

A1C: Do you know what your "number" is?

Is your blood sugar under control?

Testing your blood sugar lets you know how well you are managing your diabetes. Managing your diabetes well can help you avoid diabetes problems.

Testing your blood sugar at home only tells you how well you are doing at the moment you do the test. At different times, your blood sugar could be higher or lower. To know the whole story, you need an A1C test.

What is an A1C test?

An A1C is a blood test done at your doctor's office to tell you how well you are managing your blood sugar over time. Your A1C number tells you your *average* blood sugar for 2-3 months before the test.

Under 7%

What is your "number?"

The American Diabetes Association (ADA) says that A1C should be less than 7%. Your doctor may set a different A1C goal for you and it may change over time. Ask your doctor what your A1C goal should be. Your final goal should be less than 7%.

Blood sugar can be **high** one day...



And **low** the next...

A1C is your *average* blood sugar for 2-3 months

How often should you have an A1C test?

A1C tests should be done every 3 to 6 months. Ask your doctor what your last A1C was and when you should have your next test.

Talk to your doctor about:

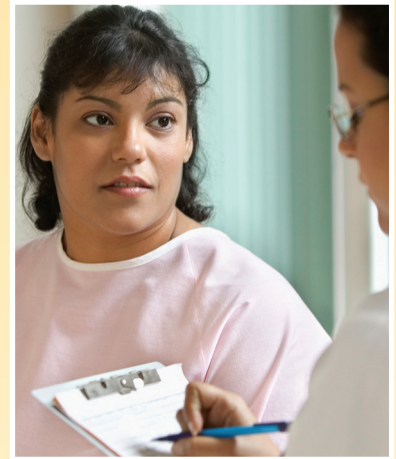
- What your A1C goal should be
- How often you should have an A1C test

Tracking your A1C

Know Your "Number!"

The American Diabetes Association (ADA) A1C goal: *Less than 7%*

- You and your doctor will set an A1C goal. This goal may change over time.
- Work with your doctor to reach a final goal less than 7%.



Get your A1C checked every 3 to 6 months*

Keep track of your A1C numbers on the chart below

- In the chart below, write down the date and your test result
- Write down when you should have your next test
- Fill in the circle on the graph closest to your test results
- Track your progress over time

My A1C goal:

Date:						
Next test:						
A1C number:	%	%	%	%	%	%
11.5%	○	○	○	○	○	○
11.0%	○	○	○	○	○	○
10.5%	○	○	○	○	○	○
10.0%	○	○	○	○	○	○
9.5%	○	○	○	○	○	○
9.0%	○	○	○	○	○	○
8.5%	○	○	○	○	○	○
8.0%	○	○	○	○	○	○
7.5%	○	○	○	○	○	○
7.0%	○	○	○	○	○	○
6.5%	○	○	○	○	○	○
6.0%	○	○	○	○	○	○

* Ask your doctor how often you should get an A1C test

This material has been developed by GlaxoSmithKline.

