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

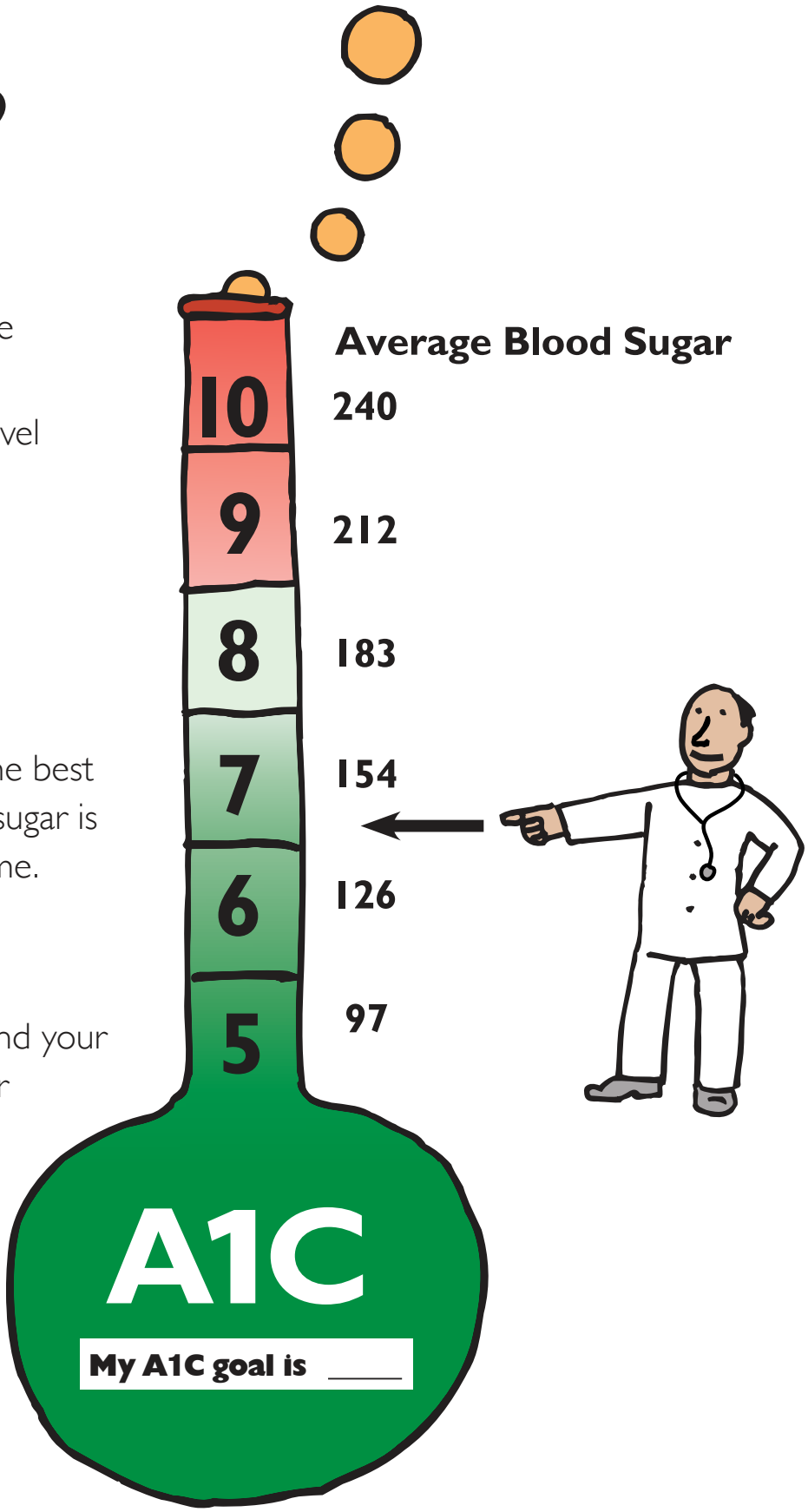
Why do I need it?

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

What A1C number is right for me?

Everyone is different. You and your doctor or diabetes educator will decide the A1C goal or target that is best for you.

Be your BEST, Get the TEST!



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