

# Overview

14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025

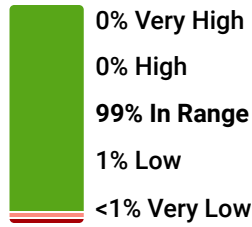


## Glucose

### Average glucose

**90** mg/dL

### Time in Range



### Sensor usage

Days with CGM data

**64%**  
9/14

### Standard deviation

**13** mg/dL

### GMI

**N/A**

### Target Range:

60-180 mg/dL

### Avg. calibrations per day

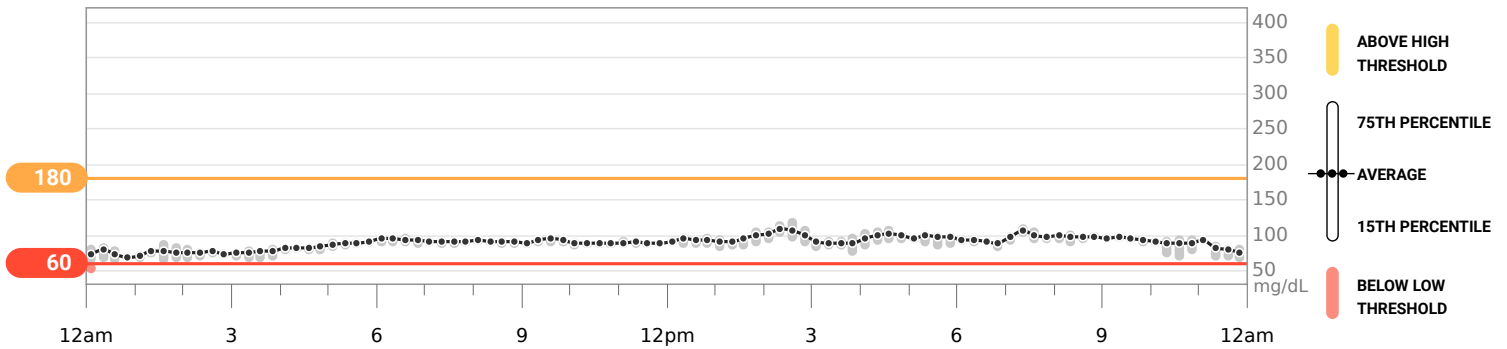
**0.0**

## Top Patterns



**R best glucose day was January 3, 2025<sup>R</sup>**  
glucose data was in the target range about 100% of the day.

This graph shows your data averaged over 14 days



# Overview

14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025

## Devices

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### Stelo Mobile App

#### CGM ID

Serial Number	<b>Android</b>
Uploaded On	<b>January 10, 2025</b>
Model	<b>Stelo</b>



### Stelo Mobile App

#### CGM ID

Serial Number	<b>Android</b>
Uploaded On	<b>December 23, 2024</b>
Model	<b>Stelo</b>

# Patterns

14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



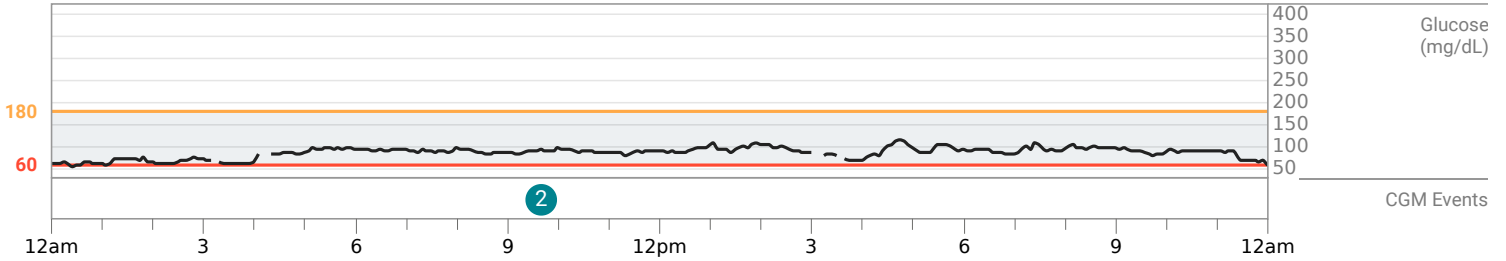
CGM: Alert Activity/Exercise Meal/Carbs Fast-Acting Insulin Long-Acting Insulin Blood Glucose Health Calibration Note

## Best Day

R best glucose day was **January 3, 2025**

R glucose data was in the target range about 100% of the day.

