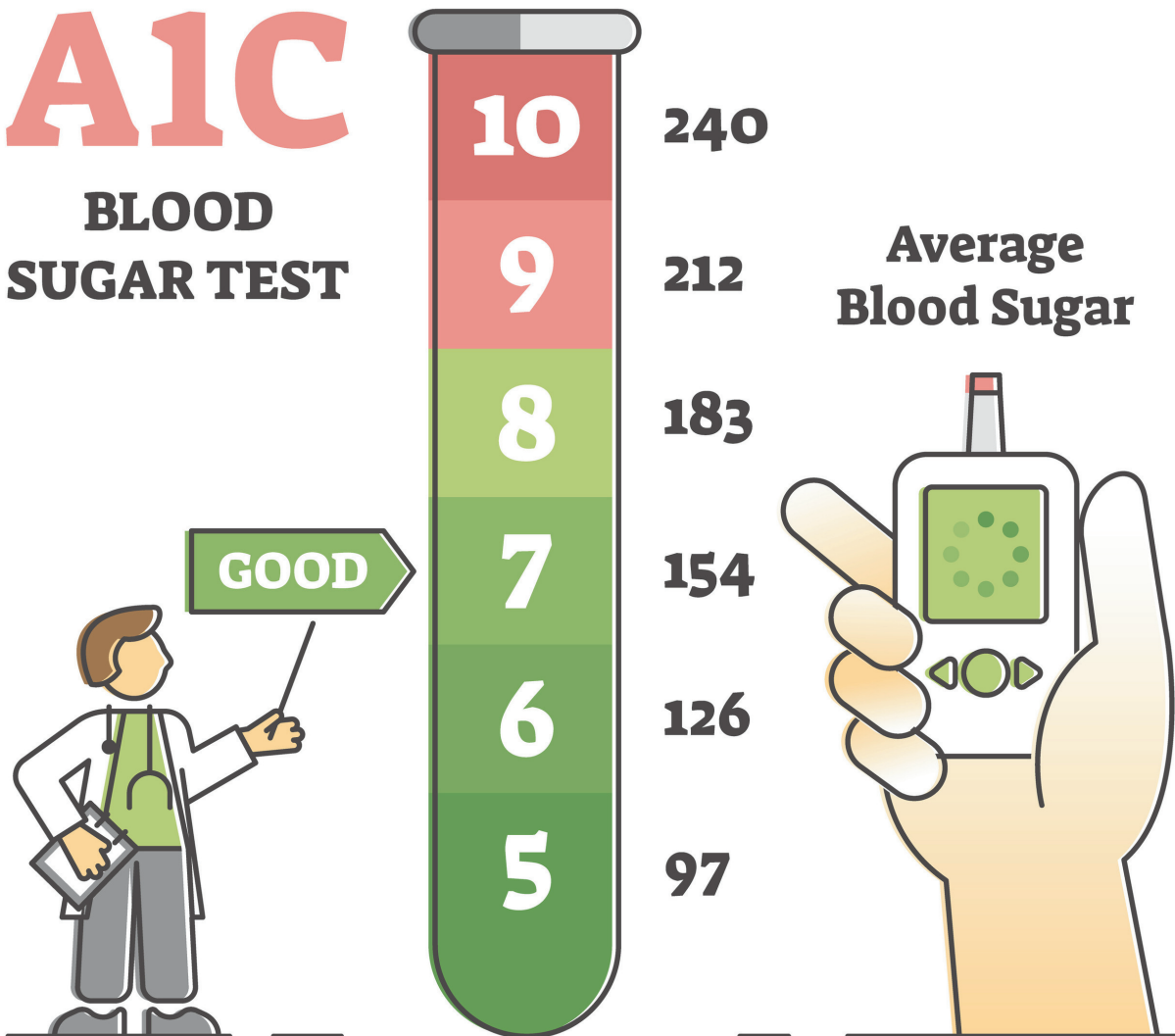


WHAT'S MY A1C?

A1C

BLOOD
SUGAR TEST

The A1c is a blood test that your doctor can order. It will show you your average blood sugar level for last 3 month.

The higher your A1c rises the more risk you are for other health problems such as kidney problems, eye problems, and nerve damage.

Why should I get my A1c checked? This is a better measurement of your diabetes control than a finger stick.

What is a good A1c? 7% or lower. Your doctor and diabetes educator can better decide what a good goal is for you depending on other parameters.

WHAT IS A GOOD BLOOD SUGAR GOAL?

TIME	ADULTS	DURING PREGNANCY
FASTING	70-130mg/dL	60-99mg/dL
2 HOURS AFTER MEALS	Under 180mg/dL	Under 120mg/dL

WHY SHOULD YOU CHECK?

Help YOU see where you are at with your diabetes and recognizing a change in pattern

Helps the PROVIDER adjust medications depending on when your blood sugars are abnormal

To identify when you are having a low blood sugar

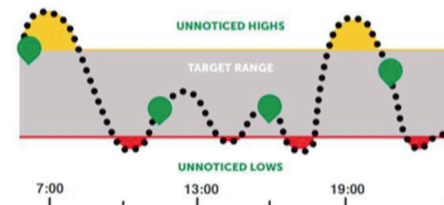
BEST TIME TO CHECK?

- First thing in the morning (fasting)
- Before all meals
- 2 hours after meals
- Before, during, and after exercise
- When you are sick
- At Bedtime
- Any Symptoms of Hypoglycemia

GLUCOMETER



● FINGERSTICK TESTS
●●● CGM READINGS



CONTINUOUS MONITOR

