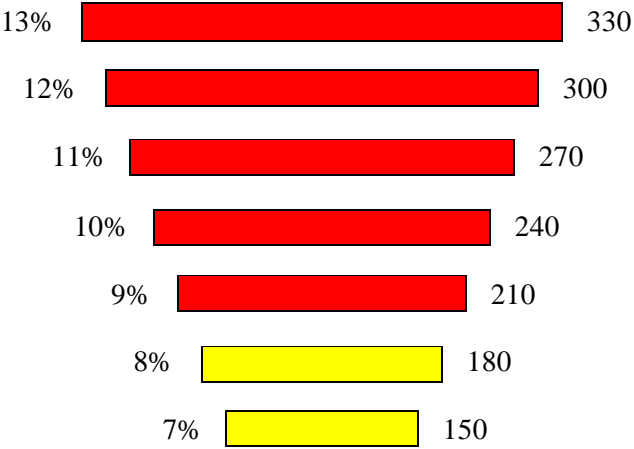


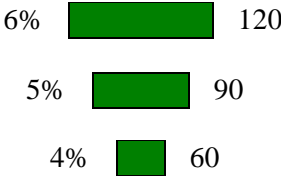
# Hemoglobin A1C

The A1C blood test shows your blood sugar levels over the past few months. It also helps you know your risk for diabetes complications. The goal for A1C is 6.5% or lower. The closer your A1C level is to normal, the lower your risk for complications.

## How to Compare Hemoglobin A1C Numbers to Blood Sugar Numbers



**Goal 6.5%.....Goal 6.5%**



**The goal for A1C at Fond du Lac Clinics is 6.5% or lower.** The A1C goal is set with your provider and may change depending on your age and medications.

An A1C over 7% means blood sugars are too high. Diet, exercise and medication changes are needed to prevent complications from diabetes.

Your last A1C was \_\_\_\_\_% on \_\_\_\_\_ (date).

Your next A1C should be done \_\_\_\_\_ (date).

