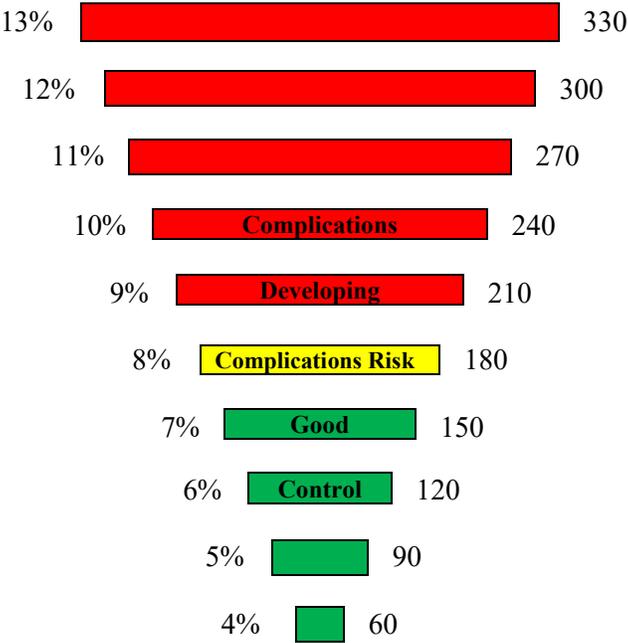


# Hemoglobin A1C

The A1C blood test shows your blood sugar levels over the past 2-3 months. The results give you a good idea of how well your diabetes treatment plan is working. The American Diabetes Association recommends a target for A1C of less than 7% for most adults. You and your provider may decide on a higher or lower target depending on your treatment goals and other factors. The closer you get to your target, the better your chances of preventing or delaying problems from diabetes that can develop over time. You should have your A1C checked every 3 to 6 months.

## How to Compare Hemoglobin A1C Numbers to Blood Sugar Numbers



Studies have shown that for every one-point decrease in A1C levels, you reduce your risk of long-term complications by up to 40%.

If your A1C is different from what you expect, talk to your provider or diabetes educator. You may need to check your blood sugar more often or use a continuous glucose monitor to get a better idea of how your blood sugar is changing throughout the day.

**Date:** \_\_\_\_\_ **Blood sugar result** \_\_\_\_\_ **A1C result** \_\_\_\_\_ % **A1C goal** \_\_\_\_\_ %

**Your last A1C was** \_\_\_\_\_ % **on** \_\_\_\_\_ **(date)**

