

ESM Table 1: Titration algorithm for weekly adjustment of basal and bolus insulin dosage

Previous weeks' mean FBG	Insulin degludec dosage adjustment (%)	Previous weeks' mean post-meal 2-hours CGM reading	ICR dose adjustment (%)
>7.2 mmol/l (>130 mg/dl)	+ 20%	>10.0 mmol/l (>180 mg/dl)	- 20%
4.4-7.2 mmol/l (80 -130 mg/dl)	0%	5.0-10.0 mmol/l (90 - 180 mg/dl)	0%
<4.4 mmol/l (<80 mg/dl)	- 20%	<5.0 mmol/l (<90 mg/dl)	+ 20%

FBG: fasting blood glucose; CGM: continuous glucose monitoring; ICR: insulin to carbohydrate ratio.