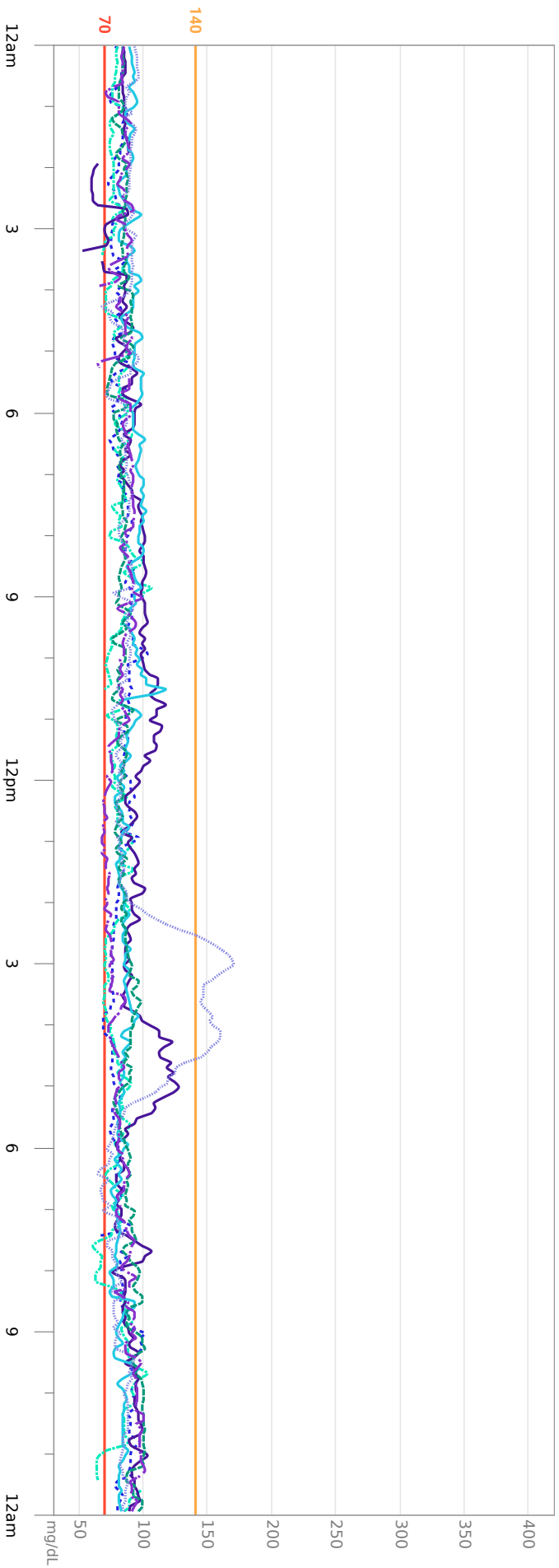
Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 7 | Fri Sep 6, 2024 - Thu Sep 12, 2024



m Bret Blackford

- Mon
- Tue
- Wed
- Thu
- Fri
- Sat
- Sun



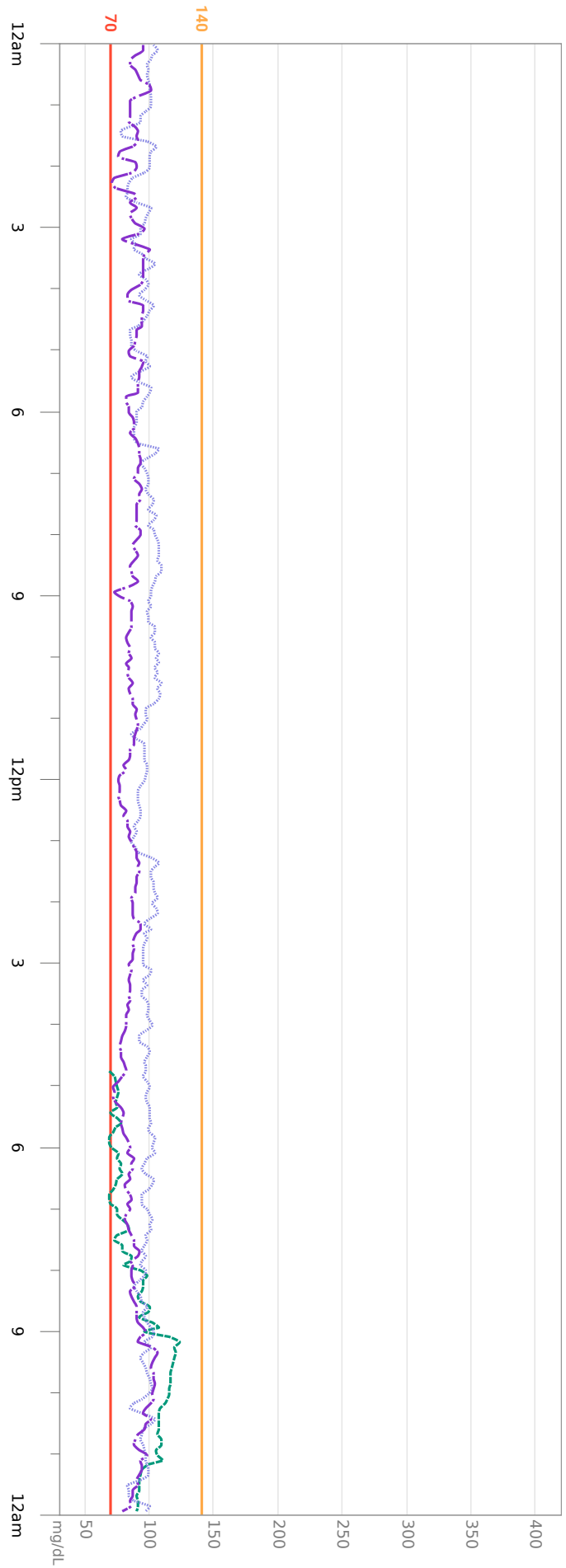
Overlay

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024
Week 6 | Fri Aug 30, 2024 - Thu Sep 5, 2024



m Bret Blackford

- Mon
- Tue
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- Thu
- Fri
- Sat
- Sun



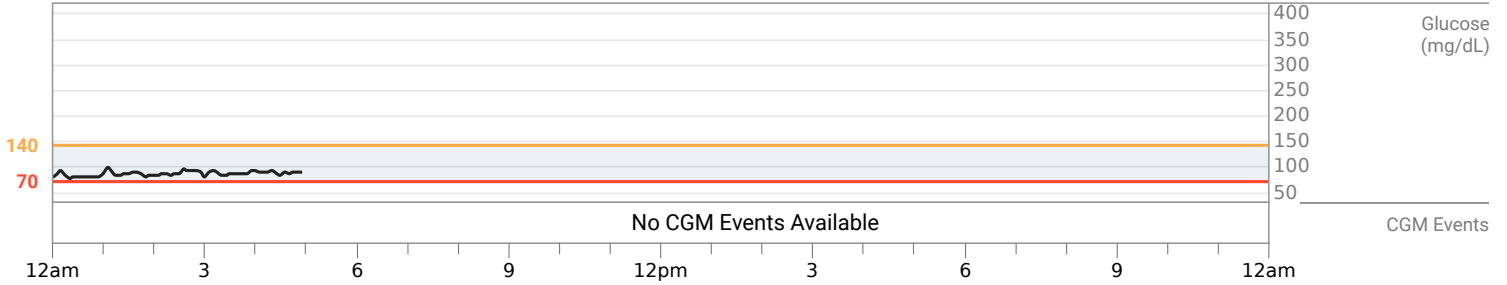
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

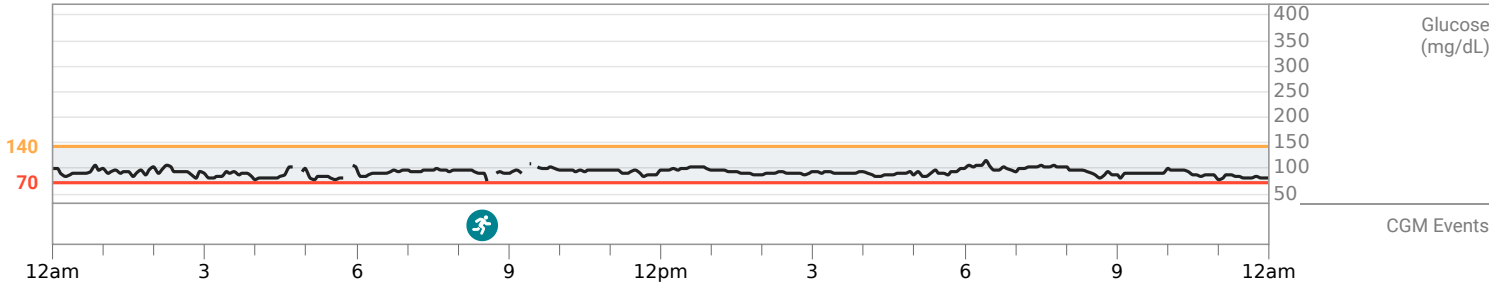
m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Thu, Oct 24, 2024

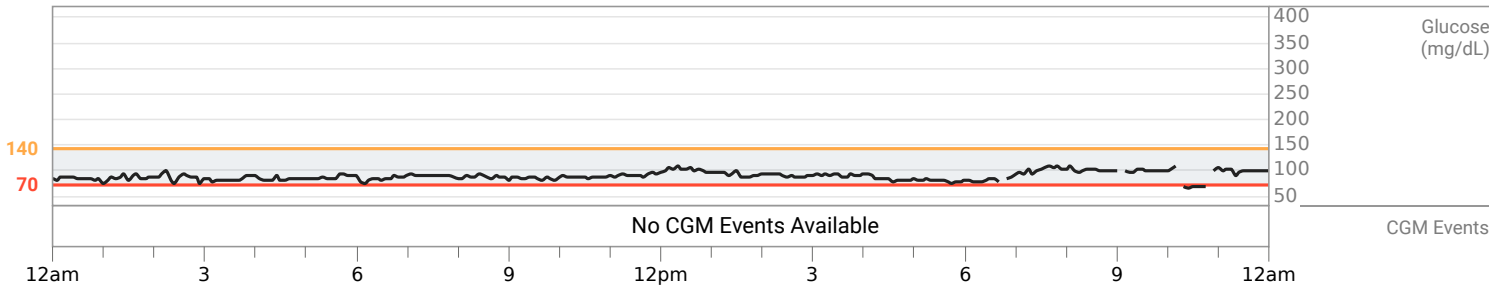


Wed, Oct 23, 2024



Time	Device	Event	Details	Insulin Units	Glucose
8:29 AM	CGM	Activity	50 hr • Medium	--	88 mg/dL

Tue, Oct 22, 2024



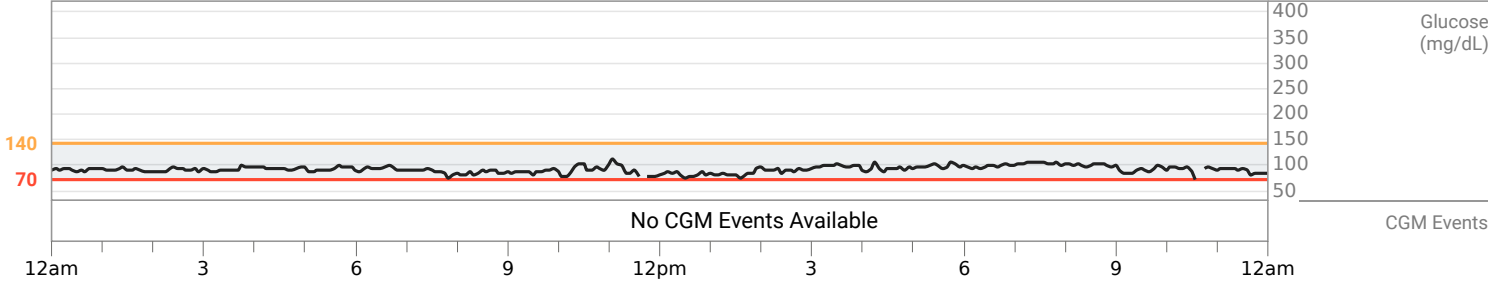
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

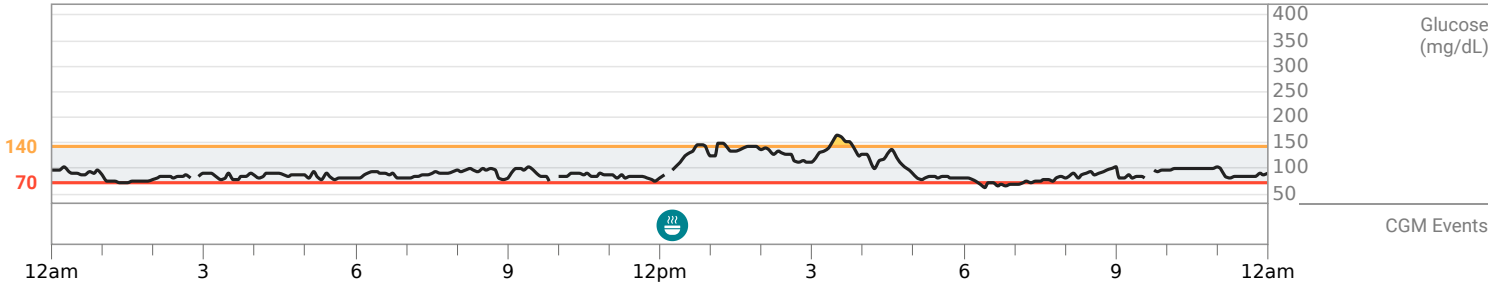
m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Mon, Oct 21, 2024



Sun, Oct 20, 2024



Time	Device	Event	Details	Insulin Units	Glucose
12:15 PM	CGM	Meal	Winery - ruben fries	--	96 mg/dL

