

# If You Have Diabetes



# Know Your A1C Number



**Aim for the Green Zone**

## What is A1C? (A-one-C)

- An A1C is a lab test which measures your average blood sugar level for the last 3 months.
- It is like a “memory” of your blood sugar levels.
- It shows whether your blood sugar stayed close to your targeted range most of the time, or was too high or too low.

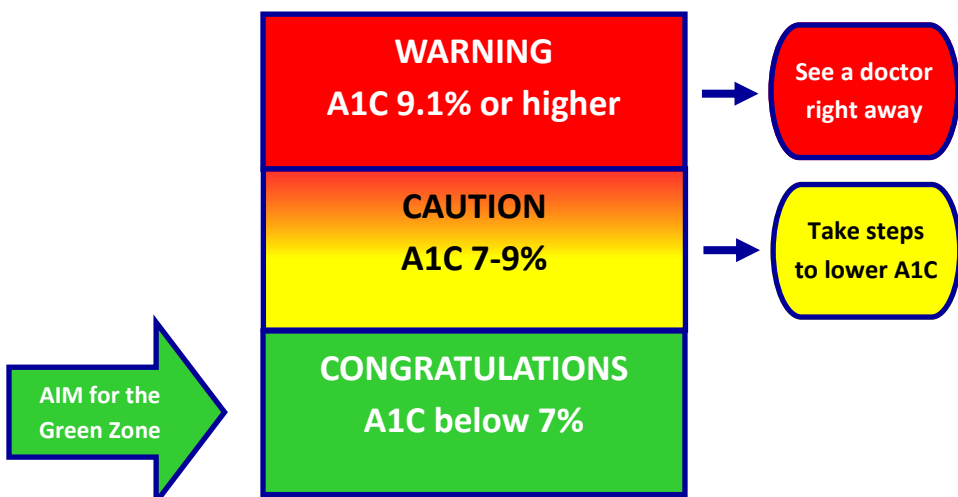
## Why should I have an A1C test?

Knowing your number from the A1C test can help you and your health care team:

- Set goals to take control of your diabetes.
- Know how well your blood sugar control efforts are working (medication, food choices and activity).

## What is a good A1C goal for me?

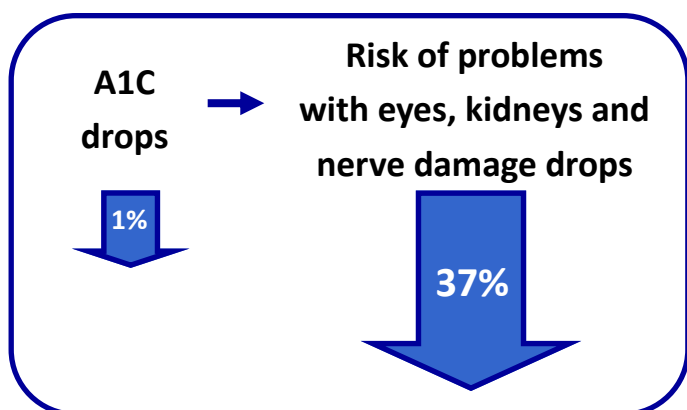
For most people with diabetes, the A1C goal or target is below 7%.



Ask your health care team to help you decide on the goal that is right for you and steps to reach that goal.

## Lowering your A1C really matters!

- Every 1% drop in A1C reduces the risk of long term diabetes-related problems by 37%.
- The closer your A1C is to the **GREEN ZONE**, the less risk you have for serious diabetes problems over time.



## KNOW and UNDERSTAND YOUR NUMBER!

Ask your diabetes care team about your A1C test today and AIM for less than **7%** in the **GREEN ZONE!**

## How often do I need an A1C?

Your A1C should be checked at least:

**Every 3 Months**

Every 3 months if your A1C is too high, if your diabetes treatment changes or if you plan to become pregnant.

**Every 6 Months**

Every 6 months if your A1C is at goal or more often if your health care team orders it.

## Ways to help lower your A1C:



Attend self-management classes and learn all you can

A cartoon illustration of a person sitting in a chair reading a book.

Make healthy food and portion choices

A plate of food divided into sections labeled 'Fruits', 'Non-Starchy Vegetables', 'Starches & Grains', 'Protein', and 'Milk/Water'.

Increase your physical activity level and check your blood sugar as instructed

A cartoon illustration of a person running and a blood sugar meter.

Take your diabetes medication as ordered

A cartoon illustration of an insulin bottle and a pill bottle.

See your doctor, diabetes educator or other health care team member if you are not able to lower your blood sugar levels with activity, eating choices and your medication.

A cartoon illustration of a doctor's office door with a sign that says 'DOCTOR'.