### Fri, Jan 3, 2025



### Statistics for this day

#### Average glucose

**86** mg/dL

#### Standard deviation

**12** mg/dL

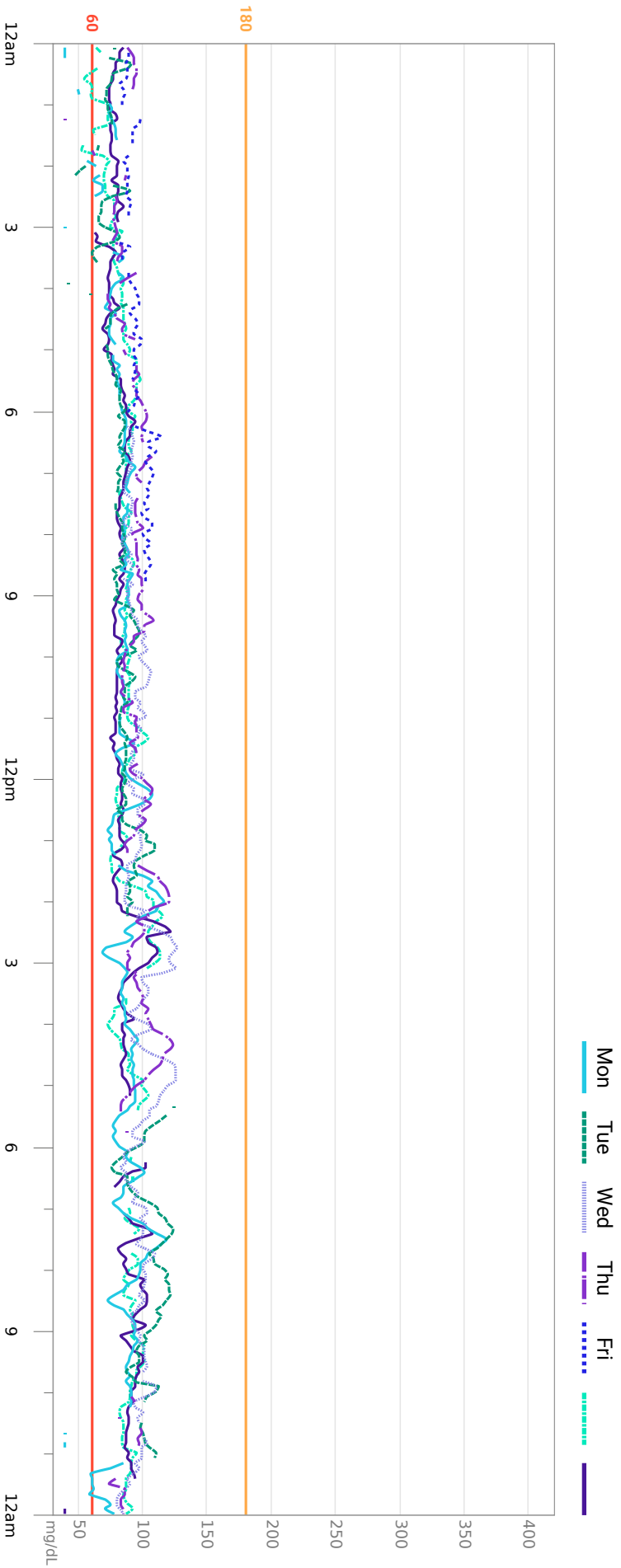
#### Time in Range

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

**Target Range:**  
60-180 mg/dL

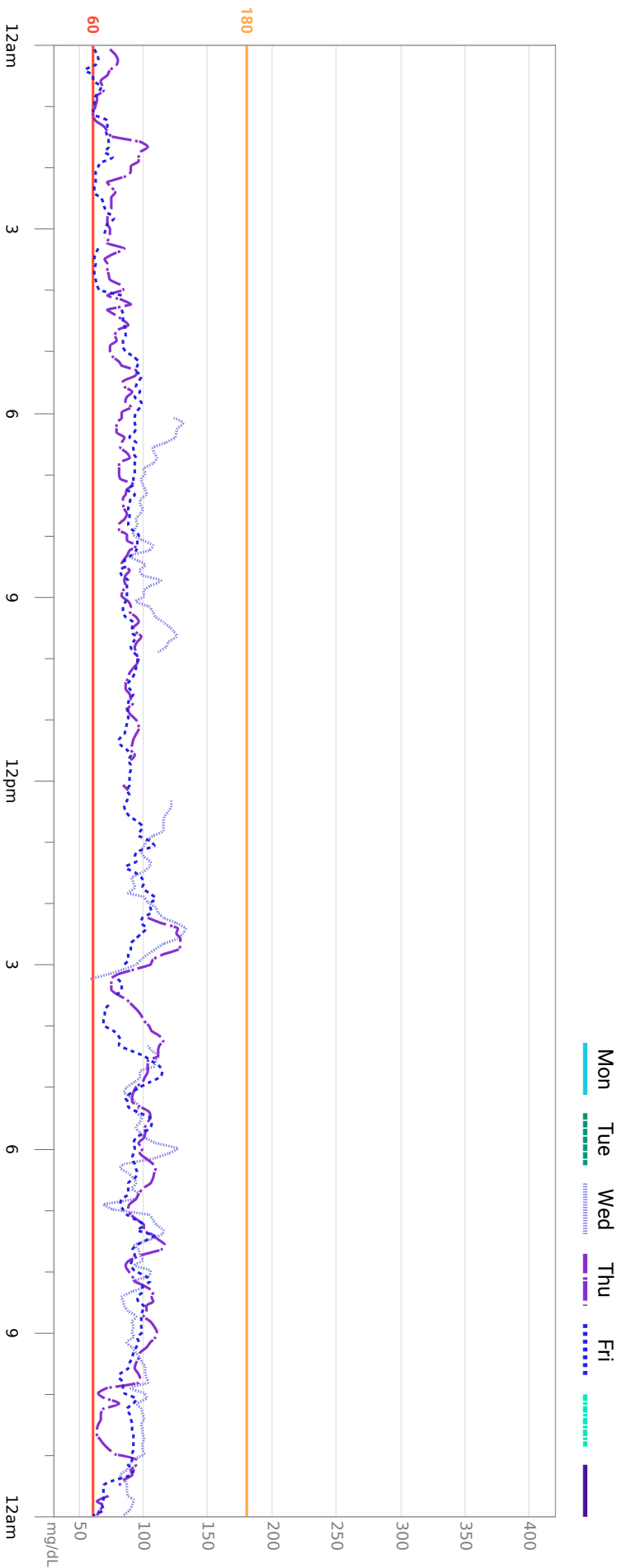
# Overlay

14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025  
Week 2 | Sat Jan 4, 2025 - Fri Jan 10, 2025



# Overlay

14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025  
Week 1 | Sat Dec 28, 2024 - Fri Jan 3, 2025



