



A1C

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Blood glucose monitoring shows how well your management plan is working to keep your blood glucose in your target range.



physical activity



food choices



medications

Along with the blood glucose checks at home, your healthcare provider should perform an A1C blood test. This test shows how well you have managed your blood glucose during the past two to three months.



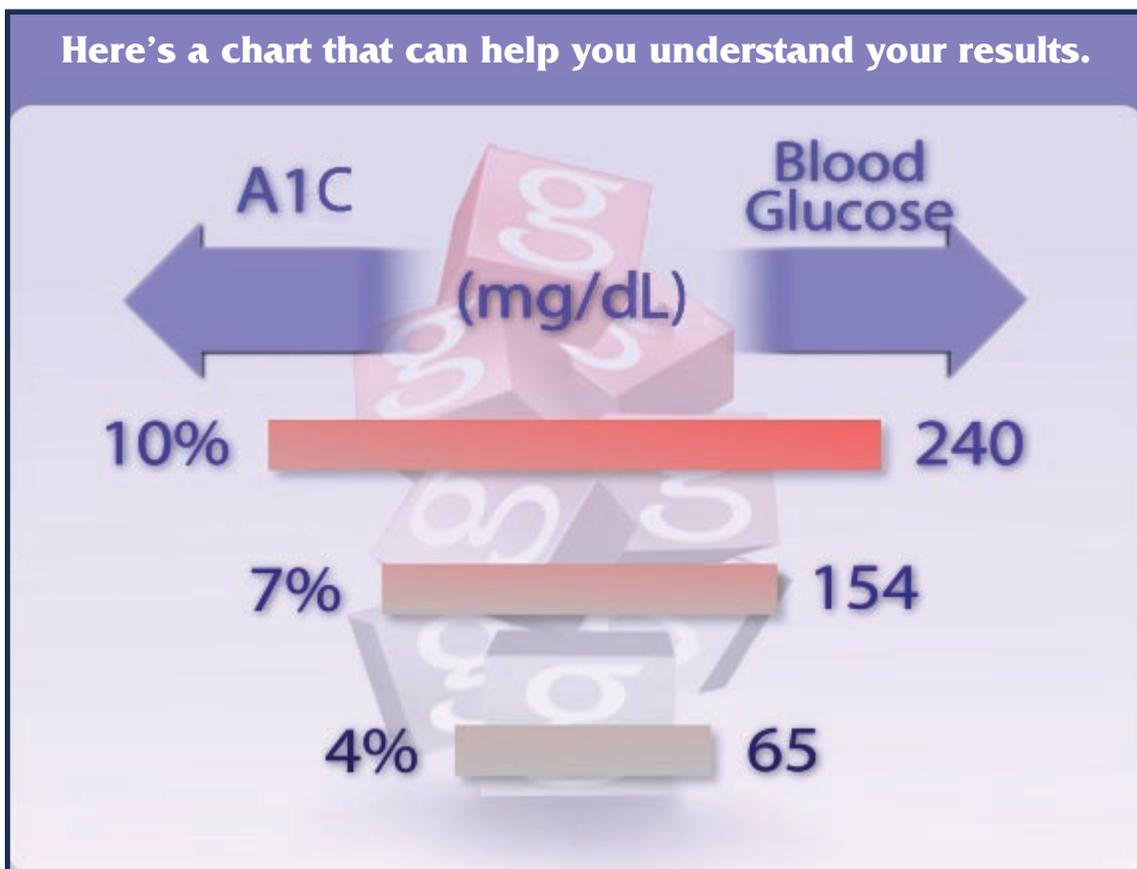
To measure your A1C, your healthcare provider will take a blood sample from either your vein (as you would to give blood) or your finger (as you would to check your blood glucose at home). People without diabetes have an A1C range of 4%-6%. If your value is above 6.5%, work with your diabetes care team to review your blood glucose records and make changes to your management plan.



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To better understand your A1C result, ask your diabetes care team what your estimated average blood glucose [eAG] is. With a little math, your A1C percentage can be calculated into a value, like the one you see on your blood glucose meter. For example, if your A1C is 7%, your estimated average blood glucose is 154 mg/dL.



Schedule an A1C test with your healthcare provider at least twice a year. You should have it checked more often if your diabetes is not well controlled, or if you have made recent changes to your management plan.