



What You Need to Know About Managing YOUR HEMOGLOBIN A1C (HbA1C)

WHAT IS THE HEMOGLOBIN A1C TEST?

The Hemoglobin A1C, also known as the Glycosylated Hemoglobin Test or **A1C** tells your doctor your average blood glucose levels for the past two to three months. This blood test is completed at your doctor's office or a lab, and its results will help you and your doctor decide on lifestyle changes and medical treatment.

The HbA1C, or A1C test is one of several tests your doctor will use to monitor your diabetes. Other tests include a Fasting Blood Sugar Test (FBS), a Glucose Tolerance Test and a Random Blood Sugar Test. Information of the different tests your doctor may use can be found here: [CDC Diabetes Tests](#)

WAYS TO MANAGE YOUR HbA1C

Diabetes is a chronic disease and over time too much sugar in your blood can cause problems with your eyes, kidneys, nerves, blood vessels, and heart. You can lower your chances of having problems by managing your A1C levels.

Strategies for living your best life with diabetes:

- Choose your personal health goals. Plan healthy ways to celebrate when you successfully make small changes.
- Test your blood glucose levels before you eat, after you eat, and before you go to bed, so you know how you are doing day to day.
- Ask someone you trust to be your partner and help you work towards your goals.
- Take your medication as prescribed by your doctor.
- Ask your pharmacist about medication side effects.
- Ask for help if you can't get to the pharmacy or need support with paying for your medications.
- Follow a healthy eating plan.
- Exercise or choose physical activities that you enjoy.
- Reduce stress.
- Get your regular check-ups and lab tests.
- Learn more about diabetes and your choices.
- Keep a list of questions or concerns and bring the list every time you see your doctor or member of your diabetes team.



UNDERSTANDING MY A1C RESULTS

Ask your doctor for your most recent test results.

RESULTS	A1C
Normal	Less than 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or higher

[American Diabetes Association A1C](#)

Contact your doctor for additional information and next steps:

- ✓ Schedule your next doctor visit
- ✓ Plan transportation
- ✓ Invite a care partner

Next visit date: _____ and time: _____

Ask your doctor for your A1C goal: _____

DIABETES SELF-MANAGEMENT RESOURCES:

1. American Diabetes Association website: [ADA Newly Diagnosed](#)
2. [CDC: What is Diabetes?](#)



SCAN ME