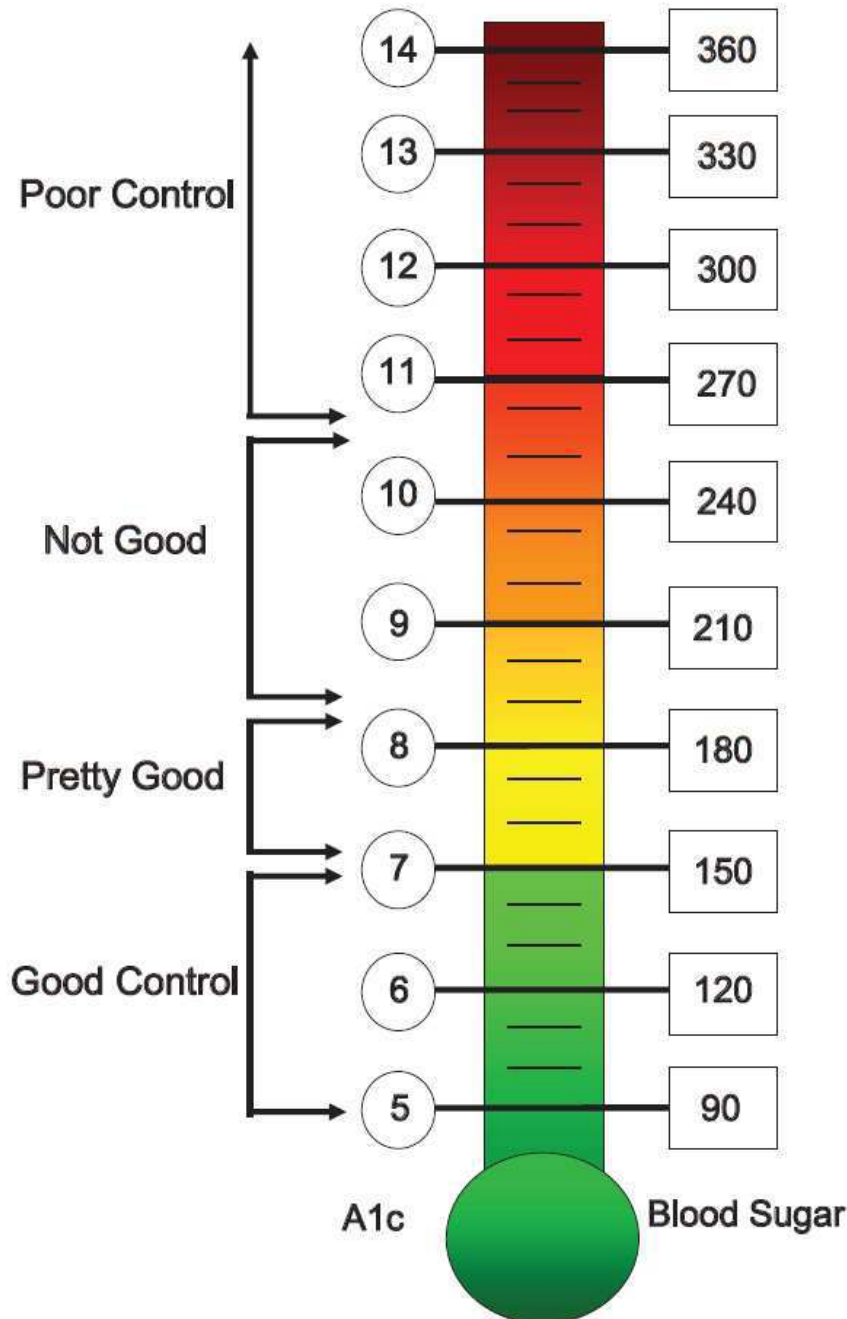




*His Branches  
Health Services*

# Lowering Your HgbA1c Level

## Know Your Number



### Goals:

People with diabetes should aim for an A1c level of less than 7, and as close to non-diabetic levels as possible (see thermometer).

Getting your A1c below 7 means testing your blood sugar often enough to keep your pre-meal blood glucose below 150.

A1c levels above 7 are considered elevated, and levels above 8 indicate the need for a change in diabetes management.

Follow the simple steps on the next page to lower your A1c:

- **Know your A1c value:** If you don't know your A1c level, ask your health care provider.
- **Get your A1c tested regularly:** People with good blood glucose control should have their A1c checked at least every six months. People with poorly controlled blood glucose should be tested more often. If you haven't had your A1c measured within the past six months, ask to be tested.
- **Discuss your A1c result with your provider:** If your A1c is below 7, you deserve to be congratulated! It takes effort and a long-term commitment to achieve an A1c goal. If your A1c is above 7, talk to your provider to identify the reasons.
- **Develop a plan to lower your A1c:** Work with your provider to develop the right plan for you, usually including the following:
  - Implementing an appropriate meal plan
  - Participating in regular physical activity
  - Using insulin as prescribed
  - Testing your blood glucose frequently
  - Monitoring your A1c and your progress towards your goal
- **Stay in contact with your diabetes provider:** Your health care provider can monitor your progress, adjust the plan, and help you overcome any obstacles you may encounter as you work on controlling your blood glucose better.

This year, take control of your diabetes and your blood glucose levels — resolve to lower your A1c. It's a commitment that will return real health rewards.