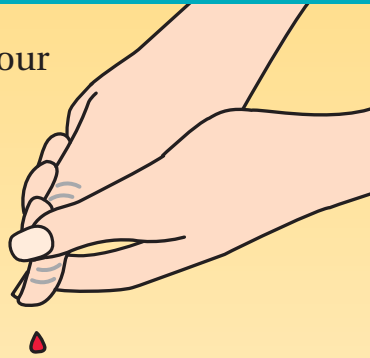


Your Hemoglobin A1c Test (A1c)*

Your diabetes management plan involves balancing exercise, meals and medicines. Another important way to make sure your diabetes is in balance is to have a **Hemoglobin A1c test (A1c)**. This test measures the amount of glucose in your blood over the last 3 months. It is a way for your doctor to have a very up-to-date measure of your blood glucose control.

Facts about the test

For this test, your doctor will draw a small amount of blood. The blood is then sent to a lab to be tested. The lab will send the results to your doctor.



A good score for this test is 6.5%. A test result of more than 6.5% may mean changes need to be made in your diabetes management plan. To lower your A1c:

- change your meal plan (with the help of a dietitian)
- exercise more and become more active
- take your medicines as prescribed
- control your blood glucose levels tightly

To give you some idea of your results, check your blood glucose 2 hours after a meal.

Other things to know about an A1c test

- Everyone who has diabetes should have this test done at least twice a year. (If score is over 6.5%, done every 3 months.)
- Learn your score and what it means to you.
- A good score can delay or prevent serious problems caused by diabetes.
- **This test does not replace checking your blood glucose on a regular basis.**



* May also be called HbA1c

Your A1c Test

My A1c score is _____

This chart can help you learn more about what your A1c score means. If you don't understand any part, ask your doctor or nurse to explain it to you. If you need to make changes in your management plan to lower your score, work with your doctor, nurse or CDE.

A1c %	4.0%-6.5%	7.0%-8.5%	9.0%-11.5%	12.0%-14%
mg/dL	60-120	150-180	200-270	300-360
Your score is ...	low	a little high	high	very high
You should ...	keep up the good work	make changes to your management plan*	make more changes to your management plan*	make a lot of changes to your management plan*

***Ask your doctor, nurse or CDE to help you list what changes to make to your diabetes management plan here:**