# Daily

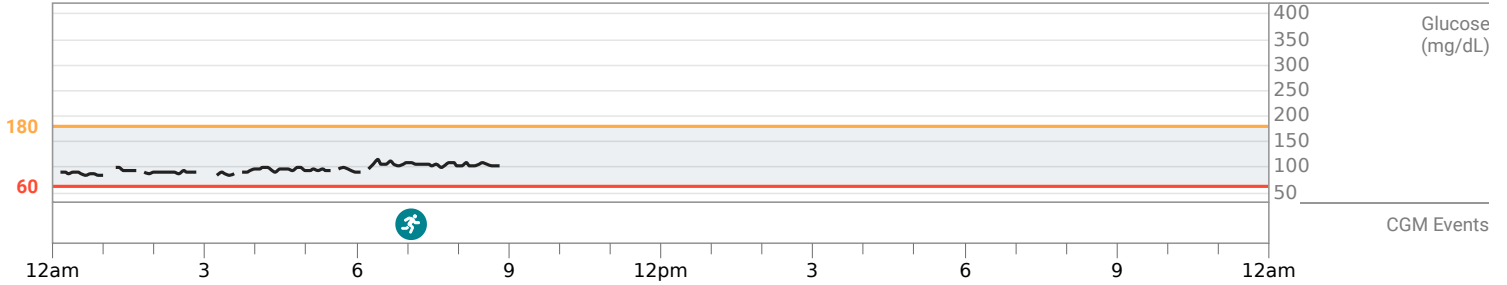
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

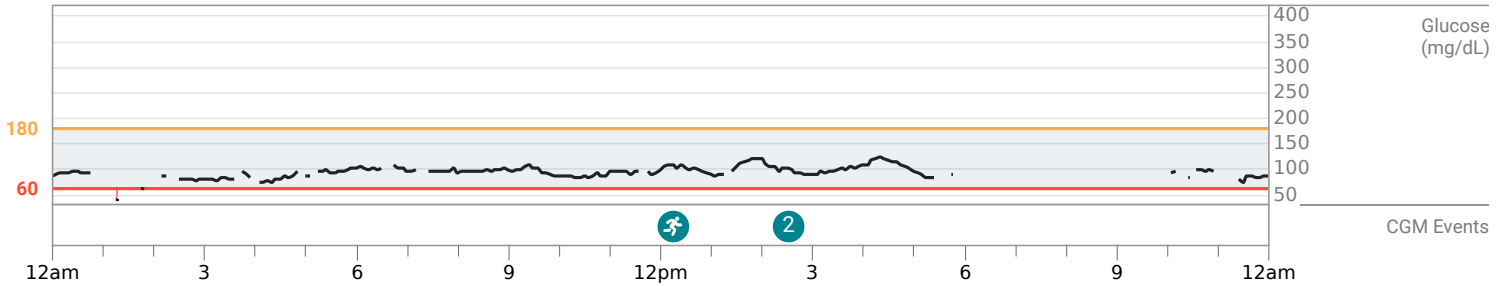
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

### Fri, Jan 10, 2025



Time	Device	Event	Details	Insulin Units	Glucose
7:05 AM	CGM	Hiking	1 hr, 14 min • 123 BPM	--	107 mg/dL

### Thu, Jan 9, 2025



Time	Device	Event	Details	Insulin Units	Glucose
2:30 PM	CGM	Hiking	1 hr, 24 min • 157 BPM	--	101 mg/dL
2:30 PM	CGM	Walking	1 hr, 38 min • 156 BPM	--	101 mg/dL
12:15 PM	CGM	Activity	34 min • 135 BPM	--	106 mg/dL

# Daily

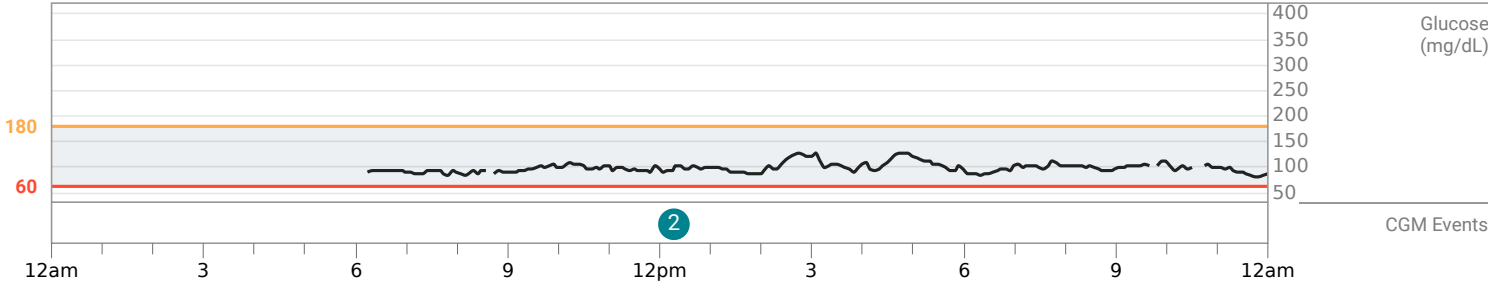
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

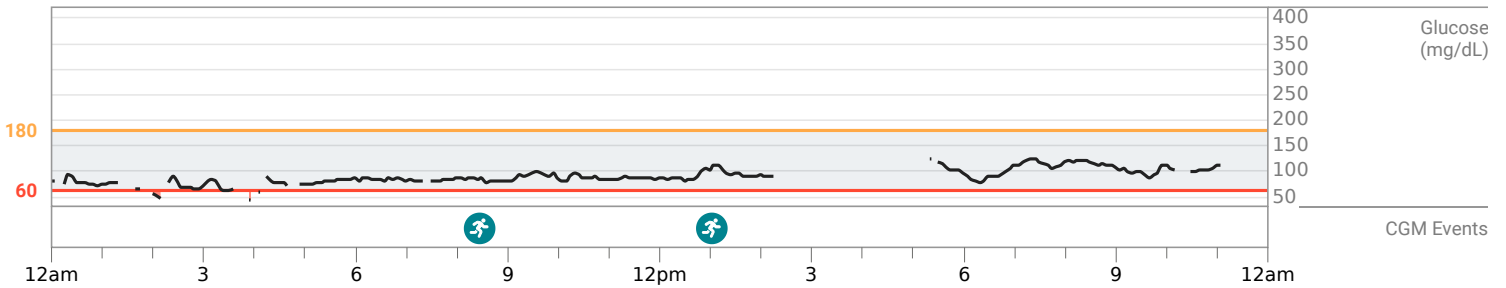
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

### Wed, Jan 8, 2025



Time	Device	Event	Details	Insulin Units	Glucose
12:17 PM	CGM	Hiking	1 hr, 6 min • 139 BPM	--	100 mg/dL
12:16 PM	CGM	Walking	1 hr, 7 min • 139 BPM	--	92 mg/dL