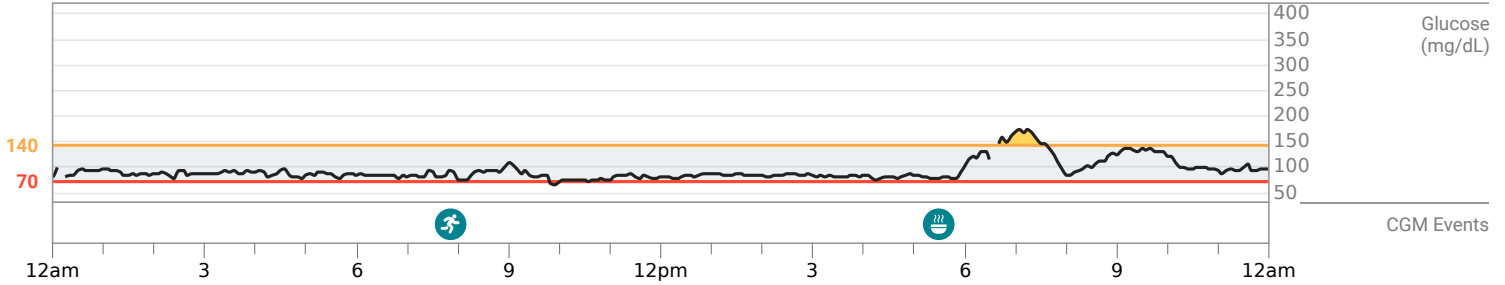
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

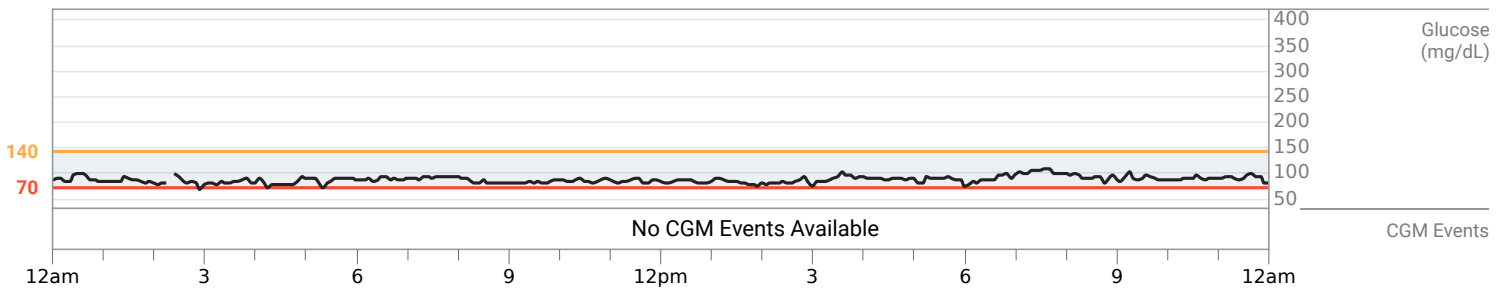
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Sat, Oct 19, 2024

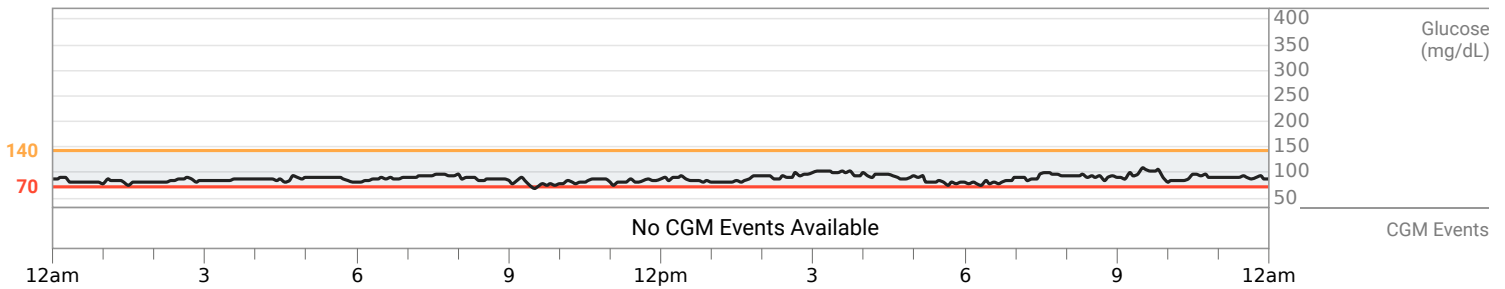


Time	Device	Event	Details	Insulin Units	Glucose
5:30 PM	CGM	Meal	Sidney Street anniversary diner	--	75 mg/dL
7:52 AM	CGM	Activity	60 hr • Medium	--	92 mg/dL

Fri, Oct 18, 2024



Thu, Oct 17, 2024



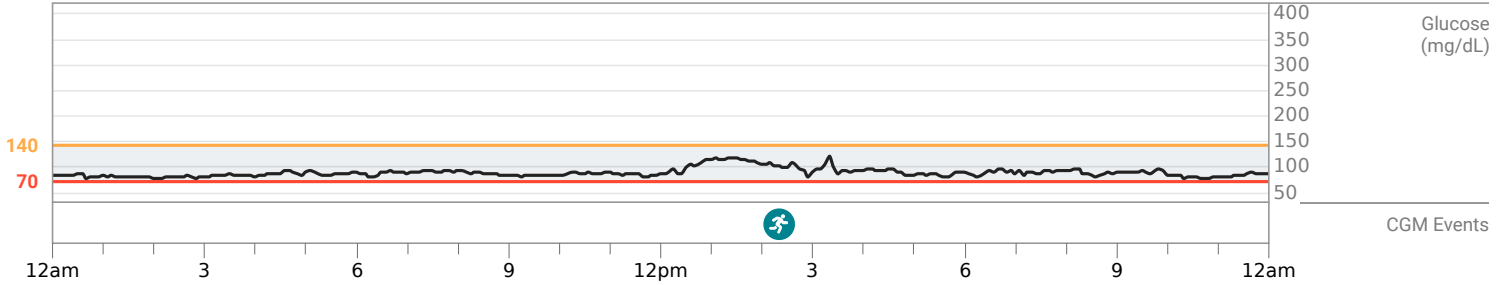
Daily

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m Bret's Daily View

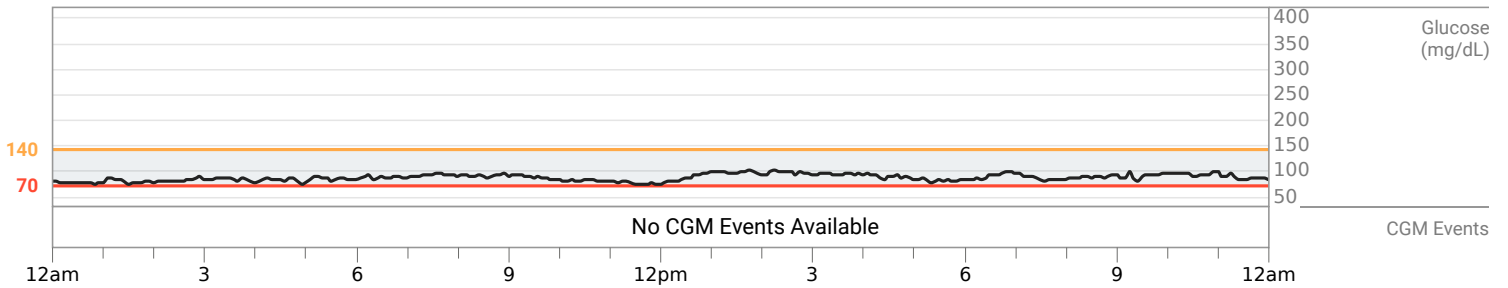
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Wed, Oct 16, 2024



Time	Device	Event	Details	Insulin Units	Glucose
2:20 PM	CGM	Activity	50 hr • Medium	--	101 mg/dL

Tue, Oct 15, 2024



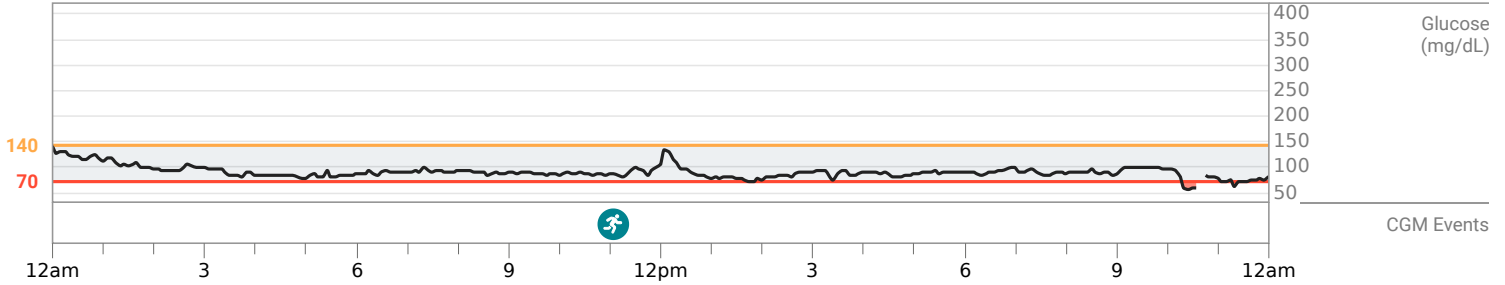
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

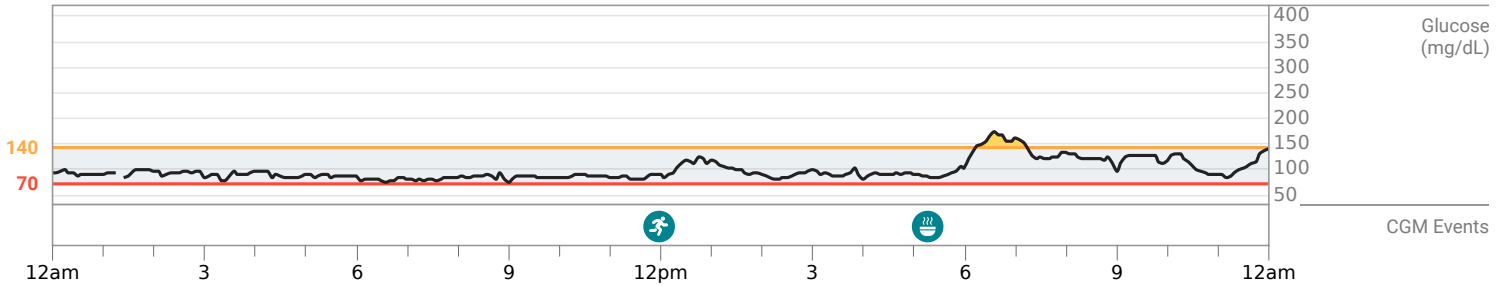
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Mon, Oct 14, 2024



Time	Device	Event	Details	Insulin Units	Glucose
11:03 AM	CGM	Activity	55 hr • Heavy	--	85 mg/dL

Sun, Oct 13, 2024



Time	Device	Event	Details	Insulin Units	Glucose
5:15 PM	CGM	Meal	Chicken saag , garlic cheese nan , rice	--	86 mg/dL
11:57 AM	CGM	Activity	60 hr • Medium	--	88 mg/dL

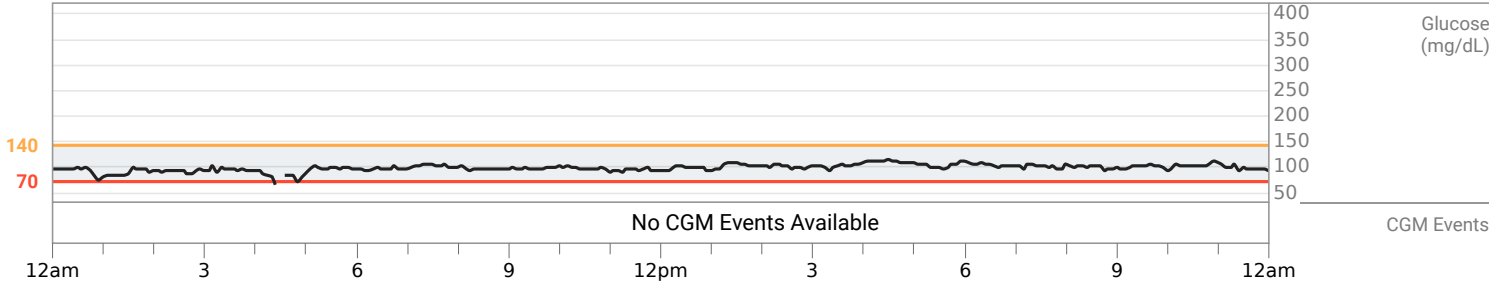
Daily

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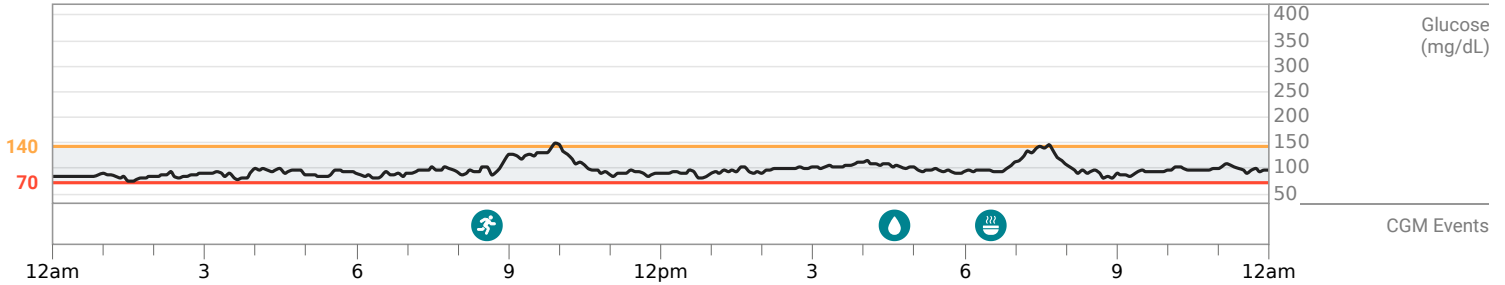
m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Sat, Oct 12, 2024



