



# What's my A1C?

Your A1C is your average blood glucose level for the last three months.

Why do I need it?

This number helps you know how well your glucose is controlled over time.

How often should it be checked?

Your A1C should be checked every three to six months.

A1C Checkpoint:

- May need adjustment to diabetes treatment plan. Discuss with your physician.
- Diabetes target range
- Non-diabetic range

Goal for people with diabetes: **7.0 or lower**

My A1C: \_\_\_\_\_

Diagnosis Levels:

- Normal glucose** = less than 5.7
- Prediabetes** = 5.7 – 6.4
- Diabetes** = 6.5 or greater