

## what is my A1C?

Your hemoglobin A1C measures your blood sugar control over the last three months. It is the best way to know if your blood sugar is under control.

## what is my A1C goal?

A hemoglobin A1c goal for people with diabetes is less than 7 percent but not everyone can meet that goal. Each person should try to get as close as possible. A change in your treatment plan is almost always needed if your test result is over 8 percent.

## how often should I check?

At least twice a year. If your treatment changes or your blood sugar stays too high, you should get a test every three months until your blood sugar level improves.

Common causes of high blood sugar include eating excessive amounts of sugar and/or starches, eating more food than our bodies need, low physical activity, stress, a need to change medication and infections or illness.

## keep track



date	my A1c

A1C (%)	level of control	average blood sugar (mmol/L)
11%	TAKE ACTION	16-17.9
10%		14-15.9
9%		12-13.9
8%	TAKE ACTION	10-11.9
7%	TARGET	8-9.9
6%	NON DIABETIC RANGE	6-7.9
5%		5-5.9