Supplementary Table 4. Risk factors for type 2 diabetes mellitus

Overweight or obese (body mass index ≥23 kg/m^2)
Abdominal obesity (waist circumference ≥90 cm for men, ≥85 cm for women)
Family history of type 2 diabetes mellitus in first degree relative (parents, siblings)
History of prediabetes
History of gestational diabetes mellitus or delivery of a macrosomia baby (≥4 kg)
Hypertension (≥140/90 mm Hg or on therapy for hypertension)
High-density lipoprotein cholesterol level ≤35 mg/dL or triglyceride level ≥250 mg/dL
Conditions associated with Insulin resistance (e.g., polycystic ovary syndrome, acanthocytosis nigricans)
History of cardiovascular disease (e.g., stroke, coronary artery disease)
Medications (e.g., glucocorticoids, atypical antipsychotics)

Supplementary Table 5. Classification of hypoglycemia

Level of hypoglycemia	Hypoglycemic criteria	Glycemic criteria	Description
Level 1	Hypoglycemia alert value	<70 mg/dL ≥54 mg/dL	Sufficiently low for treatment with fast-acting carbohydrate and dose adjustment of glucose-lowering therapy
Level 2	Clinically significant hypoglycemia	<54 mg/dL	Sufficiently low for treatment with fast-acting carbohydrate and dose adjustment of glucose-lowering therapySufficiently low to disrupt hypoglycemic defense mechanisms. Significantly increased risk of severe hypoglycemia, life- threatening arrhythmias, and mortality
Level 3	Severe hypoglycemia	No specific glucose threshold	Hypoglycemia associated with severe cognitive impairment requiring external assistance for recovery

Supplementary Table 6. Core metrics for interpreting continuous glucose monitoring

Core metrics	Recommendation
Duration of CGM device use, day	≥14
Percentage of time CGM device is active, %	≥70
Mean glucose, mg/dL Glucose management indicator (GMI)	Not applicable
Coefficient of variation (%CV)	≤36
Time in range (TIR)	Refer to Supplementary Table 7

CGM, continuous glucose monitoring.