



A1C = Your average blood sugar over the past 2-3 months.

What's Your Number?

The A1C is a blood test you get at the clinic. It shows:

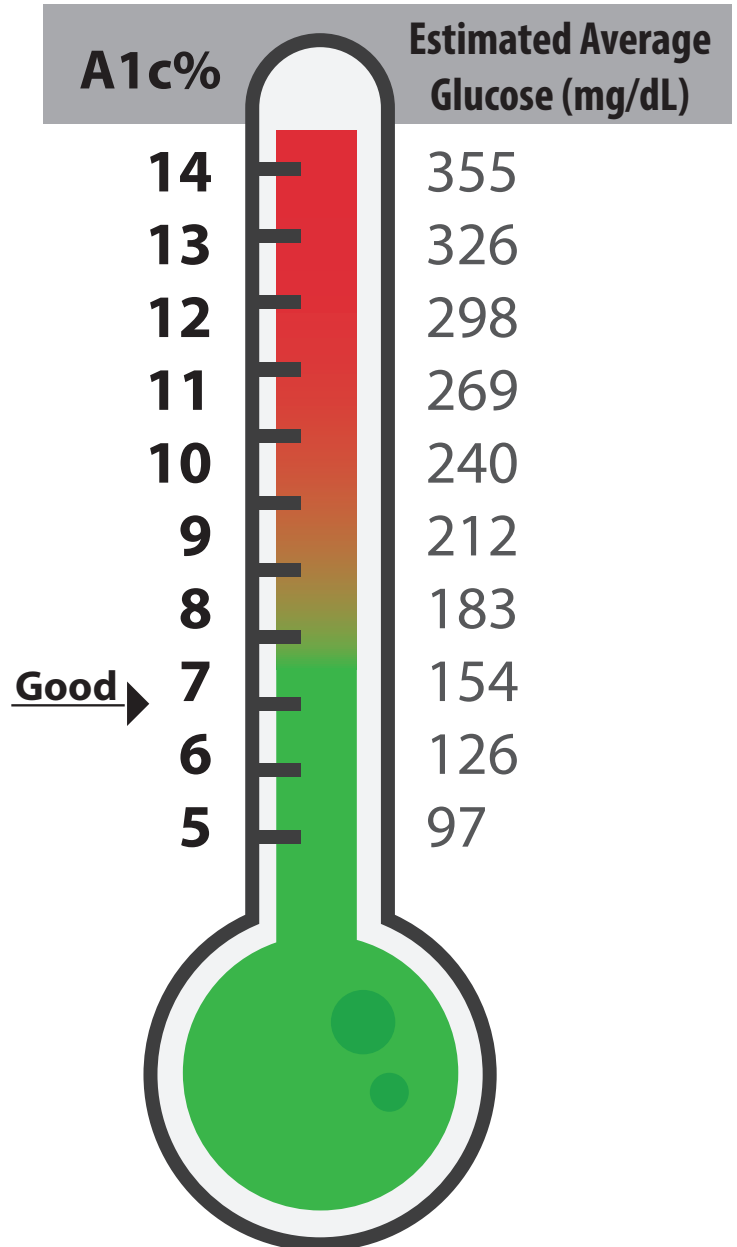
- Your average blood sugar level for the last 3 months
- Your risk (or chance) of having other health problems because of diabetes.

Why do I need it?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

What is a good A1C number?

Usually under 7%



Date:	
Your current A1C:	
Your Target A1C:	



American Diabetes Association (ADA) Recommendations for Blood Sugar Control

Diagnosis:

	Fasting blood sugar (mg/dl)	Peak 2 hour post meal (mg/dl)	*A1C
Non-diabetic	Less than 100	Less than 140	Less than 5.7%
Prediabetes	100 - 125	140 - 199	5.7% - 6.4%
Diabetes	More than 126	More than 200 after glucose tolerance test or with symptoms	More than 6.5%

*2 - 3 month average blood sugar. See back for more information.

Aim for Good Control:

Test	Your latest result	ADA Target for diabetes control mg/dl	**Your Target
Fasting/Before Meals (mg/dl)		70 - 130	
Peak Post-meal 1-2 hr post start of meal (mg/dl)		Less than 180	
Other			
Hemoglobin A1C		Less than 7%	

**Fill in your target with the help of your provider or diabetes educator.

When to test your blood sugar*:** (review at least annually with your provider or educator)

***May be dictated by your insurance company

NOTE: If you test your blood sugar using a site other than your fingertips, please discuss further with your provider and diabetes educator.