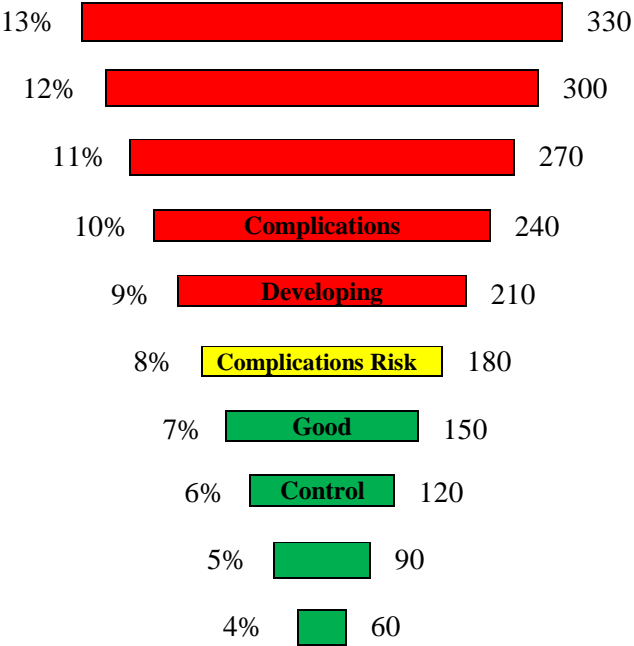


Hemoglobin A1C

The A1C blood test shows your blood sugar levels over the past 2-3 months. It also helps you know your risk for diabetes complications. The results give you a good idea of how well your diabetes treatment plan is working. The closer your A1C level is to normal, the lower your risk for complications. **An A1C over 8% means blood sugars are too high.** Diet, exercise and medication changes are needed to prevent or delay complications from diabetes. You should have your A1C checked every 3 to 6 months.

How to Compare Hemoglobin A1C Numbers to Blood Sugar Numbers



The A1C goal is set with your provider and may change depending on your age, health, and medications.

Example:
Your provider may set your A1C goal *higher than 7.0%* if you have:

- A history of low blood sugars
- Diabetes health problems that are difficult to manage
- Other health conditions

Example:
Your provider may set your A1C goal *lower than 7.0%* if you:

- Are younger
- Are newly diagnosed
- Do not have heart conditions related to diabetes



Your A1C today was _____%. Your last A1C was _____% on _____ (date).

