

Tracking Your A1C

Testing your blood sugar helps you know how well you are managing your diabetes. Keeping blood sugar in your goal range can help prevent diabetes problems.

When you test your blood sugar at home, you only know how well you are doing at that moment you do the test. At different times, your blood sugar could be higher or lower. To know the whole story of your blood sugar over the last 2 to 3 months, you also need an A1C test.

What is an A1C test?

A1C is a blood test that is often done at your healthcare provider's office. An A1C test tells you and your provider how well you have managed your blood sugar over the past 2 to 3 months.

The American Diabetes Association (ADA) says that A1C should be less than 7% for most people with type 2 diabetes.

- Your healthcare provider may set a different A1C goal for you.
- Your A1C goal may also change over time.

Ask your provider what your A1C goal should be.

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



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

And **low** the next...

How often should you have an A1C test?

Talk with your provider about how often your A1C should be tested. Most people with type 2 diabetes have A1C tests every 3 to 6 months.

Write down any questions you have for your provider about the A1C test and the steps you can take to reach your A1C goal.

- What should my A1C goal be? _____
- How often should I have an A1C test? _____
- Other: _____
- Other: _____

Reaching your A1C goal may help prevent diabetes problems. Work with your healthcare provider to set your A1C goal.

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Use the chart below to keep track of your A1C results and tests.

1. Write down your A1C goal.
2. Write down the date and your A1C test result.
3. Fill in the colored space on the graph closest to your test result.
4. Write down the date when you should have your next A1C test.
5. Track your progress over time.



My A1C goal: _____

Date:					
A1C result:	____%	____%	____%	____%	____%
11.5%					
11.0%					
10.5%					
10.0%					
9.5%					
9.0%					
8.5%					
8.0%					
7.5%					
7.0%					
6.5%					
6.0%					
Next test:					

Remember, the A1C test does not replace blood sugar checks at home. These tests work together to help you know how well you are managing diabetes.