Fri, Oct 11, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:31 PM	CGM	Meal	Sushi	--	94 mg/dL
4:36 PM	CGM	Blood Glucose	106 mg/dL	--	102 mg/dL
8:35 AM	CGM	Activity	75 hr • Medium	--	100 mg/dL

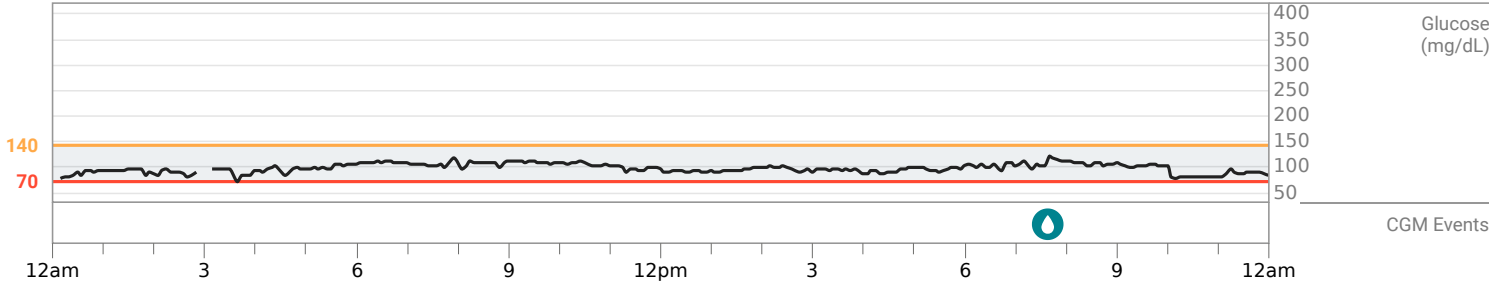
Daily

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m Bret's Daily View

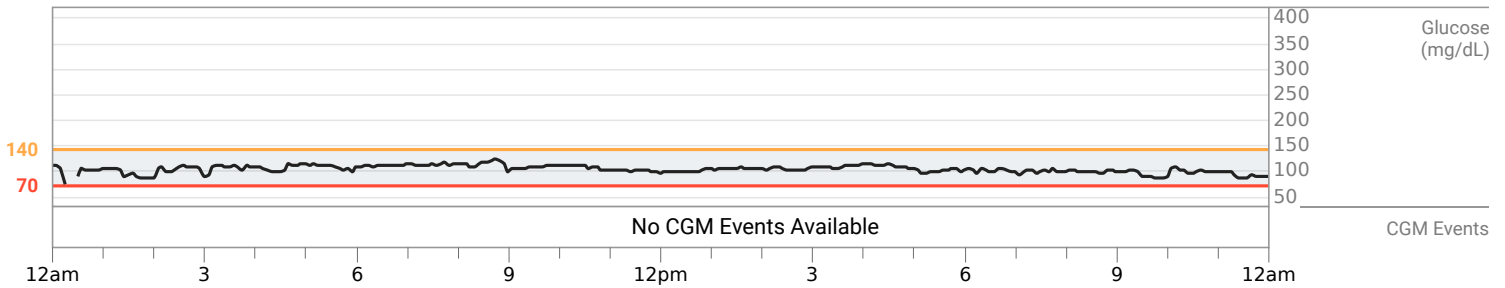
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Thu, Oct 10, 2024

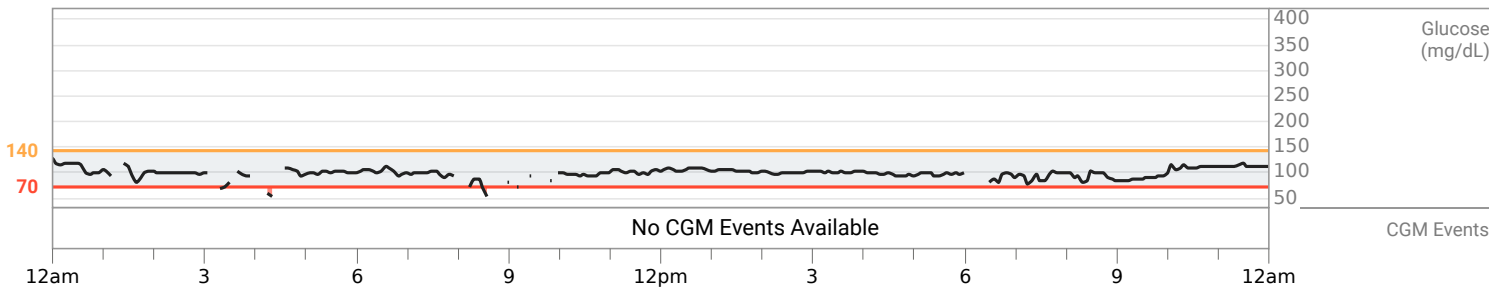


Time	Device	Event	Details	Insulin Units	Glucose
7:38 PM	CGM	Blood Glucose	100 mg/dL	--	121 mg/dL

Wed, Oct 9, 2024



Tue, Oct 8, 2024



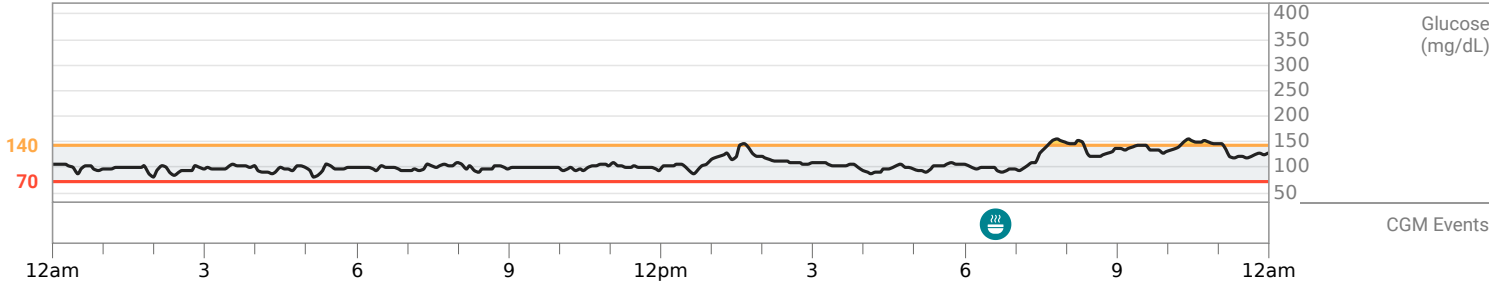
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

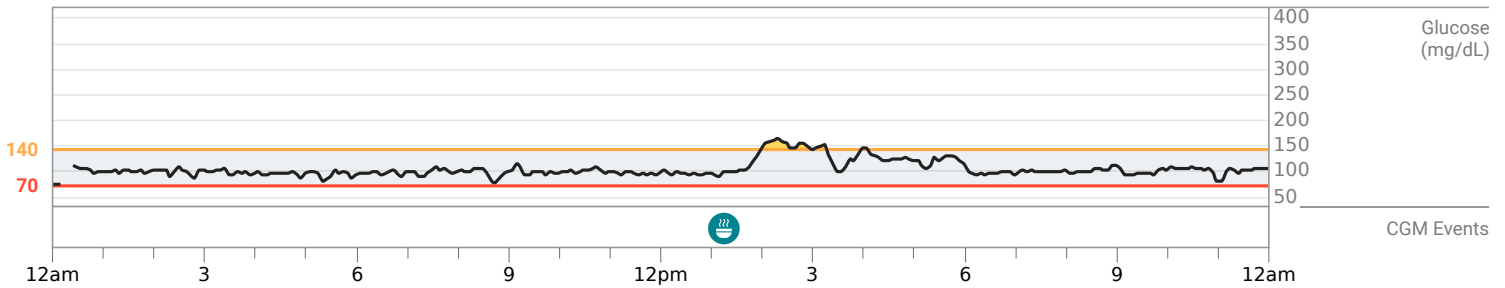
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Mon, Oct 7, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:35 PM	CGM	Meal	Chicken broccoli cheese toast fries pizza	--	97 mg/dL

Sun, Oct 6, 2024



Time	Device	Event	Details	Insulin Units	Glucose
1:15 PM	CGM	Meal	Dim sum	--	97 mg/dL

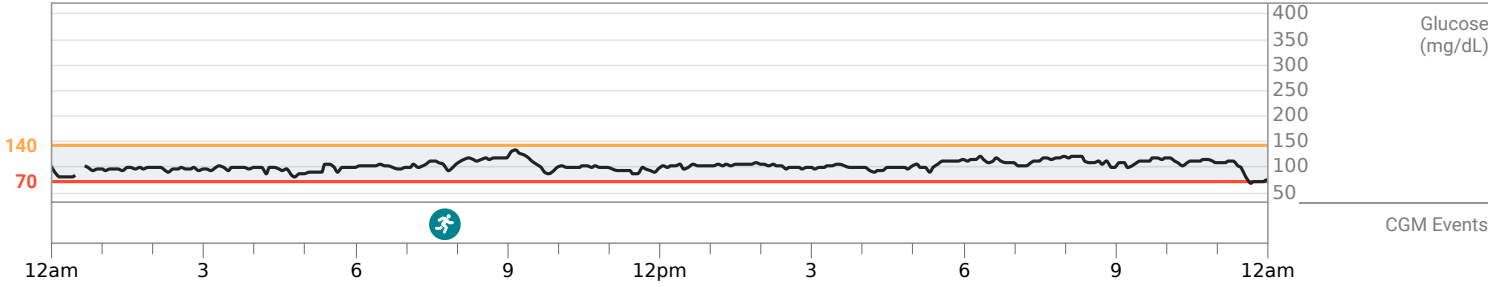
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

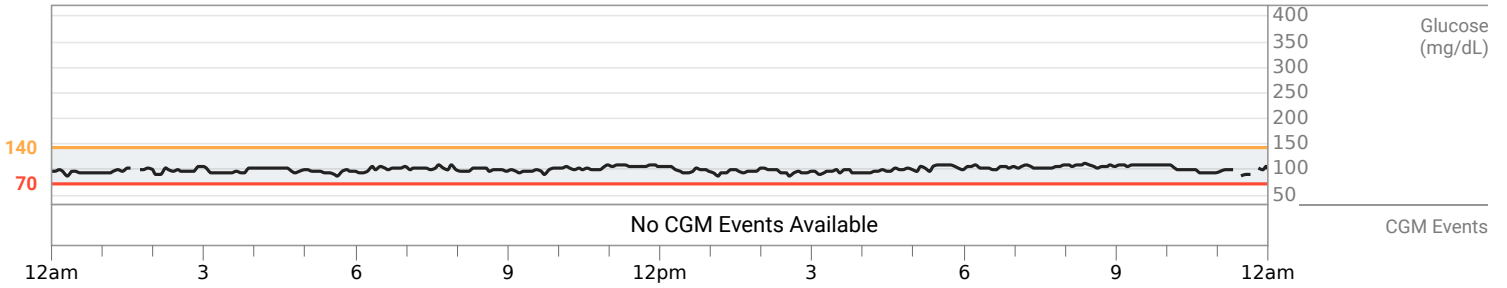
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Sat, Oct 5, 2024



Time	Device	Event	Details	Insulin Units	Glucose
7:45 AM	CGM	Activity	75 hr • Medium	--	104 mg/dL

Fri, Oct 4, 2024



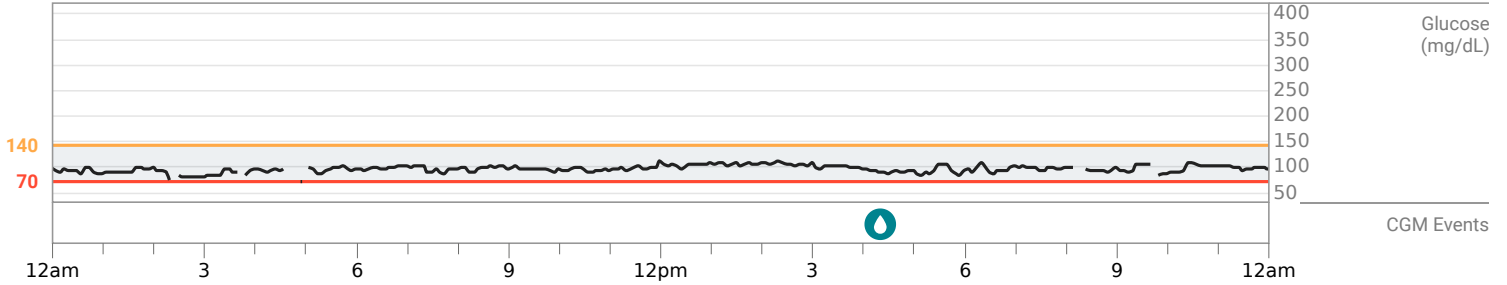
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

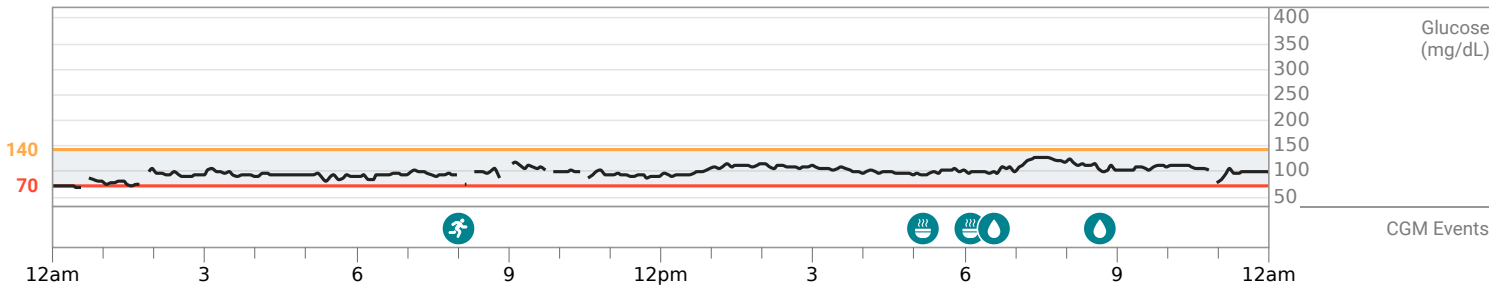
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Thu, Oct 3, 2024



