**What is A1C? (A-one-C)**
- An A1C is a lab test which measures your average blood sugar level for the last 3 months.
- It is like a “memory” of your blood sugar levels.
- It shows whether your blood sugar stayed close to your targeted range most of the time, or was too high or too low.

**Why should I have an A1C test?**
Knowing your number from the A1C test can help you and your health care team:
- Set goals to take control of your diabetes.
- Know how well your blood sugar control efforts are working (medication, food choices and activity).

**What is a good A1C goal for me?**
For most people with diabetes, the A1C goal or target is below 7%.

**Lowering your A1C really matters!**
- Every 1% drop in A1C reduces the risk of long term diabetes-related problems by 37%.
- The closer your A1C is to the **GREEN ZONE**, the less risk you have for serious diabetes problems over time.

**How often do I need an A1C?**
Your A1C should be checked at least:
- Every 3 months if your A1C is too high, if your diabetes treatment changes or if you plan to become pregnant.
- Every 6 months if your A1C is at goal or more often if your health care team orders it.

**Ways to help lower your A1C:**
- Attend self-management classes and learn all you can.
- Make healthy food and portion choices.
- Increase your physical activity level and check your blood sugar as instructed.
- Take your diabetes medication as ordered.
- See your doctor, diabetes educator or other health care team member if you are not able to lower your blood sugar levels with activity, eating choices and your medication.

**Know and understand your number!**
Ask your diabetes care team about your A1C test today and AIM for less than 7% in the **GREEN ZONE**!