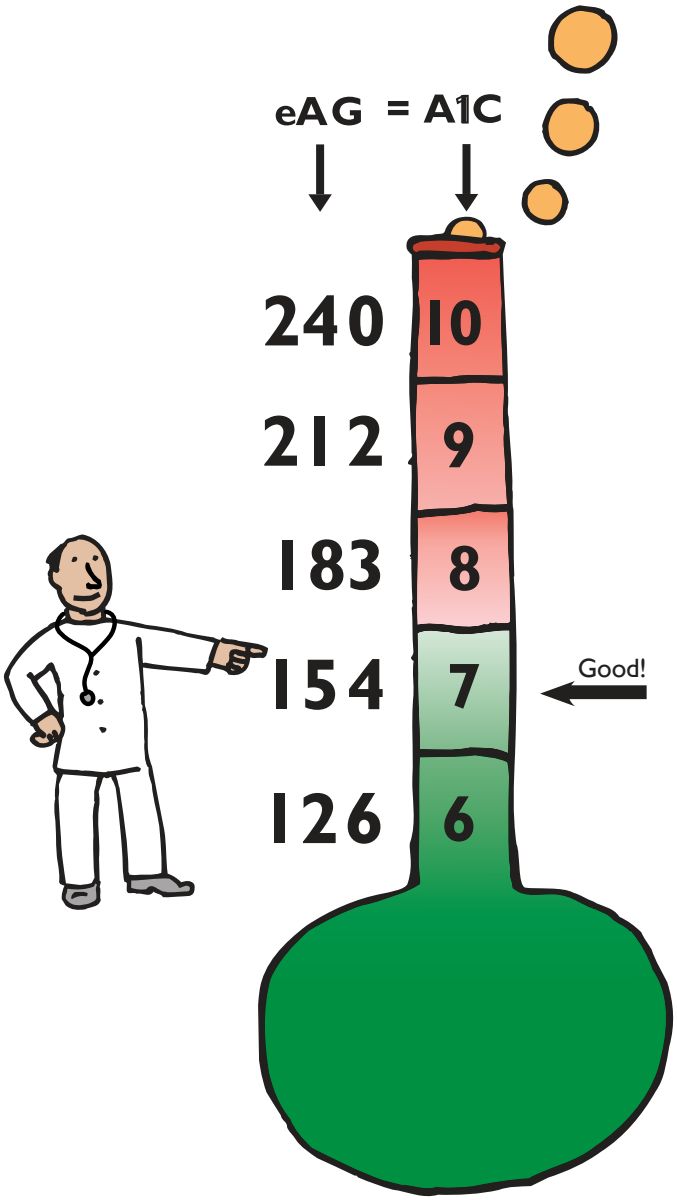
# WHAT'S MY eAG?

eAG is short for estimated Average Glucose (blood sugar). It is a new and different way to help you understand your A1C bloodtest results.

The eAG (A1C) is a test you get at the doctor's office or clinic. The results show you how well you have controlled your blood sugar over the past 2 to 3 months.



eAG results are reported in the same units or numbers (mg/dL) as your blood sugar meter. This can make it easier to understand what your test results mean. Your eAG may be higher than many of your meter results. This is because your eAG number is the average of your 24-hour blood sugar levels over time and blood sugars are usually higher when you are asleep.

The drawing on the left shows you the eAG numbers that are equal to different A1C test results. For example, the goal for most people with diabetes is an A1C of 7 or lower. This is equal to an eAG of 154.

Your doctor or diabetes educator will help you reach the eAG goal that is right for you. If your test results are high, you may need to change:

- your meal plan
- how active you are
- your diabetes medicine plan

A free handout from Learning About Diabetes, Inc.
http://www.learningaboutdiabetes.org