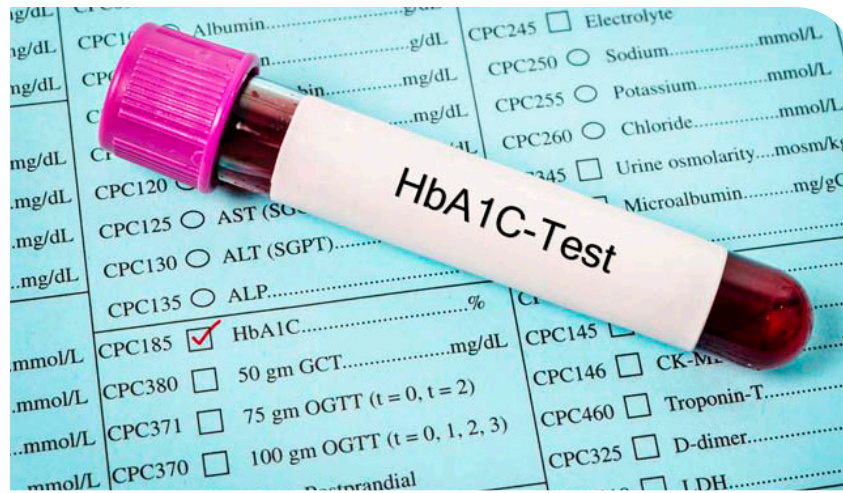


# MANAGING DIABETES: THE A1C TEST

Checking blood glucose using a meter is a great way to monitor your diabetes control throughout each day. It shows your blood sugar level at any given time. Testing at the same time each day allows you to track patterns.



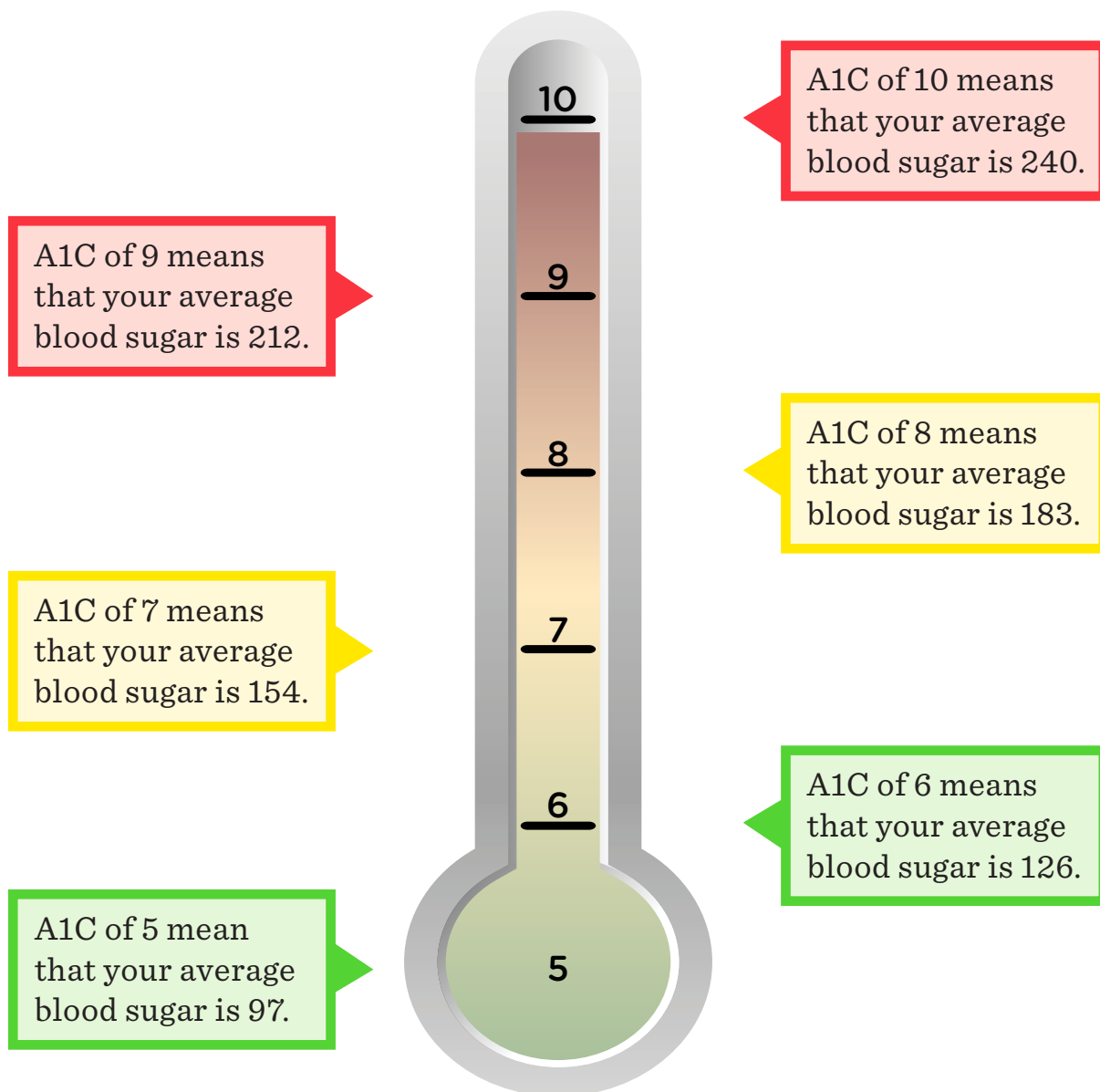
The **A1C (glycated hemoglobin)** is a blood test that measures the average blood glucose level over the past two to three months. You should get the A1C test every three to six months in addition to daily checks using a meter.

## BLOOD GLUCOSE GOALS

The hemoglobin A1C goal for most people living with diabetes is less than 7%, which is an estimated average glucose of 154 milligrams per deciliter (mg/dL). It varies by individual. Your care team determines your A1C goal, as well as your daily blood sugar goal. Staying at or near your A1C goal and keeping your daily blood glucose level within your target range will help reduce your risk of developing complications of diabetes.

**Your target A1C is \_\_\_\_\_ %.**

## YOUR A1C NUMBER: WHAT DOES IT MEAN?



Daily blood sugar testing is important for daily management of diabetes. Elevated A1C can be due to illness or infection, too little exercise, too little insulin or diabetes medication, or too much food. Discuss with your care team how to improve your blood sugar control.

### UMASS MEMORIAL DIABETES CENTER OF EXCELLENCE

Ambulatory Care Center (ACC), Second Floor  
55 Lake Avenue North, Worcester, MA 01655

New Patients: **855-UMASS-MD** (855-862-7763)

Existing Patients: **508-334-3206**

## Diabetes

CENTER OF EXCELLENCE