Time	Device	Event	Details	Insulin Units	Glucose
4:19 PM	CGM	Blood Glucose	84 mg/dL	--	90 mg/dL

Wed, Oct 2, 2024



Time	Device	Event	Details	Insulin Units	Glucose
8:39 PM	CGM	Blood Glucose	101 mg/dL	--	104 mg/dL
6:35 PM	CGM	Blood Glucose	105 mg/dL	--	97 mg/dL
6:06 PM	CGM	Meal	Chicken noodle soup	--	96 mg/dL
5:10 PM	CGM	Meal	Steak and 4 eggs	--	93 mg/dL
8:01 AM	CGM	Activity	50 hr • Medium	--	93 mg/dL

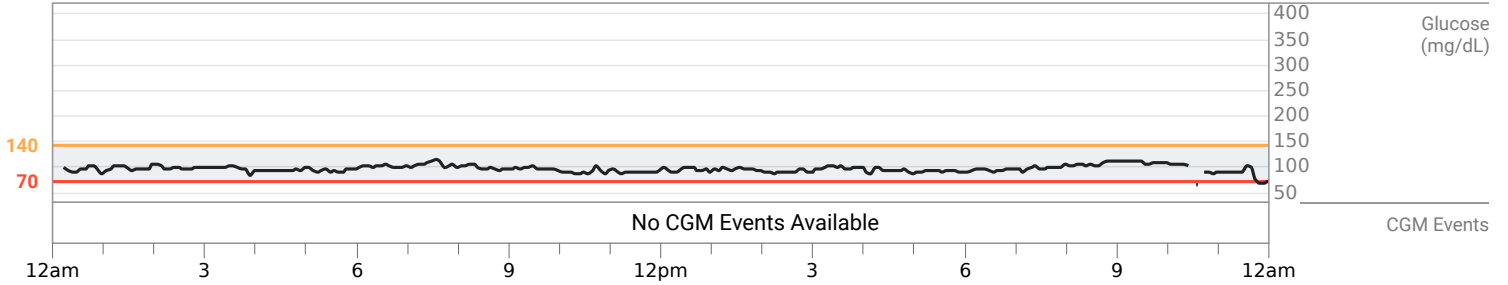
Daily

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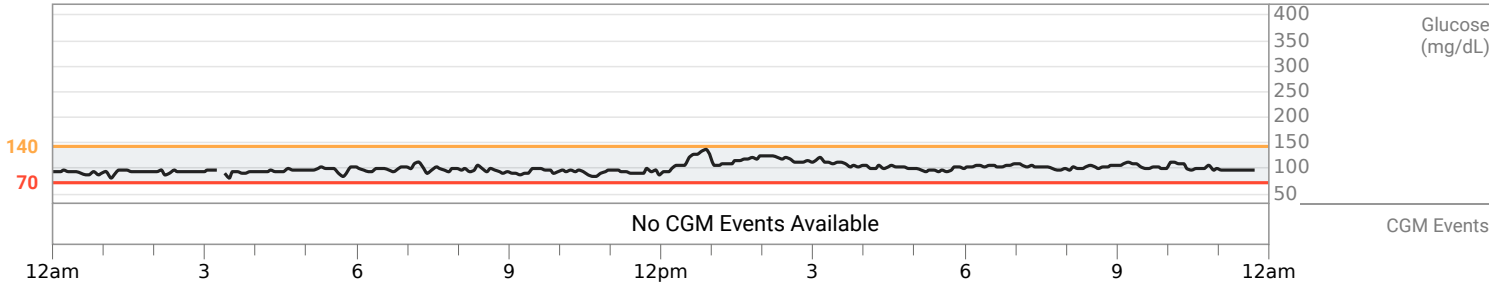
m Bret's Daily View

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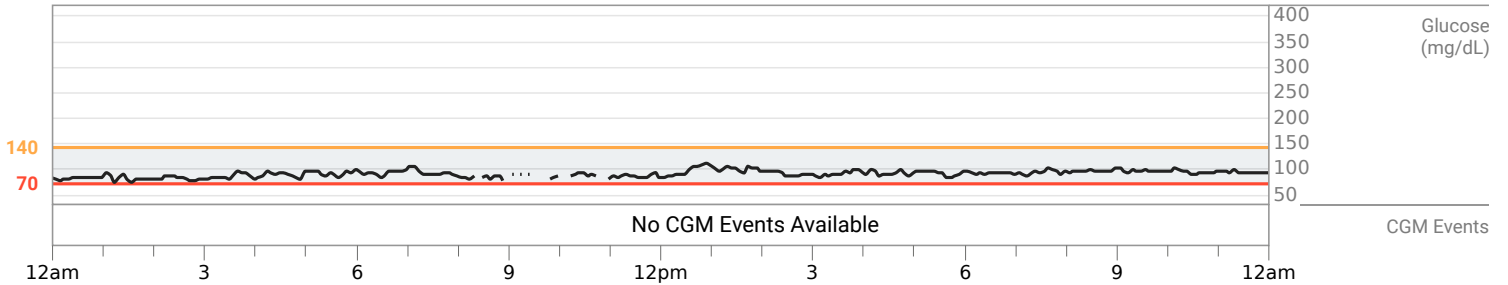
Tue, Oct 1, 2024



Mon, Sep 30, 2024



Sun, Sep 29, 2024



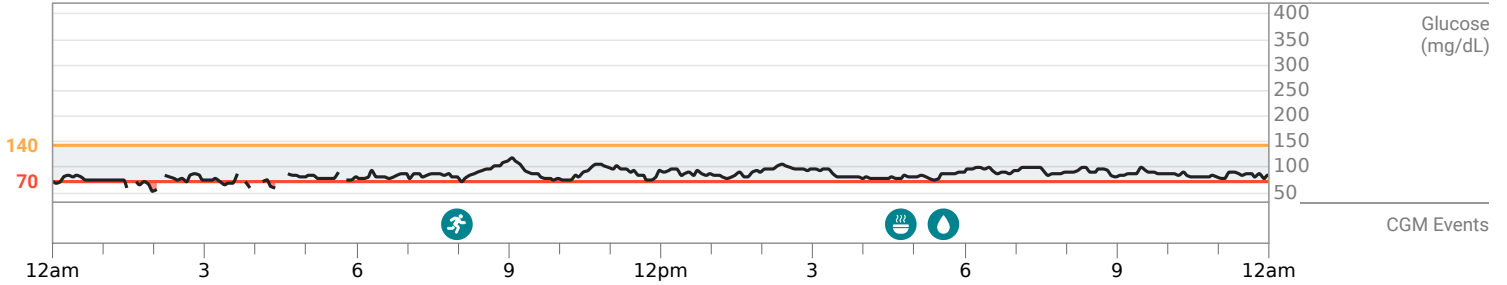
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

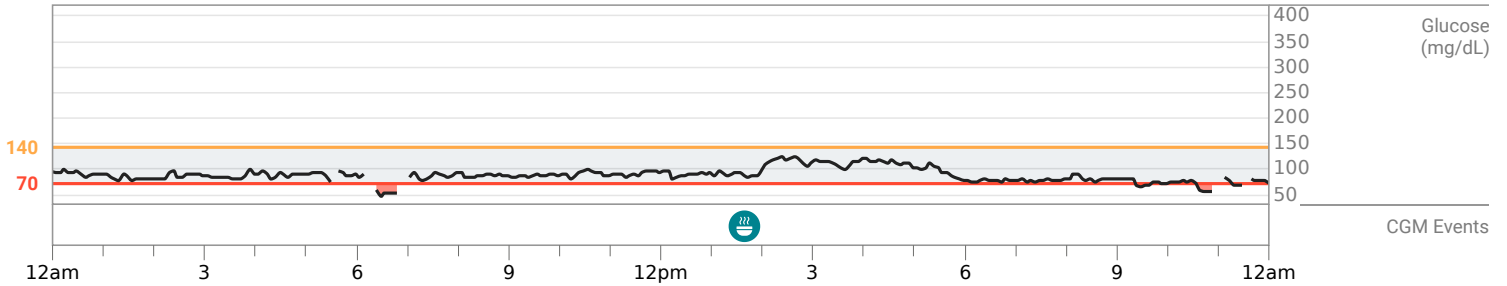
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Sat, Sep 28, 2024



Time	Device	Event	Details	Insulin Units	Glucose
5:34 PM	CGM	Blood Glucose	93 mg/dL	--	85 mg/dL
4:45 PM	CGM	Meal	Hamburger cream cheese sour cream cheese	--	76 mg/dL
7:58 AM	CGM	Activity	60 hr • Heavy	--	79 mg/dL

Fri, Sep 27, 2024



Time	Device	Event	Details	Insulin Units	Glucose
1:39 PM	CGM	Meal	Car smart French toast	--	86 mg/dL

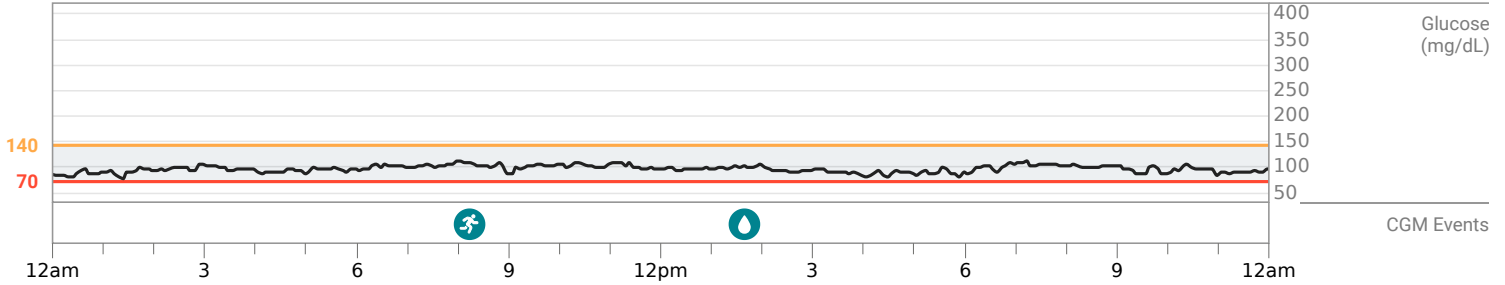
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

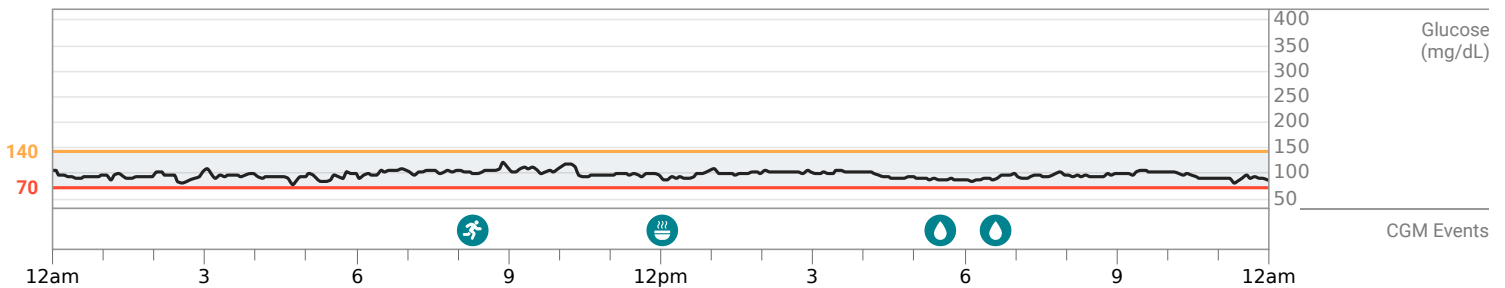
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Thu, Sep 26, 2024



Time	Device	Event	Details	Insulin Units	Glucose
1:40 PM	CGM	Blood Glucose	85 mg/dL	--	100 mg/dL
8:13 AM	CGM	Activity	30 hr • Medium	--	108 mg/dL

Wed, Sep 25, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:36 PM	CGM	Blood Glucose	103 mg/dL	--	90 mg/dL
5:30 PM	CGM	Blood Glucose	89 mg/dL	--	87 mg/dL
12:01 PM	CGM	Meal	bbq sandwich	--	87 mg/dL
8:18 AM	CGM	Activity	30 hr • Medium	--	98 mg/dL

