WHAT’S MY A1C?

The A1C is a blood test you get at the doctor’s office or health clinic. It shows:

• Your average blood sugar level for the last 3 months
• Your risk (chance) of having other health problems because of diabetes

**Why do I need it?**

Your A1C test results are the best way to know if your blood sugar is under good control over time.

**What is a good A1C number?**

7 or lower. You and your doctor or diabetes educator will decide the A1C number (goal) that is best for you.

Be your **BEST, Get the TEST!**