### Tue, Jan 7, 2025



Time	Device	Event	Details	Insulin Units	Glucose
1:01 PM	CGM	Walking	1 hr, 1 min • 124 BPM	--	102 mg/dL
8:27 AM	CGM	Activity	8 min • 124 BPM	--	85 mg/dL

# Daily

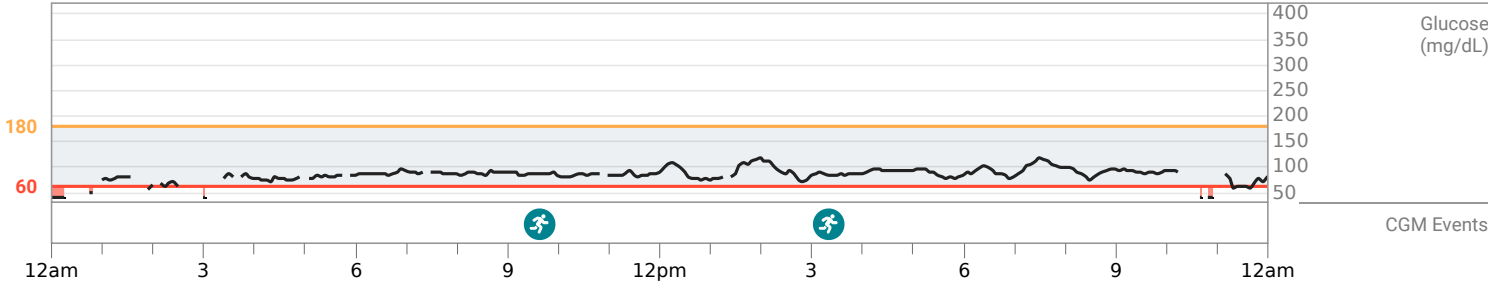
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

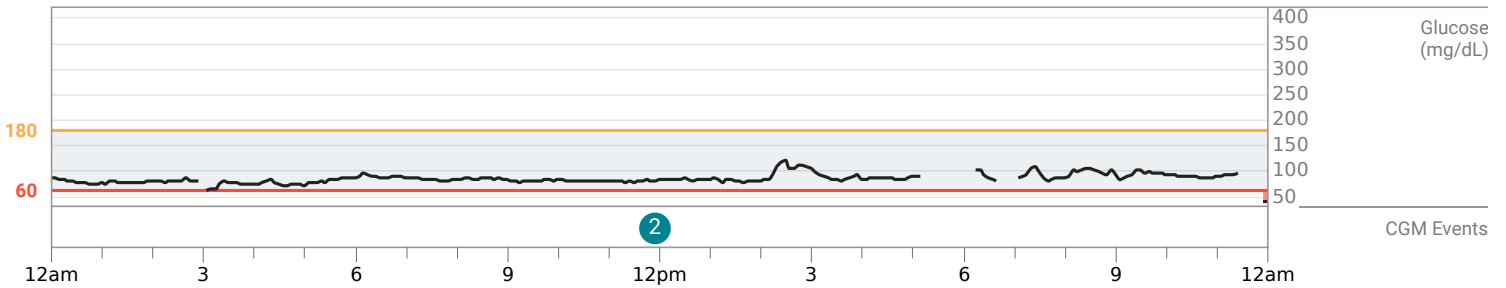
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

### Mon, Jan 6, 2025



Time	Device	Event	Details	Insulin Units	Glucose
3:20 PM	CGM	Walking	30 min • 93 BPM	--	84 mg/dL
9:37 AM	CGM	Walking	1 hr • 86 BPM	--	87 mg/dL

### Sun, Jan 5, 2025



Time	Device	Event	Details	Insulin Units	Glucose
11:55 AM	CGM	Running	1 hr, 1 min • 130 BPM	--	81 mg/dL
11:54 AM	CGM	Walking	1 hr, 3 min • 130 BPM	--	81 mg/dL



# Daily

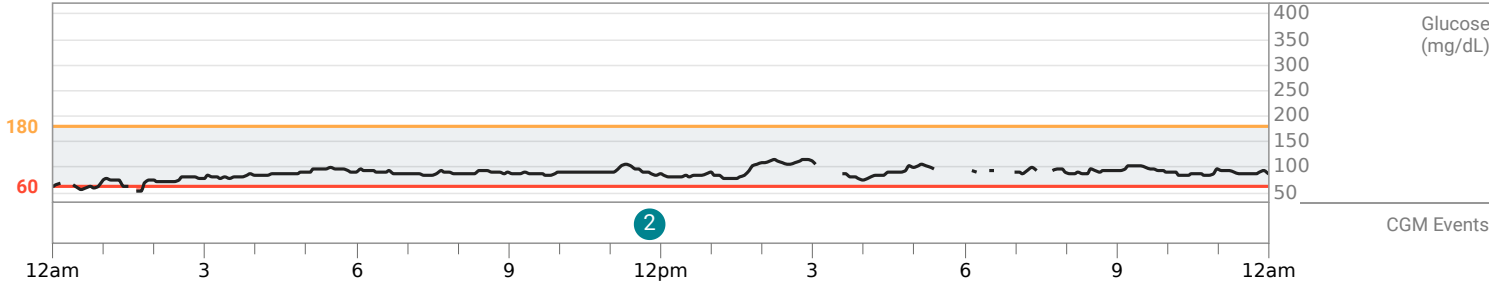
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