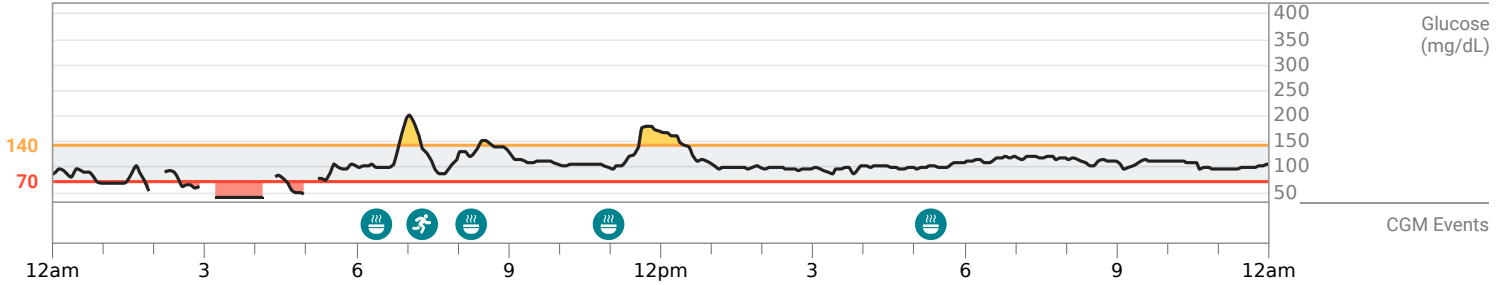
Daily

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m Bret's Daily View

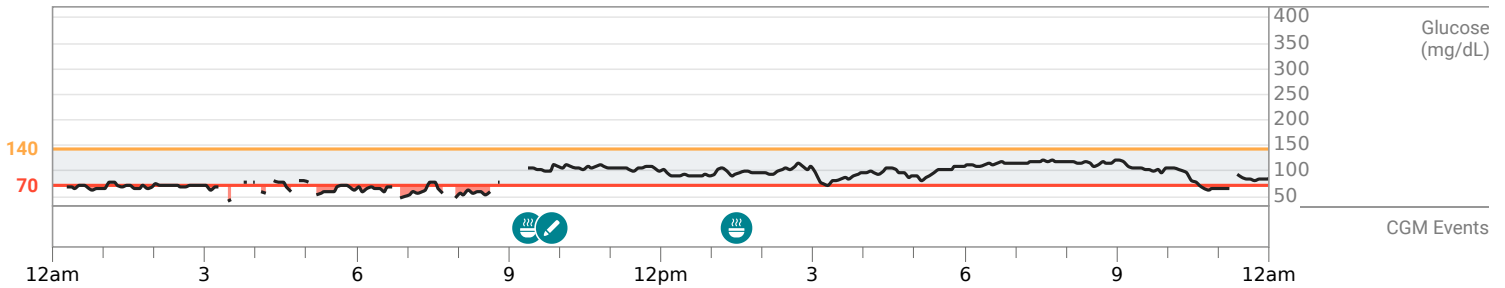
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Tue, Sep 24, 2024



Time	Device	Event	Details	Insulin Units	Glucose
5:20 PM	CGM	Meal	Hamburger	--	102 mg/dL
10:57 AM	CGM	Meal	Chick fil a sandwich	--	97 mg/dL
8:15 AM	CGM	Meal	Club wrap	--	120 mg/dL
7:18 AM	CGM	Activity	30 hr • Medium	--	136 mg/dL
6:23 AM	CGM	Meal	Donut	--	99 mg/dL

Mon, Sep 23, 2024



Time	Device	Event	Details	Insulin Units	Glucose
1:30 PM	CGM	Meal	3 cheeseburgers	--	92 mg/dL
9:50 AM	CGM	Note	Replaced previous sensor early as readings consistently low (most below 70)	--	99 mg/dL
9:23 AM	CGM	Meal	Coffee with cream	--	105 mg/dL

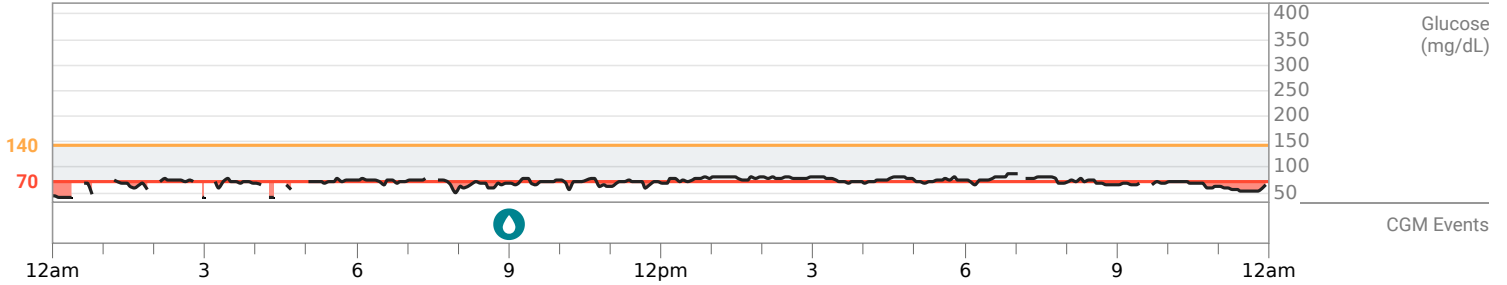
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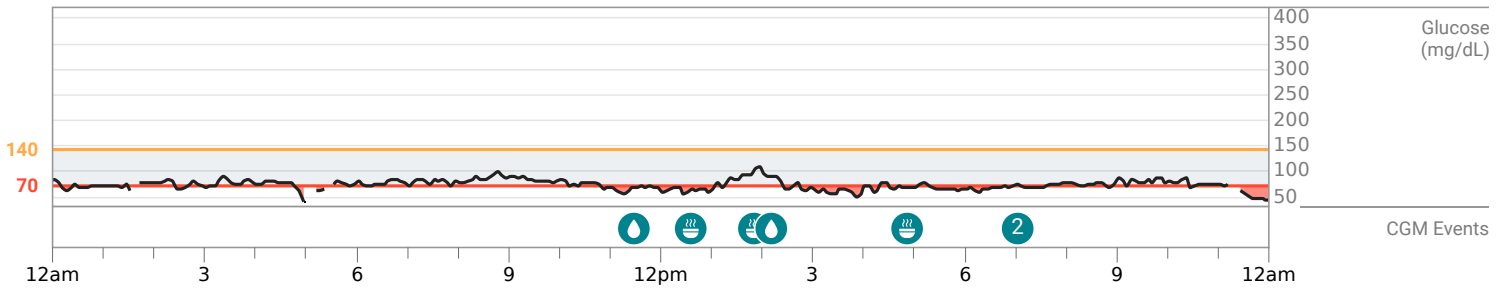
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Sun, Sep 22, 2024



Time	Device	Event	Details	Insulin Units	Glucose
9:00 AM	CGM	Blood Glucose	86 mg/dL	--	68 mg/dL

Sat, Sep 21, 2024



Time	Device	Event	Details	Insulin Units	Glucose
7:06 PM	CGM	Meal	Berry smoothie	--	70 mg/dL
6:58 PM	CGM	Blood Glucose	94 mg/dL	--	69 mg/dL
4:52 PM	CGM	Meal	Hamburger bratwurst mushrooms broccoli asparagus	--	67 mg/dL
2:10 PM	CGM	Blood Glucose	139 mg/dL	--	88 mg/dL
1:50 PM	CGM	Meal	3 eggs	--	103 mg/dL
12:36 PM	CGM	Meal	Culver double burger	--	65 mg/dL
11:27 AM	CGM	Blood Glucose	93 mg/dL	--	67 mg/dL

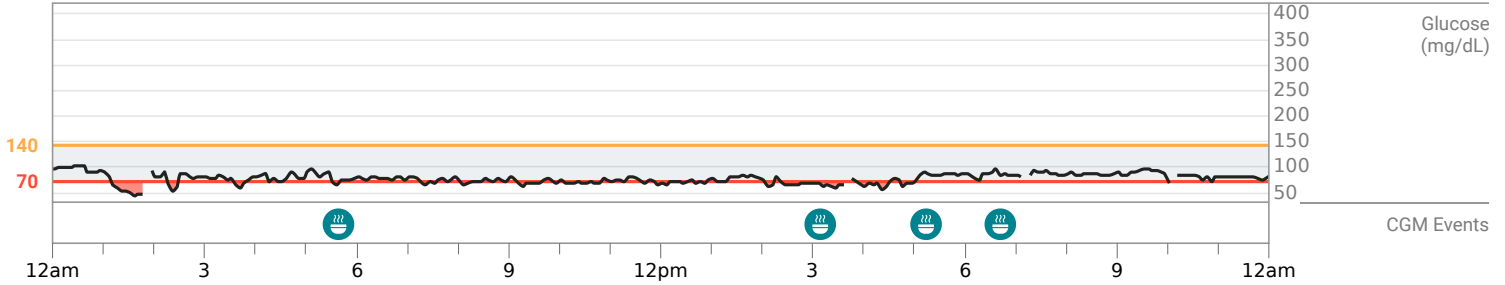
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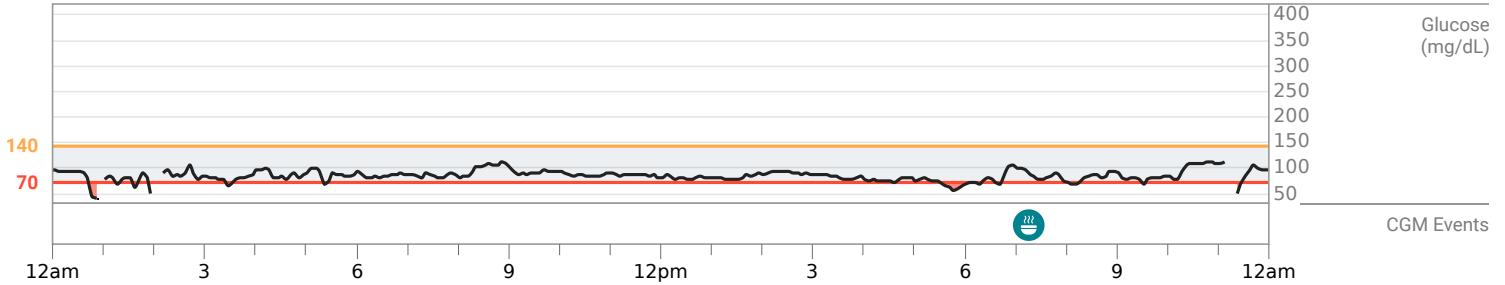
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Fri, Sep 20, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:42 PM	CGM	Meal	Jello and cereal	--	84 mg/dL
5:15 PM	CGM	Meal	Pork steak w/sugar free bbq sauce	--	86 mg/dL
3:08 PM	CGM	Meal	Yea with cream	--	68 mg/dL
5:38 AM	CGM	Meal	Coffee with cream	--	65 mg/dL

Thu, Sep 19, 2024



Time	Device	Event	Details	Insulin Units	Glucose
7:15 PM	CGM	Meal	Berry smoothie	--	85 mg/dL

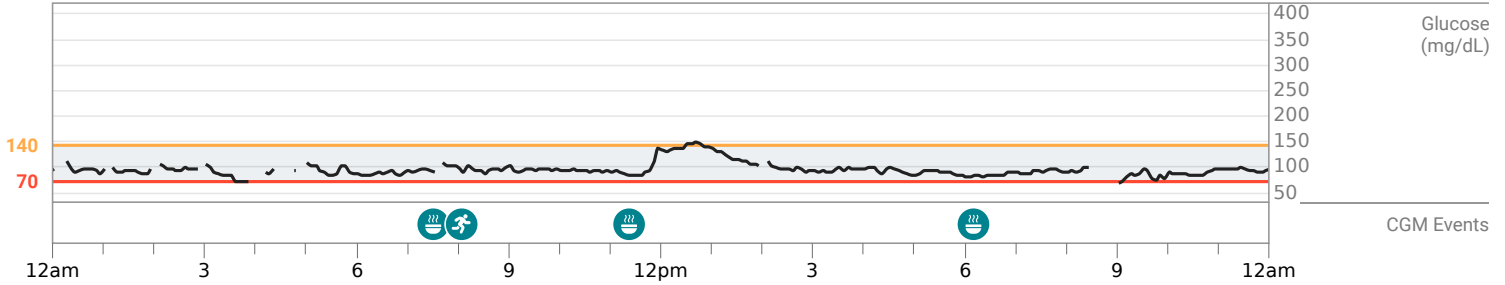
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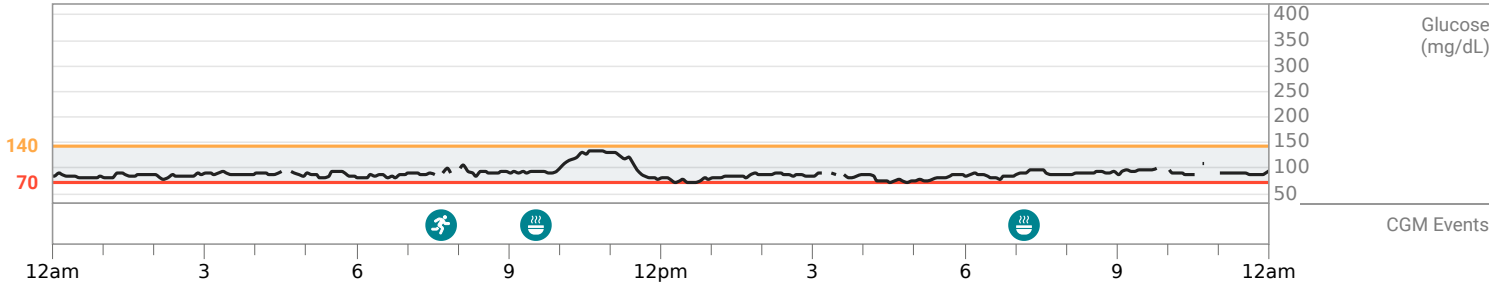
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Wed, Sep 18, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:10 PM	CGM	Meal	Steak and 4 eggs	--	82 mg/dL
11:23 AM	CGM	Meal	3 tacos	--	84 mg/dL
8:04 AM	CGM	Activity	55 hr • Medium	--	94 mg/dL
7:30 AM	CGM	Meal	Tea with cream	--	90 mg/dL

Tue, Sep 17, 2024



Time	Device	Event	Details	Insulin Units	Glucose
7:11 PM	CGM	Meal	Jello and cream and cereal	--	88 mg/dL
9:32 AM	CGM	Meal	Club sandwich	--	91 mg/dL
7:40 AM	CGM	Activity	30 hr • Medium	--	89 mg/dL

