



THE HSC HEALTH CARE SYSTEM  
Health Services for Children  
with Special Needs, Inc.  
(HSCSN)

1101 Vermont Avenue, NW, Suite 1201  
Washington, DC 20005

## A1C: Do you know what your “number” is?

### Is your blood sugar under control?

Testing your blood sugar lets you know how well you are managing your diabetes. Managing your diabetes well can help you avoid diabetes problems.

Testing your blood sugar at home only tells you how well you are doing at the moment you do the test. At different times, your blood sugar could be higher or lower. To know the whole story, you need an A1C test.

### What is an A1C test?

An A1C is a blood test done at your doctor’s office to tell you how well you are managing your blood sugar over time. Your A1C number tells you your *average* blood sugar for 2-3 months before the test.

Under **7**%

### What is your “number?”

The American Diabetes Association (ADA) says that A1C should be less than 7%. Your doctor may set a different A1C goal for you and it may change over time. Ask your doctor what your A1C goal should be. Your final goal should be less than 7%.

Blood sugar can be **high** one day...



And **low** the next...

A1C is  
your *average*  
blood sugar  
for 2-3 months

### How often should you have an A1C test?

A1C tests should be done every 3 to 6 months. Ask your doctor what your last A1C was and when you should have your next test.

Talk to your doctor about:

- What your A1C goal should be
- How often you should have an A1C test

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This program is funded in part by the  
Government of the District of Columbia  
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## Tracking your A1C

## Know Your “Number!”

**The American Diabetes Association (ADA) A1C goal: *Less than 7%***

- You and your doctor will set an A1C goal. This goal may change over time.
- Work with your doctor to reach a final goal less than 7%.

**Get your A1C checked every 3 to 6 months\***

Keep track of your A1C numbers on the chart below

- In the chart below, write down the date and your test result
- Write down when you should have your next test
- Fill in the circle on the graph closest to your test results
- Track your progress over time



**My A1C goal:**

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Date:

**Next test:**

**A1C number:**

number:	%	%	%	%	%	%
11.5%						
11.0%						
10.5%						
10.0%						
9.5%						
9.0%						
8.5%						
8.0%						
7.5%						
7.0%						
6.5%						
6.0%						


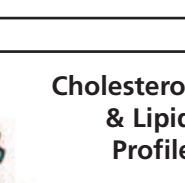
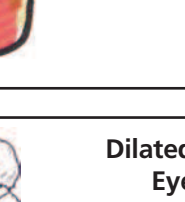
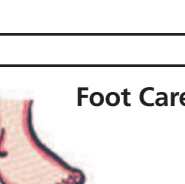
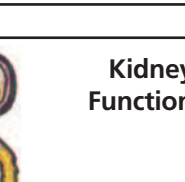
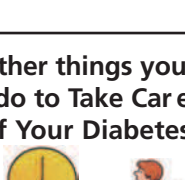

\* Ask your doctor how often you should get an A1C test



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## Map Your Course To Get Results

**Objective: Become an active participant to improve your health and decrease your risk for diabetes complications.**

Tests and Exams	Checklist										
 <b>A1c</b>	<p>Ask your doctor to measure your A1c every 3 months. Record your A1c results on your Health Care Card or Personal record. Goal is <math>\leq 6.5\%</math></p> <p>Test your blood glucose regularly:</p> <ul style="list-style-type: none"> <li>Before meals (<math>&lt; 110</math> mg/dL)</li> <li>Two hours after meals (<math>&lt; 140</math> mg/dL)</li> <li>Bedtime 100-140 mg/dL</li> </ul>										
 <b>Blood Pressure</b>	<p>Record your Blood Pressure (BP) at every office visit and as directed by your doctor. Keep track of your BP results on your Health Care Card or Personal record</p> <p>Take medications prescribed by your doctor to help lower your blood pressure</p> <p>Keeping your blood pressure and blood glucose close to goal can prevent kidney, heart, eyes and nerves from damage</p>										
 <b>Cholesterol &amp; Lipid Profile</b>	<p>Get blood test done for Lipids once a year, or more often if you are taking lipid-lowering medication</p> <p>Keeping levels within normal limits will help protect your heart and blood vessels from damage.</p> <p>Record your results will help you track your progress</p> <table border="0"> <tbody> <tr> <td>Total Cholesterol .....</td><td>Less than 200 mg/dL</td></tr> <tr> <td>LDL Cholesterol .....</td><td>Less than 100 mg/dL</td></tr> <tr> <td>HDL Cholesterol .....</td><td>Men—greater than 45 mg/dL</td></tr> <tr> <td></td><td>Women—greater than 50 mg/dL</td></tr> <tr> <td>Triglycerides .....</td><td>Less than 150 mg/dL</td></tr> </tbody> </table>	Total Cholesterol .....	Less than 200 mg/dL	LDL Cholesterol .....	Less than 100 mg/dL	HDL Cholesterol .....	Men—greater than 45 mg/dL		Women—greater than 50 mg/dL	Triglycerides .....	Less than 150 mg/dL
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 <b>Dilated Eye Exam</b>	<p>Get dilated eye exam from eye care specialist every year. It is very important to have the results sent back to your doctor, so a copy can be a part of your health history</p> <p>Call your doctor right away if you have any sudden change in your vision</p>										
 <b>Foot Care</b>	<p>At the doctors office: Remove shoes and socks in the exam room at every visit, be sure your doctor inspects your feet and see a podiatrist for special problems</p> <p>At home: Inspect your feet daily for cuts, blisters, swelling, dry skin and cracks; Do not go barefoot. Be sure your shoes and socks fit properly.</p>										
 <b>Kidney Function</b>	<p>Ask doctor to measure kidney function (protein in urine) every year</p> <p>Record results of your yearly kidney tests: "microalbumin" (measures protein in urine) and/or the "GFR" (measures kidney function).</p> <p>Talk with your doctor about lifestyle actions you can take, such as keeping your blood pressure less than <math>130/80</math> &amp; not smoking</p>										
 <b>Other things you can do to Take Care of Your Diabetes</b>	<p><b>Get involved, be an active participant in your healthcare decisions.</b></p> <ul style="list-style-type: none"> <li>If Smoker--Stop smoking</li> <li>Flu shot every year (October/November is best) and pneumonia vaccination every 5 years</li> <li>Have a meal plan and physical activity plan</li> <li>Know your health plan benefit coverage for diabetes education, meter strips, shoes and medications</li> <li>Utilize your community resources and consult with diabetes educator, pharmacist, dietitian, American Diabetes Association, local health department ect.</li> </ul>										

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