



For patients with diabetes...

The Importance of A1C Testing



Talk to your health care provider about your A1C results. There are many ways to take care of your diabetes. Pick the one that is right for you.

- **A1C** (also called HbA1C) is a test your health care provider does. It shows the amount of the sugar in your blood for over the past 3 months.
 - The A1C test lets your health care provider know how you are taking care of your diabetes.
- Your individual A1C goal will be determined by your health care provider. Many patients with diabetes may have an A1C goal of less than 7%. However, your individual goal may be more or less depending on your age and/or health history.*

*For example, some seniors may have a goal of less than 8% depending on health history.

American Diabetes Association Recommendations for A1C Testing

People who control diabetes well.	A1C testing Every 6 months
People who have changed therapy. People who cannot control diabetes well.	A1C testing Every 3 months

Ask how often you should test your A1C.

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.