Supplementary Table 7. Recommended glycemic targets

	T1DM/T2DM		High risk/Elderly: T1DM/T2DM		Pregnant: T1DM[c]		Pregnant: gestational diabetes and T2DM[d]	
	Glucose range, mg/dL	Percentage of time during the day	Glucose range	Percentage of time during the day	Glucose range, mg/dL	Percentage of time during the day	Glucose range, mg/dL	Percentage of time during the day
2nd stage hyperglycemia (very high)	>250 mg/dL	<5% (1 hr 12 min/day)	(mg/dL)	<10% (2 hr 24 min/day)				No supporting evidence
1st stage hyperglycemia (high)	>180 mg/dL	<25% (6 hr/day)[a]	>180 mg/dL	<50% (12 hr/day)	>140 mg/dL	<25% (6 hr/day)	>140 mg/dL	
Within target range	70–180 mg/dL	>70% (17 hr/day)	70–180 mg/dL	>50% (12 hr/day)	63–140 mg/dL	<70% (17 hr/day)	63–140 mg/dL	
1st stage hypoglycemia (low)	<70 mg/dL	<4% (1 hr/day)[b]	<70 mg/dL	<1% (15 min/day)	<63 mg/dL	<4% (1 hr/day)[b]	<63 mg/dL	
2nd stage hypoglycemia (very low)	<54 mg/dL	<1% (15 min/day)			<54 mg/dL	<1% (15 min/day)	<54 mg/dL	

T1DM, type 1 diabetes mellitus; T2DM, type 2 diabetes mellitus.
[a]Includes percentage of time with glucose levels >250 mg/dL, [b]Includes percentage of time with glucose levels <54 mg/dL, [c]Target ranges are based on limited evidence; further research is needed, [d]Due to very limited evidence for pregnant women with T2DM or gestational diabetes, target range percentages are non-specified for these groups.