

A one point decrease in A1C can reduce your risk for problems by 37%!

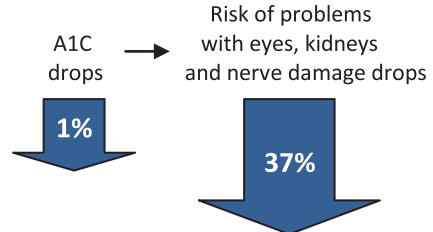
A1C	Average Blood Sugar
12%	298 mg/dl
11%	269 mg/dl
10%	240 mg/dl
9%	212 mg/dl
8%	183 mg/dl
7%	154 mg/dl
6%	126 mg/dl

### How A1C Relates to Blood Sugar

### What is A1C? (A-one-C)

An A1C is a lab test which shows your average blood sugar level for the last 3 months. It is like a "memory" of your blood sugar levels.

- Everyone with diabetes should have this lab test checked at least 2 times each year.
- For most people with diabetes, the A1C goal or target is below 7%.
- Every 1% drop in your A1C can reduce your risk for serious long term diabetes problems by 37%.



Higher targets may be fitting for some people because of age or other special concerns. Talk with your health care team.

In which ZONE does your A1C fit?			
CONGRATULATIONS	CAUTION	WARNING	Date
Below 7%	7% to 9%	9.1% or Higher	

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

### Why should I have an A1C test?

### MY MEDICATIONS

Talk with your pharmacist and/or health care team for questions and to learn about your medications.

Name	Dose

Allergies:

### MY DIABETES CARE CARD

Name: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_  
 \_\_\_\_\_

**AIM for the GREEN ZONE**  
 for Your A1C and Other  
 Diabetes Care Goals



## CONGRATULATIONS

A1C Below 7%

A1C levels in the green zone can lower your risk for serious diabetes problems over time. Some ways to help you stay in this zone are:

- Learn all you can about diabetes
- Attend self-management classes
- Make healthy eating choices
- Be physically active
- Check your blood sugar as instructed
- Take your medication as ordered

### Blood Sugar Goals for Many Adults with Diabetes

BS before meals → 80–130

BS 1-2 hrs. after start of a meal → Below 180

## CAUTION

A1C 7%-9%

A1C levels in the yellow zone can increase your risk for serious diabetes problems over time. Take steps now to lower your A1C and blood sugar levels. Some ways to do this are:

- Learn all you can about diabetes
- Attend self-management classes
- Improve eating and portion choices
- Increase your activity level
- Check your blood sugar as instructed
- Follow medication changes as instructed by your doctor
- Keep all medical appointments
- Call your doctor, nurse or diabetes educator if changes in your activity level and eating don't lower your blood sugar levels

## WARNING

A1C 9.1% or Higher

A1C levels in the red zone greatly increase the risk for getting serious diabetes problems over time. These problems could be a heart attack, stroke, blindness, kidney failure or loss of a limb. **Take action immediately!**

- See a doctor right away about ways to lower your blood sugar and A1C levels
- Learn all you can about diabetes
- Attend self-management classes
- Improve eating and portion choices
- Increase your activity level
- Check your blood sugar as instructed
- Take medication as ordered
- Keep all medical appointments

## Know and Manage Your Diabetes and Heart ABCs

ABCs	Recommended Care for Non-Pregnant Adults	How Often	General Goal (for most people)	My Results					My Goal
A	A1C lab test	At least 2 each yr.	Below 7%	Date					
				Results					
B	Blood pressure reading	Each visit	Below 140/90	Date					
				Results					
C	HDL (good)	Initially, at age 40, then every 1-2 yrs.	Men-40 or higher Women-50 or higher	Date					
				Results					
	LDL (bad)	Initially, at age 40, then every 1-2 yrs.	Below 100	Date					
				Results					
S	Stop smoking discussion and/or referral	Initially & as needed	No tobacco use	Ask for help to quit or call 1-800-QUIT NOW or 1-800-784-8669					
	Self-management education and support discussion and/or referral	Initially & as needed	Self-management knowledge & skills	Diabetes self-management class listings at <a href="https://prd.chfs.ky.gov/KYDiabetesResources">https://prd.chfs.ky.gov/KYDiabetesResources</a>					

Additional recommended care includes:

- ✓ **Every visit** - foot check, review of self-management care plan, weight check, review of home BS testing values & medications
- ✓ **Every year** - complete foot exam, dilated eye exam (may be every 2 yrs. for some people), flu shot, kidney check & dental exam
- ✓ **At least once** - pneumonia shots & hepatitis B shot series

Go to [www.kydiabetes.net](http://www.kydiabetes.net) or call 1-800-DIABETES (342-2383) for more information. This card uses the American Diabetes Association Standards of Medical Care in Diabetes-2018 for general goals. Ask your health team to help you set your personal goals. this card was adapted from the KY Heart Disease & Stroke Prevention Task Force CARE Collaborative Card.