

# Hemoglobin A1c

An Important Blood Test for People with Diabetes



Hemoglobin A1c, also known as A1c, is a very important test for people with diabetes. The questions and answers below will help you understand the test.

## What is Hemoglobin A1c?

- The Hemoglobin A1c test measures your average blood sugar level over the past 3 months. Your blood sugar level is the amount of sugar found in your blood.
- The American Diabetes Association (ADA) recommends that people with diabetes get the Hemoglobin A1c test.

## Why do you need an A1c test?

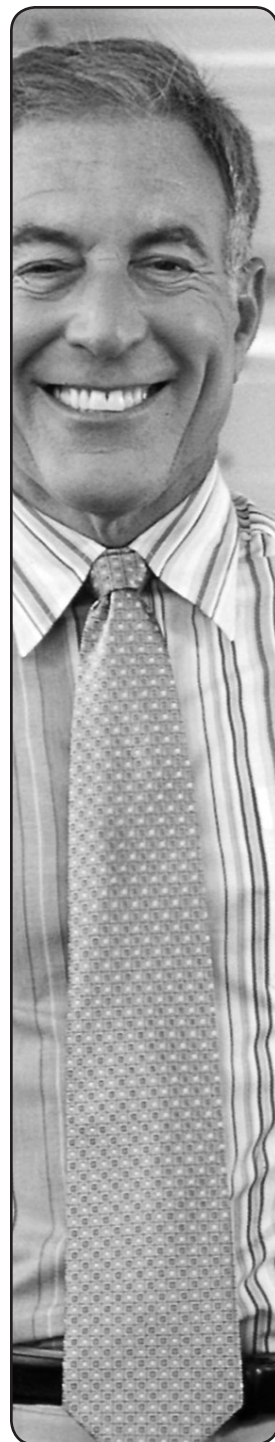
- Even though checking your blood sugar daily is a good habit, it can only tell you what your blood sugar is at that moment. The A1c test will tell you if your diabetes is under control.
- If your diabetes is not under control, you will need your medicines adjusted.

## What blood sugar level should you have?

- You and your PCP should discuss the A1c goal that is best for you.
- A person who doesn't have diabetes will have an A1c of 4 to 6. For people with diabetes, your level should be less than 7.
- A higher number could mean you have a greater chance of complications such as eye disease, kidney disease, heart disease, or nerve damage.

## How often do you need an A1c test?

- You should get tested at least every 3 months or 4 times per year if your diabetes medicine changes or your blood sugar is not in control.
- You should get tested at least 2 times per year if you are meeting goals or your blood sugar is stable.



If you have not had the A1c test, call your PCP to schedule one today.