

Know Your A1C

Two Ways to See How You Are Managing Diabetes

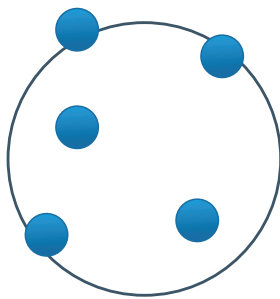
1. Check your blood glucose at home with a meter
2. Get a blood test called a **hemoglobin A1C, or A1C**

What is an A1C test?

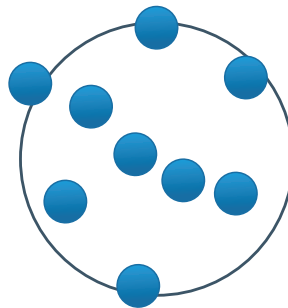
One of the most important tests for people with diabetes, this blood test tells the average of all the glucose results over the past 2–3 months.

What does the A1C measure?

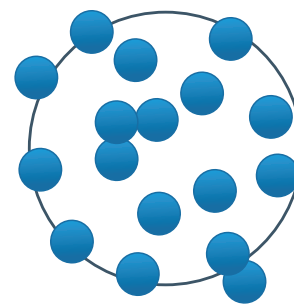
The amount of glucose that attaches to hemoglobin, a protein in red blood cells. As the hemoglobin travels through the bloodstream, it picks up glucose; the more glucose in the blood, the more glucose attaches to the hemoglobin. For most people with diabetes, the A1C should be less than 7% or as close to the non-diabetes range as safely possible. An A1C of 7% means that your average blood glucose readings are about 154 mg/dl.



Non-diabetes
Range: 4-6%



Goal: A1C
Less than 7%



High: A1C
7% or higher

How often should the A1C be checked?

Between 2-4 times a year. Make sure you know your results.

Why should you lower your A1C?

Lowering our A1C level may greatly reduce your risk for developing diabetes complications. For every 1 point you lower your A1C, you lower your chances of getting diabetes complications by up to 25%.

How can you lower your A1C if it's too high?

If your A1C isn't at your target level, talk to your healthcare team about what you can do. You may need to start on diabetes medicine or change the dose that you currently take. Meet with a registered dietitian to review your meal plan and food intake. Plus, doing regular physical activity can help you meet your A1C target.

A1C%	eAGmg/dl*
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

*eAG = estimated average blood glucose

