

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: 5.7%–6.4%
Estimated average glucose (eAG): 117–137 mg/dl

Diabetes: 6.5% or higher
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.