

## A1C and Type 2 Diabetes

A1C is a simple blood test, done with an easy finger prick, that measures a person's average blood glucose (blood sugar) level over the past two or three months. Individuals living with type 2 diabetes are encouraged to get an A1C test at least twice a year, more often if your medicine changes or if you have other health conditions. Ask your health care team about how often is right for you.

**OVERTIME, HIGH BLOOD GLUCOSE LEVELS (HYPERGLYCEMIA) CAN PUT INDIVIDUALS LIVING WITH TYPE 2 DIABETES AT RISK FOR SERIOUS HEALTH PROBLEMS, SUCH AS:**



Heart disease



Stroke



Kidney disease



Blindness



Nerve problems

### THE RANGE



**PREDIABETES**

**DIABETES**

Prediabetes: 5.7%–6.4%

Diabetes: 6.5% or higher

Estimated average glucose (eAG): 117–137 mg/dl

Estimated average glucose (eAG): 140 mg/dl or higher

### KEEP IN MIND

A1C is a personalized goal. Your health care team may ask you to aim for a higher or lower A1C. Here are some considerations:

If you have frequent hypoglycemic events (low blood glucose) or don't experience symptoms of hypoglycemia.

If you have complications such as heart disease.

If you are an older adult.

**WORK WITH YOUR HEALTH CARE TEAM TO DEVELOP A PLAN TO REACH YOUR A1C TARGET THAT WORKS FOR YOU.**

Things That Will Help Reach Your Targets:

- ✓ Regular physical activity.
- ✓ Managing your blood glucose.
- ✓ A healthy eating plan.
- ✓ Taking medications as prescribed.