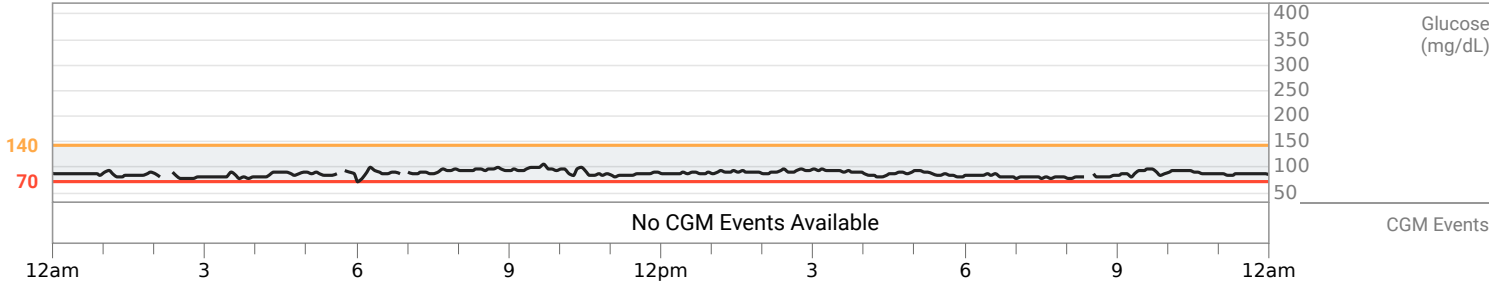
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

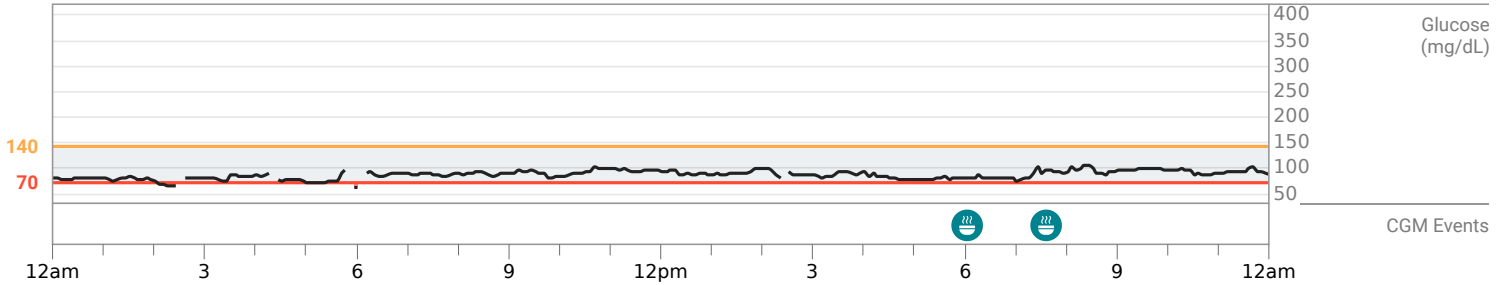
m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Mon, Sep 16, 2024



Sun, Sep 15, 2024



Time	Device	Event	Details	Insulin Units	Glucose
7:37 PM	CGM	Meal	Jello with cream and cereal	--	95 mg/dL
6:02 PM	CGM	Meal	Steak and 4 eggs	--	80 mg/dL

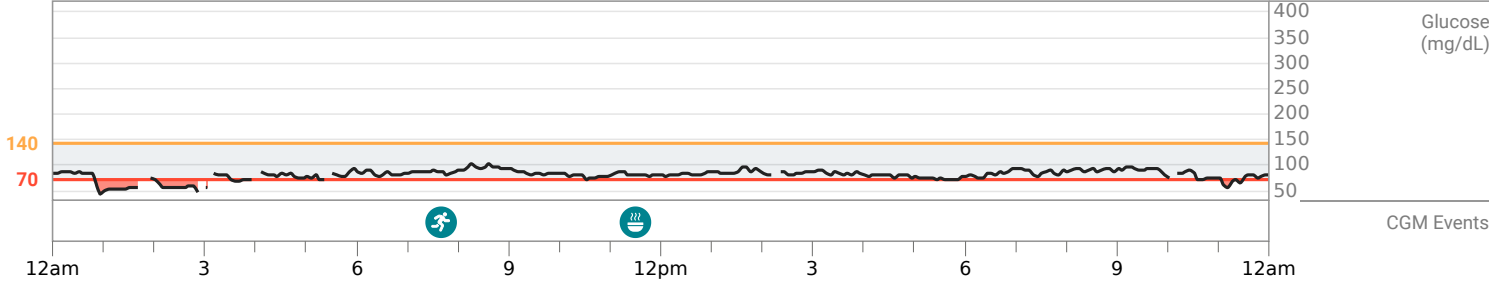
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

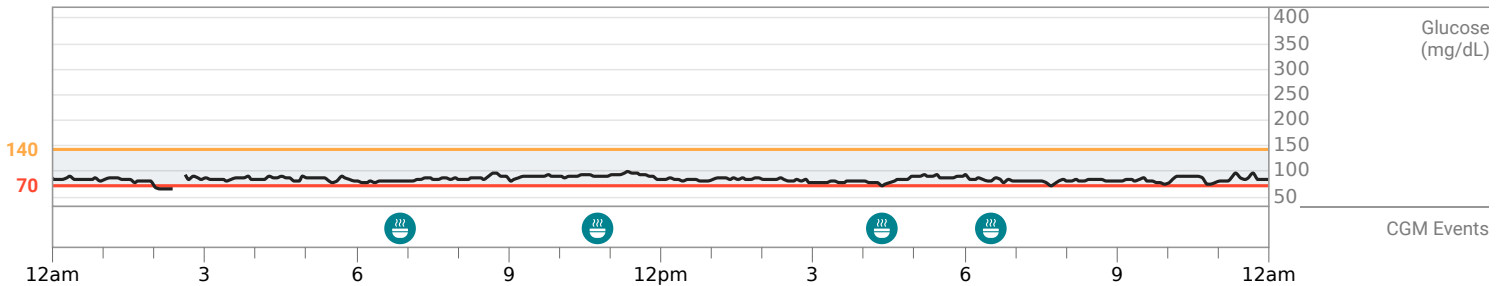
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Sat, Sep 14, 2024



Time	Device	Event	Details	Insulin Units	Glucose
11:29 AM	CGM	Meal	Coffee with cream and bacon	--	81 mg/dL
7:40 AM	CGM	Activity	55 hr • Light	--	85 mg/dL

Fri, Sep 13, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:30 PM	CGM	Meal	Ground beef	--	80 mg/dL
4:21 PM	CGM	Meal	Berry smoothie and mixed nuts	--	71 mg/dL
10:44 AM	CGM	Meal	Question bar	--	90 mg/dL
6:50 AM	CGM	Meal	Coffee with cream	--	79 mg/dL

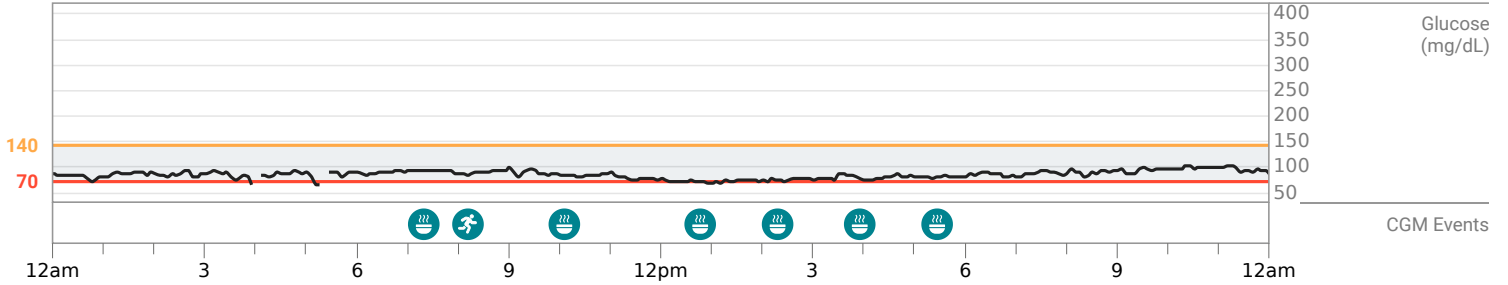
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Thu, Sep 12, 2024



Time	Device	Event	Details	Insulin Units	Glucose
5:27 PM	CGM	Meal	Ground beef , cheese , sour cream	--	78 mg/dL
3:55 PM	CGM	Meal	Nuts	--	76 mg/dL
2:19 PM	CGM	Meal	Coffee with cream	--	72 mg/dL
12:46 PM	CGM	Meal	Sardines & mackerel	--	69 mg/dL
10:05 AM	CGM	Meal	Sardines	--	83 mg/dL
8:10 AM	CGM	Activity	55 hr • Medium	--	82 mg/dL
7:19 AM	CGM	Meal	Coffee with cream	--	91 mg/dL

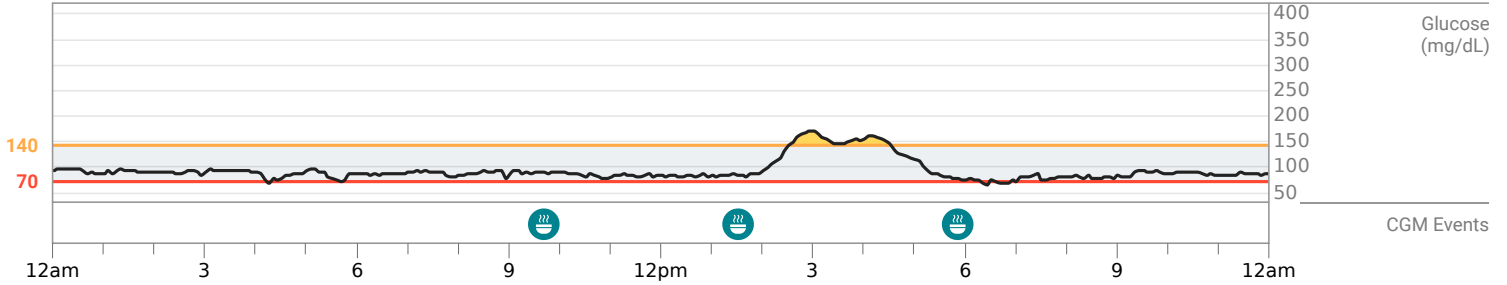
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

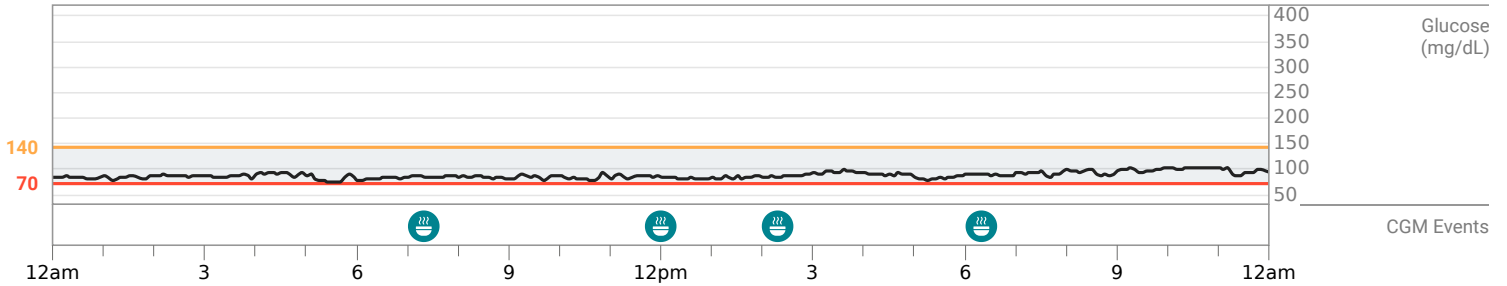
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Wed, Sep 11, 2024



Time	Device	Event	Details	Insulin Units	Glucose
5:52 PM	CGM	Meal	Steak	--	76 mg/dL
1:31 PM	CGM	Meal	Pizza (3 slices no crust)	--	83 mg/dL
9:41 AM	CGM	Meal	Sardines	--	89 mg/dL

Tue, Sep 10, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:19 PM	CGM	Meal	Pork tenderloin	--	88 mg/dL
2:17 PM	CGM	Meal	Coffee with cream and Quest bar	--	83 mg/dL
12:00 PM	CGM	Meal	Sardines	--	82 mg/dL
7:19 AM	CGM	Meal	Coffee with cream	--	84 mg/dL

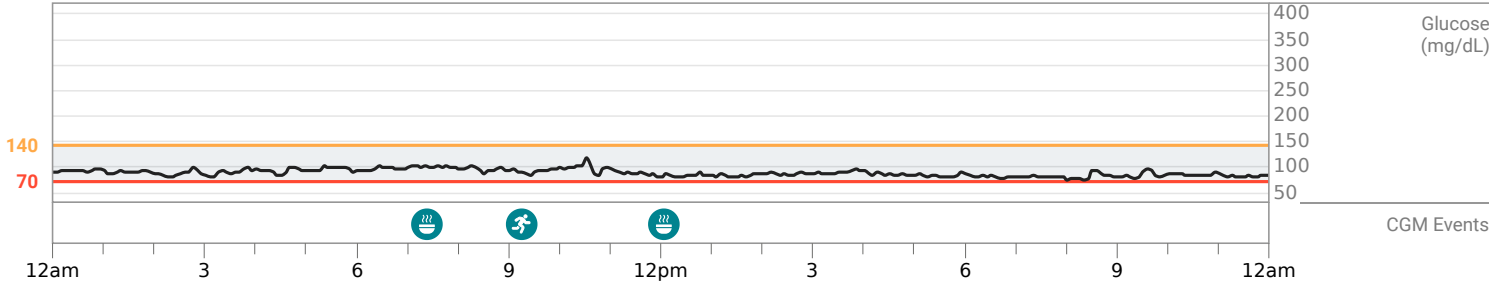
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

