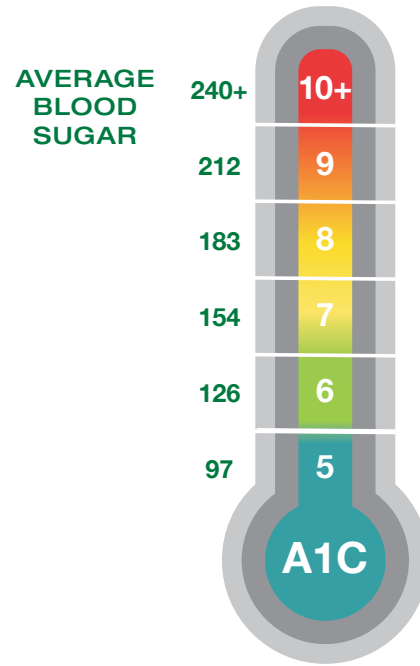


# Your A1C

## WHAT IS A1C?

Your blood sugar changes throughout the day. A1C is a blood test ordered by your doctor to show how high your blood sugar has been in the last three months. Having higher blood sugar over time raises your risk of health issues such as blindness, kidney failure, amputations and heart disease. Lowering your A1C can lower your risk of health issues. **Most adults should aim for an A1C around 7.** Talk with your doctor about whether your goal should be higher or lower.



## HOW CAN YOU LOWER YOUR A1C?



Take your medicines as prescribed.



Talk to your doctor about your medicines. Over time your body may need different medicines to reach your goals.



Eat more whole foods like fruits and vegetables, and fewer processed foods.



Keep a healthy weight. Visit [choosemyplate.gov](http://choosemyplate.gov) for tips.



Increase activity by moving more and sitting less.

## MY A1C

Work with your doctor to set your A1C goal. Check your A1C every six months, or more if needed. Write your numbers here to track your progress.

GOAL	DATE	RESULT