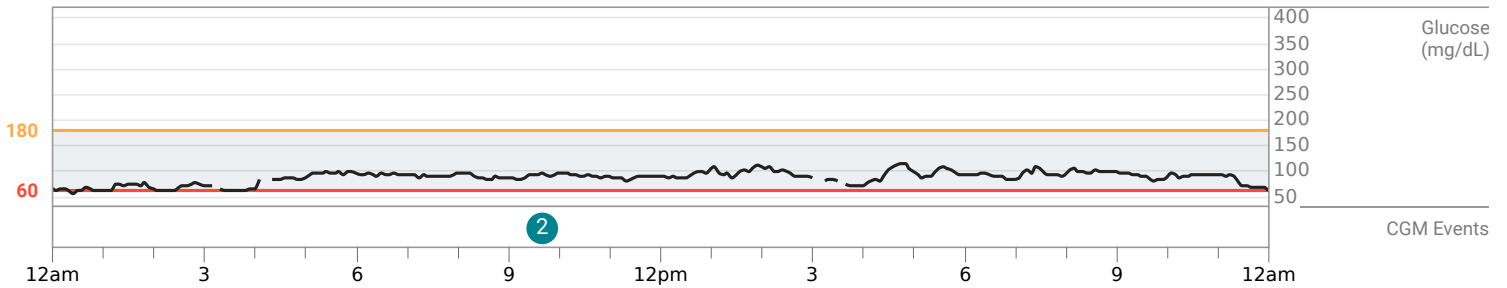
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

### Sat, Jan 4, 2025



Time	Device	Event	Details	Insulin Units	Glucose
11:46 AM	CGM	Hiking	1 hr, 7 min • 148 BPM	--	85 mg/dL
11:45 AM	CGM	Walking	1 hr, 2 min • 87 BPM	--	88 mg/dL

### Fri, Jan 3, 2025



Time	Device	Event	Details	Insulin Units	Glucose
9:40 AM	CGM	Running	1 hr, 11 min • 116 BPM	--	94 mg/dL
9:39 AM	CGM	Walking	1 hr, 9 min • 92 BPM	--	94 mg/dL

# Daily

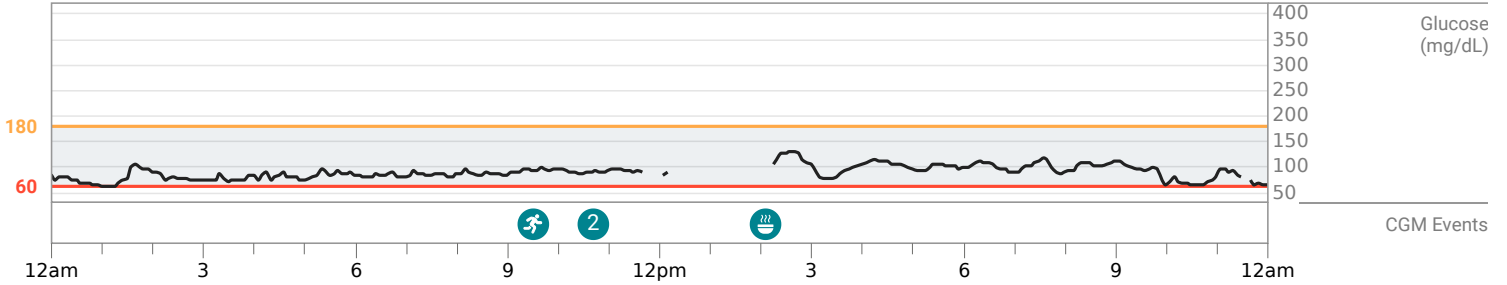
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

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

## Thu, Jan 2, 2025



Time	Device	Event	Details	Insulin Units	Glucose
2:06 PM	CGM	Meal	134 g • Lunch	--	103 mg/dL
10:42 AM	CGM	Hiking	48 min • 145 BPM	--	92 mg/dL
10:41 AM	CGM	Walking	1 hr, 6 min • 145 BPM	--	92 mg/dL
9:30 AM	CGM	Activity	35 min • Medium	--	92 mg/dL

# Daily

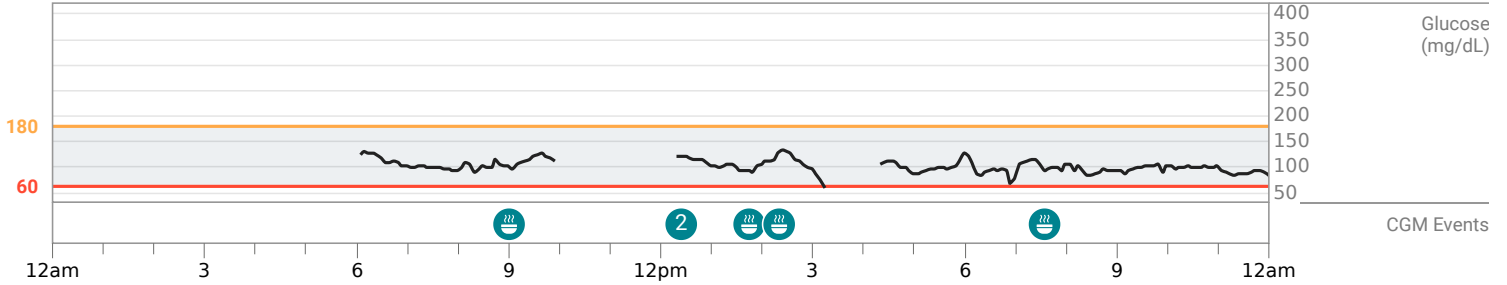
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

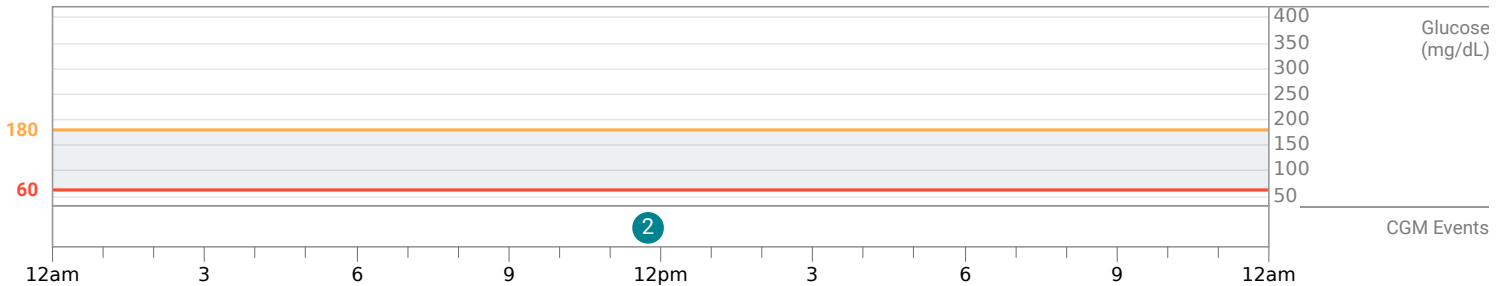
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

