

## Hemoglobin A1c

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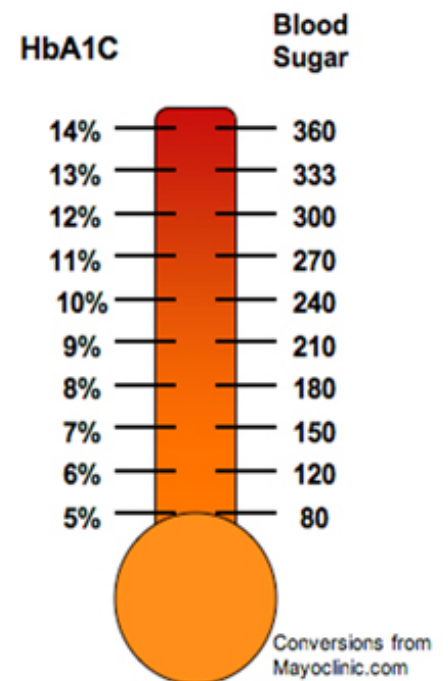
## Hemoglobin A1C

### What is hemoglobin A1C?

The hemoglobin A1C test tells the **average** blood sugar level over the last 3 months. It also relates to your risk of diabetes-related complications. A1C goals depend on many factors.

A person without diabetes	A1C at or below 5.6%
Prediabetes	A1C 5.7 to 6.4%
Diabetes	A1C at or above 6.5%
Healthy level for a person with diabetes	A1C at or below 7.0%, or as suggested by your doctor

(American Diabetes Association Guidelines)



### How can my A1C be lowered to a healthy level?

- Eat healthy. Eat the right amount of carbohydrates for you.
- Be active 5 – 6 days a week for 30 minutes a day.
- If you are overweight, lose weight.
- Monitor your blood glucose level.
- Take medication as prescribed by your doctor.

Your diabetes team can help you balance your diet, encourage exercise, and explain medications to meet your A1C and diabetes goals.

My last A1C result was \_\_\_\_\_(%) done on \_\_\_\_\_(date).

My goal A1C is \_\_\_\_\_(%).

**My next A1C test is due on \_\_\_\_\_(date).**

Visit our website for more information about support groups, clinical trials and lifestyle information.

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