



The A1c test: keeping your diabetes under control

Getting your A1c level tested is one of the best ways to see how well you are managing your diabetes. An A1c test measures your average level of blood sugar over the past three months. This simple blood test helps you and your doctor decide if your diabetes treatment plan is working so you can make changes if needed.

What does my A1c level mean?

Overall, the goal for most adults with diabetes is an A1c level of less than 7.0 % (green). But your doctor can help you decide what your personal A1c goal should be as they know you best. Use the table and descriptions below to learn more about what your A1c level means.

your blood sugar level goals. Your doctor may ask you to take tests more or less frequently depending on your medications and treatment plan.

How often should I get my A1c level tested?

You should get an A1c test every six months if you're meeting your blood sugar level goals and every three months if you're not meeting

For every point that you lower your A1c level, you decrease your risk of diabetes-related complications by at least 50%.¹

A1c Level (%)*	Average Blood Sugar Level (mg/dL)	What This Means
5	97	Great job! Your diabetes is managed very well.
6	126	
7	154	You could benefit from making some lifestyle adjustments or changes to your treatment plan.
8	183	
9	212	Your diabetes is not well controlled and you are at higher risk of developing complications. You should talk to your doctor about your diabetes treatment plan.
10	240	
11	269	
12	298	

Continued on back.

What are the risks of having a high A1c level?

The higher your A1c level, the greater the risk for nerve and blood vessel damage. Over time this can lead to:

- Heart disease and stroke
- Kidney damage and kidney failure
- Eye problems that can cause blindness
- Foot problems that can lead to amputation
- Nerve damage that can cause pain

The good news is that if you take steps to better manage your diabetes, you can lower your risk for developing these complications.

What should I do if my A1c level is high?

If you get your test results back and your A1c level is higher than your goal, we recommend calling your doctor. A high A1c level means the two of you should discuss your diabetes treatment plan and how you can lower your A1c.

What resources are available if I need help with my diabetes?

As a Hill Physicians member, you have access to a variety of free resources and programs. If you would like support as you manage diabetes — no matter your A1c level — call the number at the bottom of this flyer to get connected to:

- **Pharmacists** who can answer questions or concerns about your diabetes medications.
- **Health educators** who can help you create a personalized diabetes plan that includes a diet that will work for you, an exercise routine that fits in with your capabilities and lifestyle, and simple stress management tips you can use every day.
- **Health navigators** who can help you schedule preventive screenings and diabetes-specific tests, including A1c tests, diabetic eye exams and kidney function tests.

Diabetes.org is also a great resource where you can learn more about everything related to diabetes, including informational articles, helpful tips on controlling your A1c level and diabetes friendly recipes.

For more information or to get connected to the above diabetes-specific resources, reach out to a Hill Physicians health navigator at 925-327-2901.

1. diabetesselfmanagement.com/blog/lowering-a1c-levels-naturally/