## Wed, Jan 1, 2025



Time	Device	Event	Details	Insulin Units	Glucose
7:35 PM	CGM	Meal	70 g • Dinner	--	93 mg/dL
2:20 PM	CGM	Meal	60 g • Milk chocolate peanuts	--	125 mg/dL
1:45 PM	CGM	Meal	110 g • Lunch	--	93 mg/dL
12:25 PM	CGM	Running	1 hr, 35 min • 139 BPM	--	121 mg/dL
12:23 PM	CGM	Walking	1 hr, 2 min • 116 BPM	--	121 mg/dL
9:00 AM	CGM	Meal	62 g • Breakfast	--	100 mg/dL

## Tue, Dec 31, 2024



Time	Device	Event	Details	Insulin Units	Glucose
11:46 AM	CGM	Hiking	1 hr, 7 min • 124 BPM	--	--
11:44 AM	CGM	Walking	1 hr, 5 min • 124 BPM	--	--

# Daily

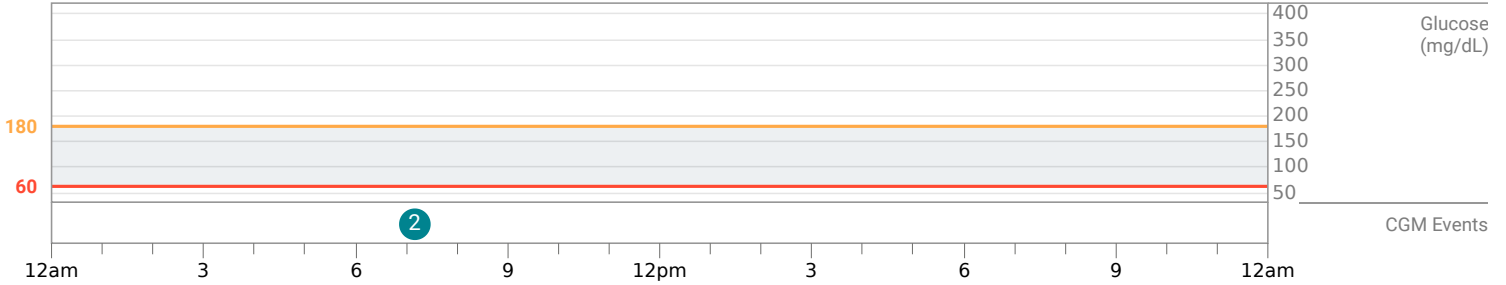
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

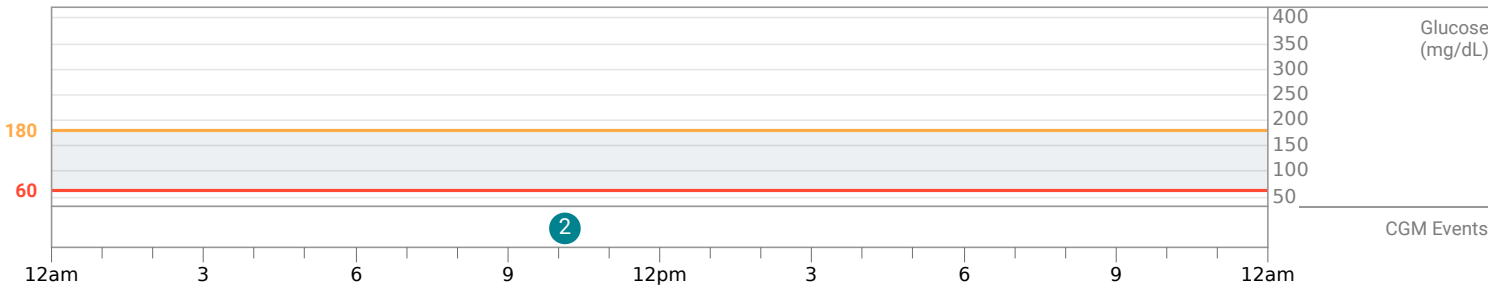
CGM: Alert Activity/Exercise Meal/Carbs Blood Glucose Health Calibration Note Medication

### Mon, Dec 30, 2024



Time	Device	Event	Details	Insulin Units	Glucose
7:09 AM	CGM	Hiking	46 min • 164 BPM	--	--
7:08 AM	CGM	Walking	46 min • 164 BPM	--	--

### Sun, Dec 29, 2024



Time	Device	Event	Details	Insulin Units	Glucose
10:08 AM	CGM	Hiking	1 hr, 41 min • 160 BPM	--	--
10:07 AM	CGM	Walking	1 hr, 28 min • 160 BPM	--	--

# Daily

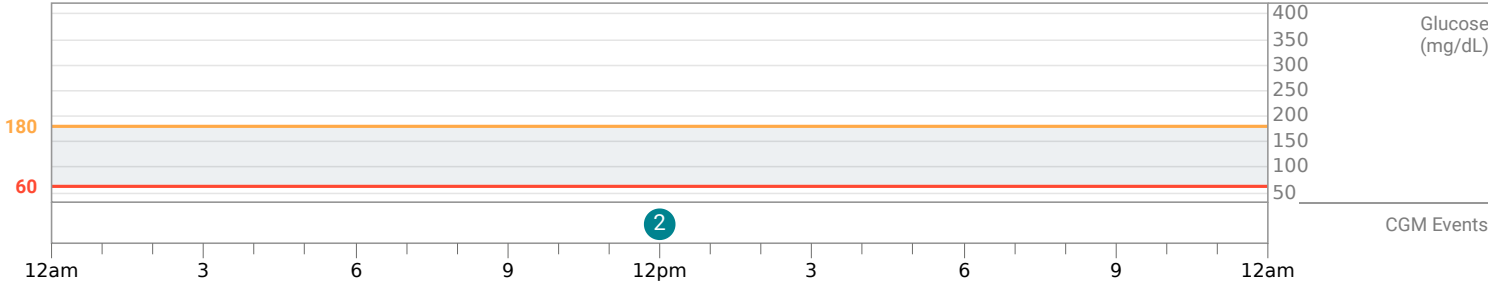
14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



