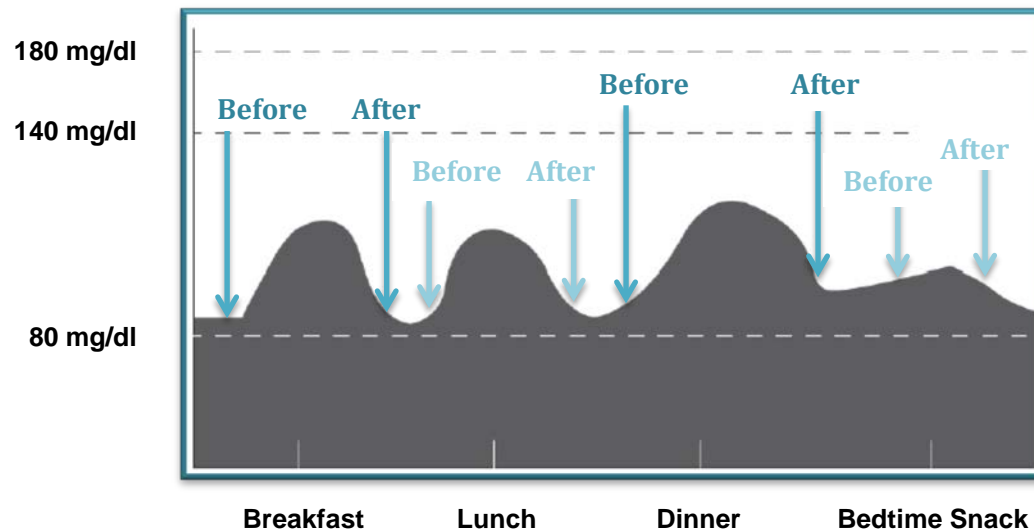


What do my Numbers Mean?

Normally, blood sugar levels will vary throughout the day. Blood glucose rises after meals and then returns to the levels they were before eating about three hours after the meal. To prevent high blood sugar following meals, people with diabetes should:

- Eat well-balanced meals
- Get regular exercise
- Take medication on time
- Maintain a reasonable weight



Blood Sugar Goals

American Diabetes Association Target Ranges as follows:

❖ **Before Meals**
80 to 130mg/dl

❖ **After Meals**
less than 180mg/dl

❖ **Before Bedtime**
100 to 140mg/dl

My Blood Sugar target range is:

Blood sugar targets vary for many reasons, so check with your healthcare provider for your specific goals

What do my Numbers Mean?

Hemoglobin A1C

A1 c (in percentages)	4.56	5.7-6.4 (prediabetes)	6.5	7	8	9	10	11	12
Average Blood Sugar	68-116	117-137	140	154	183	212	240	269	298

Where is Your Number?

My A1c

Date

The American Diabetes Association (ADA) recommends an A1c of less than 7 percent.
Your doctor may have a different goal for you.

The A1C test, also called a hemoglobin A1C test (HbA_{1c}), is a common blood test used to check your average blood sugar level over the past two to three months. This test is used when you are first diagnosed and should be repeated 2-4 times a year. This helps to see how well controlled your blood sugars are. This information can help both you and your doctor better manage your diabetes.



For more information call
CCHP Disease Management Program Nurse 925-313-6968



Learn more about Scripps Whittier Diabetes Institute at
scripps.org/diabetes