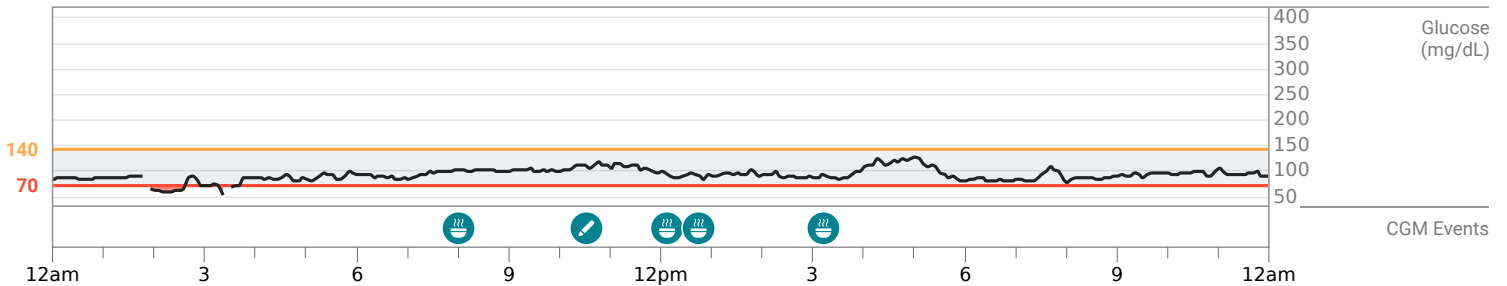
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Mon, Sep 9, 2024



Time	Device	Event	Details	Insulin Units	Glucose
12:02 PM	CGM	Meal	Ground beef with cheese and sour cream	--	81 mg/dL
9:16 AM	CGM	Activity	70 hr • Medium	--	90 mg/dL
7:24 AM	CGM	Meal	Coffee with cream	--	99 mg/dL

Sun, Sep 8, 2024



Time	Device	Event	Details	Insulin Units	Glucose
3:11 PM	CGM	Meal	Winert	--	91 mg/dL
12:45 PM	CGM	Meal	Coffee and Quest bar	--	88 mg/dL
12:08 PM	CGM	Meal	Steak	--	94 mg/dL
10:31 AM	CGM	Note	Preaching today at 10:30am	--	109 mg/dL
8:00 AM	CGM	Meal	2 eggs	--	101 mg/dL

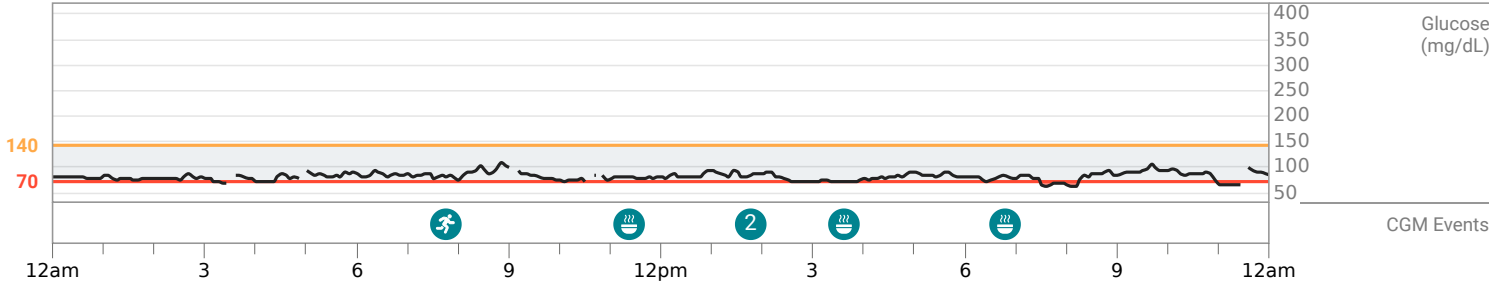
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Sat, Sep 7, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:48 PM	CGM	Meal	Smoothie	--	84 mg/dL
3:36 PM	CGM	Meal	Jefe birthday good	--	69 mg/dL
1:47 PM	CGM	Blood Glucose	94 mg/dL	--	84 mg/dL
1:45 PM	CGM	Blood Glucose	97 mg/dL	--	84 mg/dL
11:22 AM	CGM	Meal	Steak	--	80 mg/dL
7:46 AM	CGM	Activity	55 hr • Medium	--	81 mg/dL

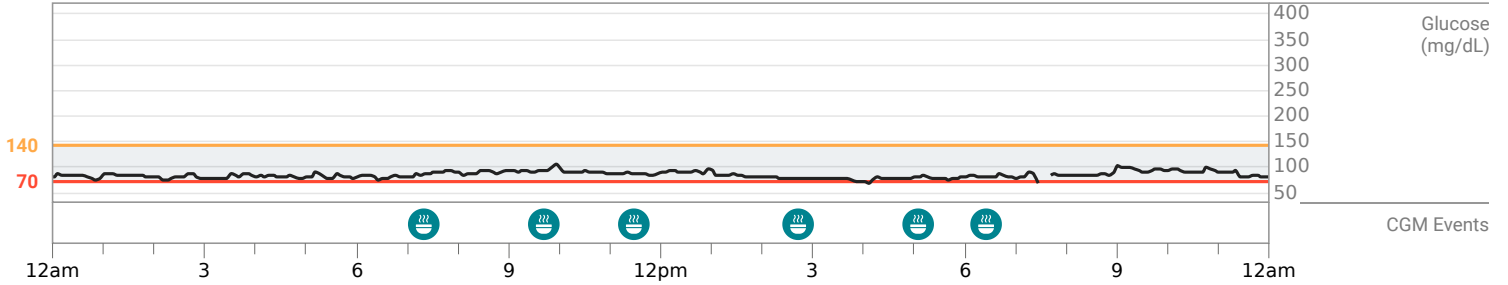
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Fri, Sep 6, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:25 PM	CGM	Meal	Raspberry smoothie	--	79 mg/dL
5:04 PM	CGM	Meal	Steak and 4 eggs	--	81 mg/dL
2:43 PM	CGM	Meal	Coffee with cream	--	76 mg/dL
11:28 AM	CGM	Meal	2 hot dogs	--	86 mg/dL
9:42 AM	CGM	Meal	Sardines - coffee with cream	--	92 mg/dL
7:19 AM	CGM	Meal	Coffee with cream	--	87 mg/dL

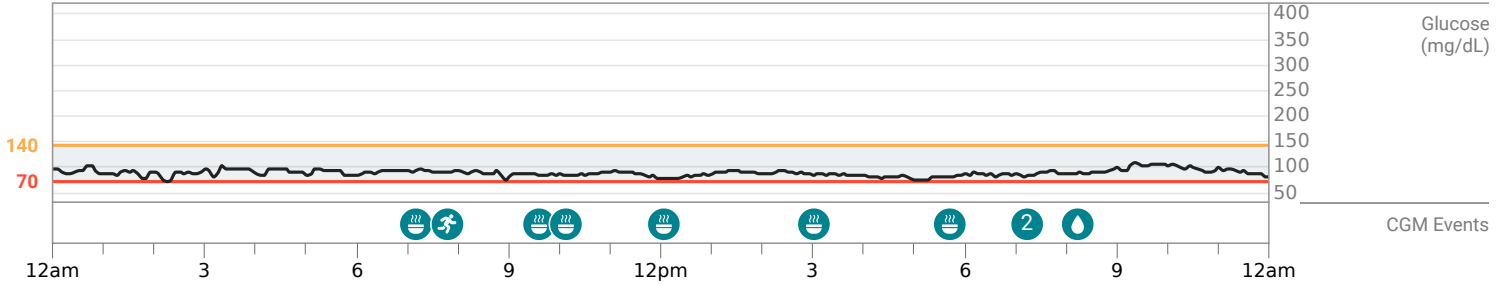
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Thu, Sep 5, 2024



Time	Device	Event	Details	Insulin Units	Glucose
8:14 PM	CGM	Blood Glucose	86 mg/dL	--	89 mg/dL
7:20 PM	CGM	Blood Glucose	88 mg/dL	--	84 mg/dL
7:08 PM	CGM	Meal	Strawberry raspberry smoothie	--	82 mg/dL
5:42 PM	CGM	Meal	Steak and 4 eggs	--	79 mg/dL
3:01 PM	CGM	Meal	Coffee with heavy cream	--	84 mg/dL
12:04 PM	CGM	Meal	2 hotdogs	--	77 mg/dL
10:08 AM	CGM	Meal	Coffee with cream	--	82 mg/dL
9:35 AM	CGM	Meal	Sardines	--	84 mg/dL
7:48 AM	CGM	Activity	55 hr • Light	--	90 mg/dL
7:09 AM	CGM	Meal	Coffee with heavy cream	--	92 mg/dL

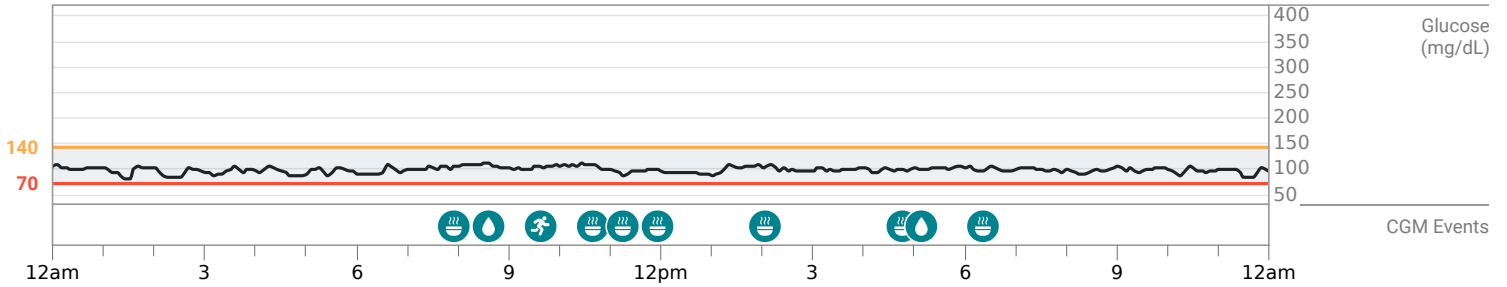
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Wed, Sep 4, 2024



Time	Device	Event	Details	Insulin Units	Glucose
6:21 PM	CGM	Meal	Ground beef cheddar cheese black olives	--	94 mg/dL
5:09 PM	CGM	Blood Glucose	100 mg/dL	--	97 mg/dL
4:45 PM	CGM	Meal	Mixed nuts & diet root beer	--	97 mg/dL
2:02 PM	CGM	Meal	Steak and 4 eggs	--	102 mg/dL
11:57 AM	CGM	Meal	Raspberry smoothie	--	97 mg/dL
11:15 AM	CGM	Meal	Mixed nuts	--	86 mg/dL
10:39 AM	CGM	Meal	Sports drink	--	107 mg/dL
9:38 AM	CGM	Activity	60 hr • Medium	--	104 mg/dL
8:36 AM	CGM	Blood Glucose	102 mg/dL	--	109 mg/dL
7:54 AM	CGM	Meal	Coffee with cream	--	103 mg/dL

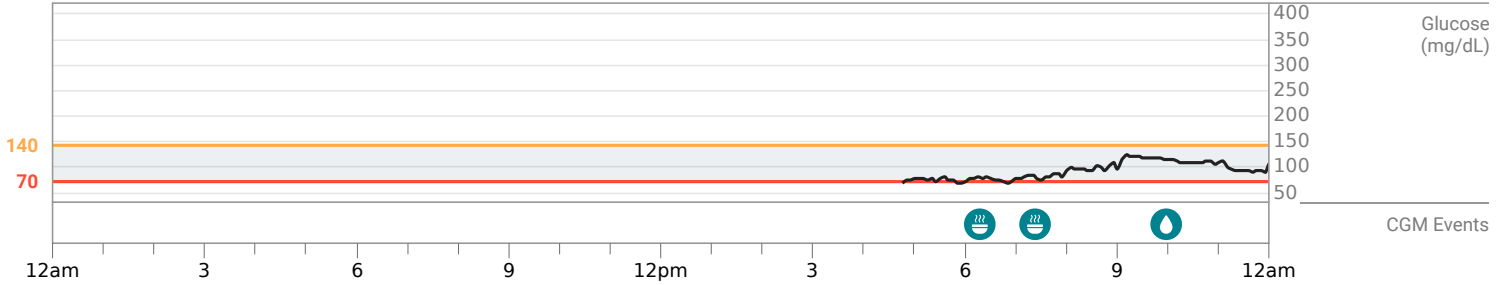
Daily

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

m Bret's Daily View

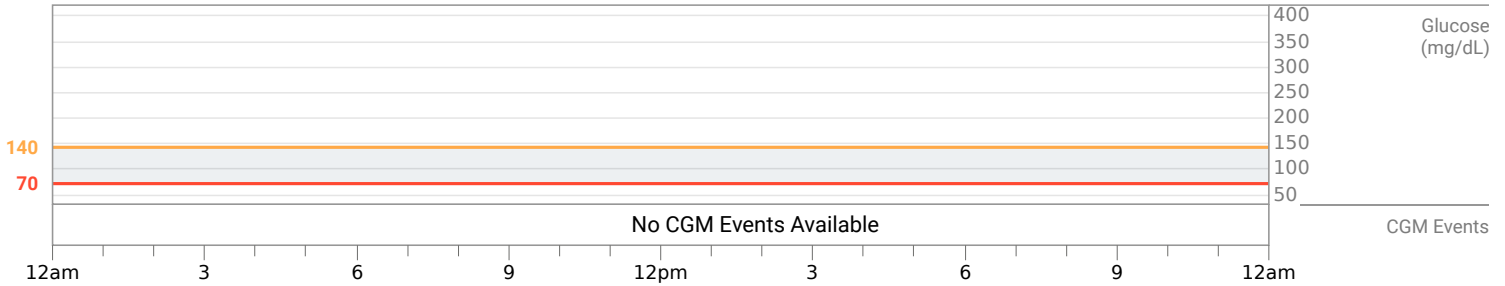
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