## R Daily View

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

## Sat, Dec 28, 2024



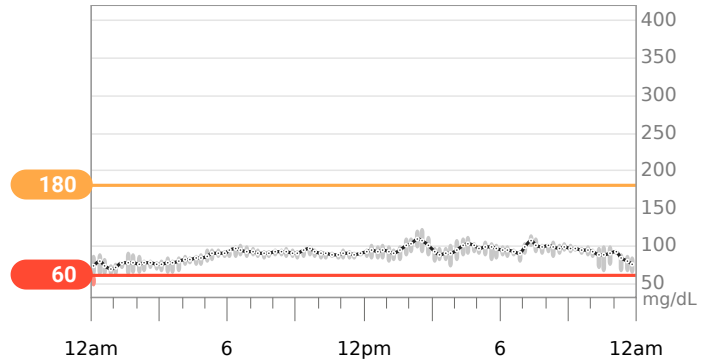
Time	Device	Event	Details	Insulin Units	Glucose
11:59 AM	CGM	Running	1 hr, 2 min • 153 BPM	--	--
11:59 AM	CGM	Walking	3 hr, 20 min • 150 BPM	--	--

# Compare

14 Days Sat Dec 14, 2024 - Fri Dec 27, 2024

No data matched your selection.

14 Days Sat Dec 28, 2024 - Fri Jan 10, 2025



## Glucose

No data matched your selection.

### Average glucose

**90** mg/dL

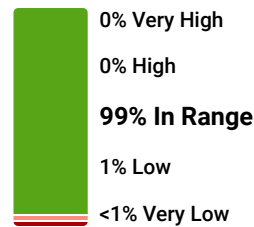
Standard deviation

**13** mg/dL

GMI

**N/A**

### Time in Range



Target Range:

60-180 mg/dL

### Sensor usage

Days with CGM data

**64%**  
9/14

Avg. calibrations per day

**0.0**

# Compare

14 Days Sat Dec 14, 2024 - Fri Dec 27, 2024

14 Days Sat Dec 28, 2024 - Fri Jan 10, 2025

## Patterns

**No data matched your selection.**

**NEW Best Day**  
R glucose data was in the target range about 100% of the day.

# Compare

14 Days Sat Dec 14, 2024 - Fri Dec 27, 2024

14 Days Sat Dec 28, 2024 - Fri Jan 10, 2025

## Devices

No data matched your selection.



### Stelo Mobile App CGM ID

Serial Number	<b>Android</b>
Uploaded On	<b>January 10, 2025</b>
Model	<b>Stelo</b>



### Stelo Mobile App CGM ID

Serial Number	<b>Android</b>
Uploaded On	<b>December 23, 2024</b>
Model	<b>Stelo</b>



# Daily Statistics

14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



☀ 6:00 AM - 10:00 PM ■ Very low < 50 ■ Low 50 - 60 ■ In range 60 - 180 ■ High 180 - 250 ■ Very High > 250  
🌙 10:00 PM - 6:00 AM ■ Very low < 50 ■ Low 50 - 60 ■ In range 60 - 180 ■ High 180 - 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	0	0	0	0	0	0	0
■ % In Range	95	98	100	100	100	98	99
■ % Low	2	1	0	0	0	2	0
■ % Very Low	3	<1	0	<1	0	0	<1
# Readings	256	222	386	460	377	263	266
Min	39	42	58	39	54	52	39
Max	118	124	132	128	114	115	121
Mean	84	88	99	91	89	87	84
Std. Dev.	13	15	11	13	12	10	9
Quartile 25	79	80	92	83	85	82	79
Median	86	86	98	92	90	87	83
Quartile 75	90	97	103	99	95	92	88
IQR	11	17	11	16	10	10	9
IQ Std. Dev.	3	5	3	4	3	2	2
SD Mean	1	1	1	1	1	1	1
%CV	15	17	11	14	13	12	11

# Hourly Statistics

14 days | Sat Dec 28, 2024 - Fri Jan 10, 2025



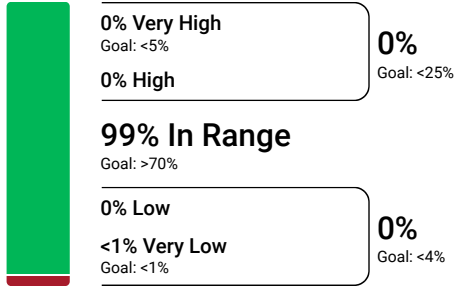
☀ 6:00 AM - 10:00 PM    🌙 10:00 PM - 6:00 AM    🟠 Very low < 50    🟡 Low 50 - 60    🟢 In range 60 - 180    🟠 High 180 - 250    🟡 Very High > 250

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	0	0	0	0	0
🟢 % In Range	88	93	96	99	99	100	100	100	100	100	100	100
🟡 % Low	7	5	1	0	1	0	0	0	0	0	0	0
🟠 % Very Low	5	1	2	1	0	0	0	0	0	0	0	0
# Readings	83	75	83	81	89	93	115	116	117	107	95	91
Min	39	39	39	42	59	73	79	79	77	77	78	75
Max	95	103	91	95	99	102	130	107	113	125	106	104
Mean	73	75	75	76	81	88	93	90	90	92	88	89
Std. Dev.	13	12	10	9	8	7	11	7	7	10	6	6
Quartile 25	63	66	70	71	74	82	86	85	85	86	84	84
Median	74	75	76	77	82	89	91	88	88	90	88	89
Quartile 75	84	80	81	83	86	95	99	94	95	96	91	94
IQR	21	14	11	12	12	13	13	9	10	10	7	10
IQ Std. Dev.	6	3	3	3	4	4	3	3	3	3	2	3
SD Mean	1	1	1	1	1	1	1	1	1	1	1	1
%CV	18	16	13	12	10	8	11	8	8	11	7	7

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	0	0	0	0	0	0	0	0	0	0	0	0
🟢 % In Range	100	100	100	99	100	100	100	100	100	100	97	95
🟡 % Low	0	0	0	1	0	0	0	0	0	0	0	2
🟠 % Very Low	0	0	0	0	0	0	0	0	0	0	3	2
# Readings	95	94	97	79	93	81	83	93	96	95	93	86
Min	73	75	69	58	75	77	68	81	73	64	39	39
Max	121	120	132	125	125	126	119	123	121	112	110	109
Mean	92	94	104	89	99	96	91	100	98	95	89	81
Std. Dev.	11	12	14	11	13	10	9	10	10	7	14	13
Quartile 25	83	86	94	82	89	90	85	92	91	91	85	74
Median	88	93	104	87	97	96	91	100	97	95	91	86
Quartile 75	100	102	113	98	109	102	96	108	102	100	99	90
IQR	17	17	20	16	20	12	11	16	11	9	14	17
IQ Std. Dev.	5	5	5	4	6	4	3	4	3	3	4	4
SD Mean	1	1	1	1	1	1	1	1	1	1	1	1
%CV	12	12	13	13	13	10	10	10	10	8	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



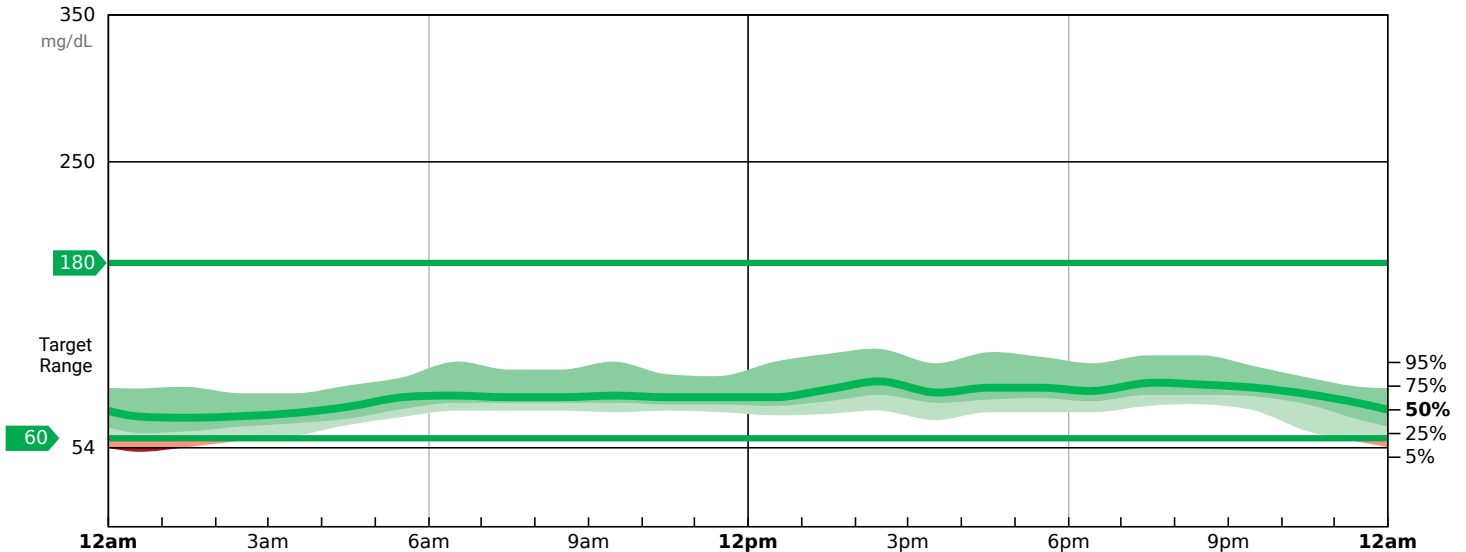
Target Range: 60-180 mg/dL  
Very High: Above 250 mg/dL  
Very Low: Below 54 mg/dL

## Glucose Metrics

Average Glucose Goal: <154 mg/dL	90 mg/dL
GMI Goal: <7%	5.5%
Coefficient of Variation Goal: <36%	14.4%
Time CGM Active	84.9%

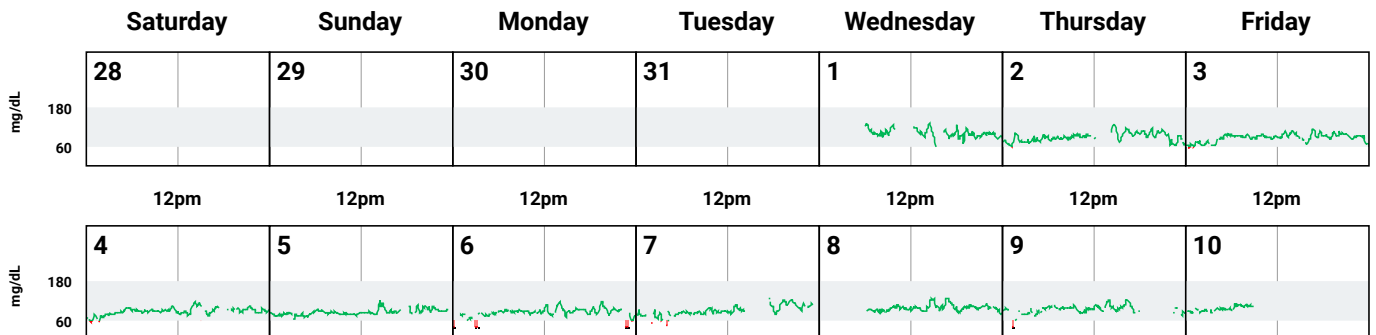
## Ambulatory Glucose Profile (AGP)

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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