Tue, Sep 3, 2024

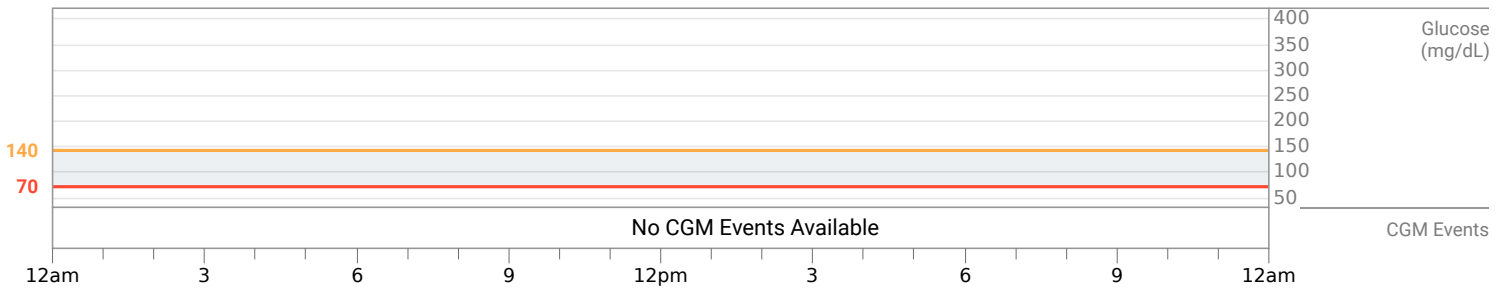


Time	Device	Event	Details	Insulin Units	Glucose
9:58 PM	CGM	Blood Glucose	92 mg/dL	--	115 mg/dL
7:23 PM	CGM	Meal	Sugar free jello with cream cheese	--	84 mg/dL
6:18 PM	CGM	Meal	Steak and 4 boiled eggs	--	78 mg/dL

Mon, Sep 2, 2024



Sun, Sep 1, 2024

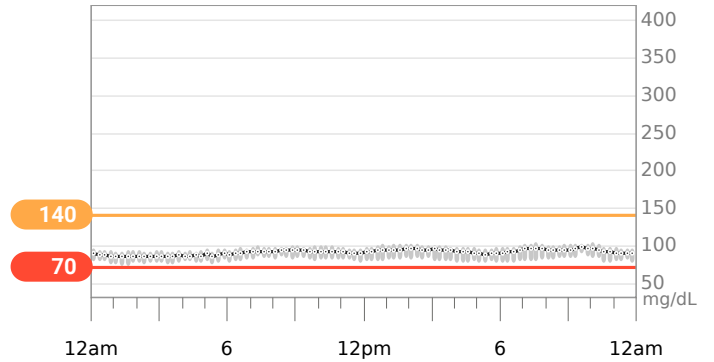


Compare

90 Days Sun Apr 28, 2024 - Fri Jul 26, 2024

No data matched your selection.

90 Days Sat Jul 27, 2024 - Thu Oct 24, 2024



Glucose

No data matched your selection.

Average Glucose

90 mg/dL

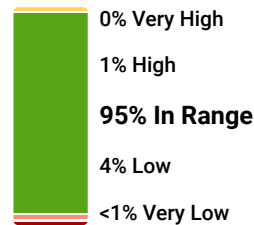
Standard Deviation

14 mg/dL

GMI

N/A

Time in Range



Target Range:

70-140 mg/dL

Sensor Usage

Days with CGM data **56%** 50/90

Avg. calibrations per day **0.0**

Compare

90 Days Sun Apr 28, 2024 - Fri Jul 26, 2024

90 Days Sat Jul 27, 2024 - Thu Oct 24, 2024

Patterns

No data matched your selection.

NEW **Best Day**

m Bret's glucose data was in the target range about 100% of the day.

Compare

90 Days Sun Apr 28, 2024 - Fri Jul 26, 2024

90 Days Sat Jul 27, 2024 - Thu Oct 24, 2024

Devices

No data matched your selection.



Stelo Mobile App

CGM ID

Serial Number

iPhone

Uploaded On

October 24, 2024

Model

Stelo

Daily Statistics

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

⚙️ 6:00 AM - 10:00 PM ■ Very low < 54 ■ Low 54 - 70 ■ In range 70 - 140 ■ High 140 - 250 ■ Very High > 250
 🌙 10:00 PM - 6:00 AM ■ Very low < 54 ■ Low 54 - 70 ■ In range 70 - 140 ■ High 140 - 250 ■ Very High > 250

Daily Statistics	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Time in Range							
■ % Very High	0	0	0	0	0	0	0
■ % High	1	1	1	0	1	1	3
■ % In Range	95	97	98	98	94	90	90
■ % Low	4	2	1	1	5	9	7
■ % Very Low	<1	<1	0	<1	<1	<1	<1
# Readings	1982	2044	2266	2055	1996	1984	1968
Min	40	39	64	39	43	39	39
Max	155	199	170	121	148	173	171
Mean	92	92	95	90	87	87	90
Std. Dev.	14	14	12	9	12	15	17
Quartile 25	85	84	88	84	80	77	81
Median	91	90	93	90	86	85	89
Quartile 75	98	98	100	96	93	96	97
IQR	13	14	12	12	13	19	16
IQ Std. Dev.	4	4	4	3	4	5	4
SD Mean	0	0	0	0	0	0	0
%CV	15	15	13	10	13	17	19

Hourly Statistics

90 days | Sat Jul 27, 2024 - Thu Oct 24, 2024

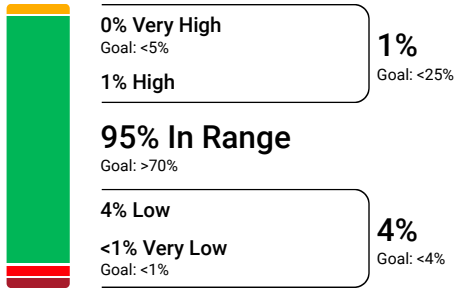
☀ 6:00 AM - 10:00 PM 🟡 Very low < 54 🟠 Low 54 - 70 🟢 In range 70 - 140 🟡 High 140 - 250 🟠 Very High > 250
 🌙 10:00 PM - 6:00 AM 🟡 Very low < 54 🟠 Low 54 - 70 🟢 In range 70 - 140 🟡 High 140 - 250 🟠 Very High > 250

Hourly Statistics	12am-1am	1am-2am	2am-3am	3am-4am	4am-5am	5am-6am	6am-7am	7am-8am	8am-9am	9am-10am	10am-11am	11am-12pm
Time in Range												
🟠 % Very High	0	0	0	0	0	0	0	0	0	0	0	0
🟡 % High	0	0	0	0	0	0	0	1	1	1	0	0
🟢 % In Range	95	91	91	92	95	97	96	97	95	96	97	96
🟠 % Low	4	6	8	6	3	3	3	2	4	3	3	4
🟡 % Very Low	2	3	<1	2	2	<1	1	<1	<1	0	0	0
# Readings	592	596	591	591	574	587	593	592	584	577	593	599
Min	39	43	39	39	39	53	47	47	51	60	56	55
Max	130	118	109	111	114	113	195	199	152	148	133	180
Mean	87	85	85	85	86	87	89	92	92	92	91	90
Std. Dev.	12	11	11	12	10	10	12	12	13	12	12	13
Quartile 25	81	78	79	80	82	82	83	86	85	85	84	82
Median	87	85	86	86	87	88	88	91	91	91	90	89
Quartile 75	93	92	92	93	93	94	96	98	98	99	99	96
IQR	12	14	13	13	11	12	14	12	13	15	15	14
IQ Std. Dev.	4	4	4	4	3	3	4	3	4	4	4	4
SD Mean	0	0	0	0	0	0	0	1	1	0	0	1
%CV	14	13	13	14	12	11	13	13	14	13	13	15

Hourly Statistics	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm	6pm-7pm	7pm-8pm	8pm-9pm	9pm-10pm	10pm-11pm	11pm-12am
Time in Range												
🟠 % Very High	0	0	0	0	0	0	0	0	0	0	0	0
🟡 % High	2	1	3	4	1	0	3	2	0	0	2	0
🟢 % In Range	94	98	95	91	95	97	92	95	97	97	92	93
🟠 % Low	4	1	2	5	4	3	5	3	3	3	6	5
🟡 % Very Low	0	0	0	<1	0	0	0	0	0	0	0	2
# Readings	599	600	597	597	603	612	605	608	603	605	598	599
Min	54	65	61	49	56	54	59	60	62	64	55	43
Max	167	148	169	170	160	130	171	173	150	142	154	145
Mean	92	94	94	93	91	88	91	95	94	95	93	89
Std. Dev.	16	14	16	17	15	12	16	17	13	13	14	13
Quartile 25	82	83	86	85	81	80	81	83	86	87	85	83
Median	90	92	92	93	90	87	89	94	92	94	94	90
Quartile 75	98	101	100	100	98	96	98	102	100	102	100	96
IQR	16	18	14	15	17	16	17	19	14	15	15	13
IQ Std. Dev.	4	5	4	4	4	5	5	6	4	4	4	4
SD Mean	1	1	1	1	1	0	1	1	1	1	1	1
%CV	17	15	17	18	16	13	18	18	14	14	15	15

Time in Ranges Goals for Type 1 and Type 2 Diabetes

Each 5% increase in the Target Range is clinically beneficial.
Each 1% time in range = about 15 minutes per day



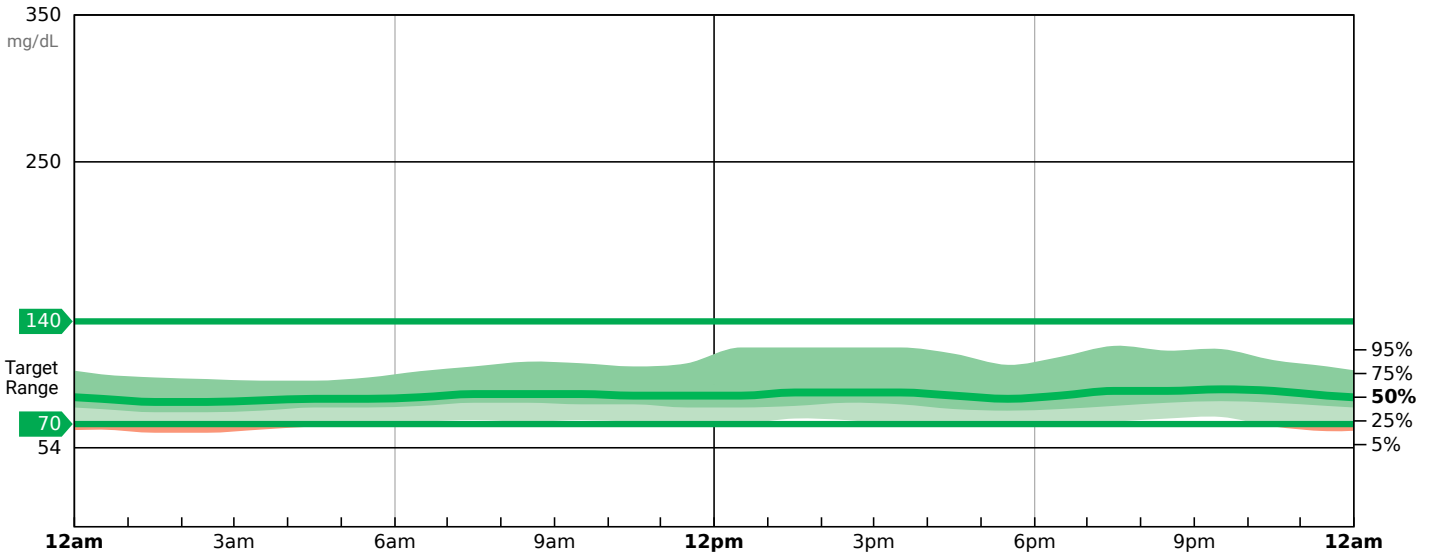
Target Range: 70-140 mg/dL
Very High: Above 250 mg/dL
Very Low: Below 54 mg/dL

Glucose Metrics

Average Glucose	90 mg/dL
Goal: <154 mg/dL	
GMI	5.5%
Goal: <7%	
Coefficient of Variation	15.1%
Goal: <36%	
Time CGM Active	98.3%

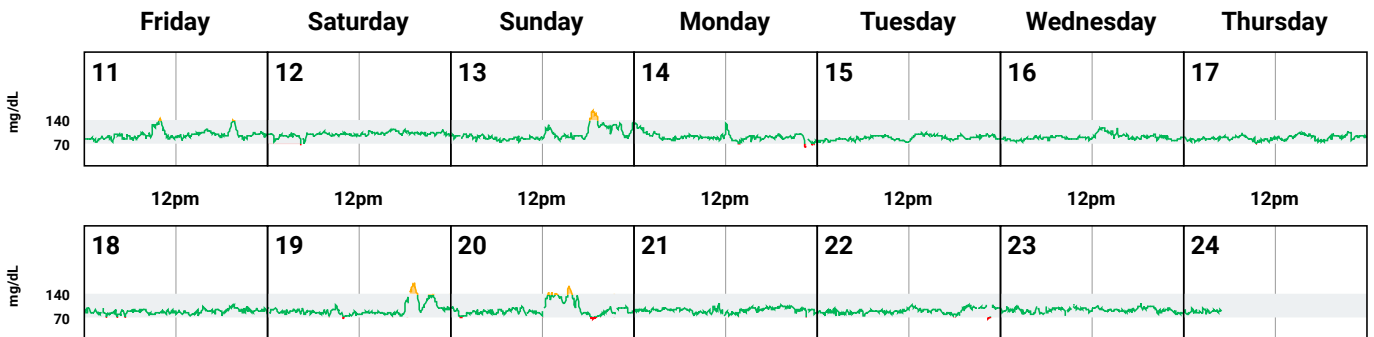
Ambulatory Glucose Profile (AGP)

AGP is a summary of glucose values from the report period, with median (50%) and other percentiles shown as if they occurred in a single day.



Daily Glucose Profile

Each daily profile represents a midnight-to-midnight period.



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