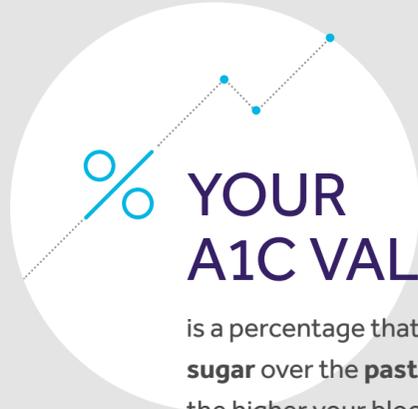


YOUR GUIDE TO A1C

WHAT IS AN A1C TEST?

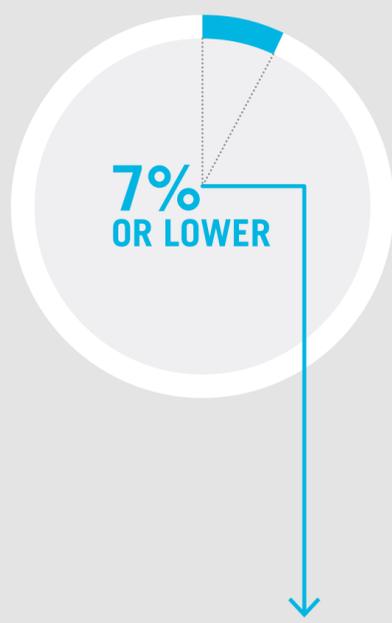
It's a blood test that measures your average blood sugar level over a span of 2-3 months and is used to screen and diagnose prediabetes and diabetes. Your doctor may also do an A1C test to help make diabetes treatment decisions.



is a percentage that reflects your **average blood sugar** over the **past 2-3 months**. The higher it is, the higher your blood sugar levels have been.

WHAT IS THE SUGGESTED TARGET FOR AN A1C?

The American Diabetes Association (ADA) suggests a target A1C value of **7% or lower**. Your doctor might recommend a different target depending on your specific blood sugar goals and treatment plan.



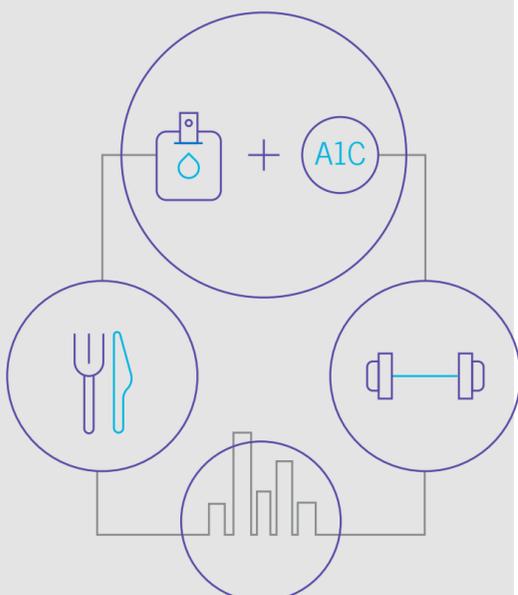
HOW BLOOD SUGAR READINGS COMPARE TO A1C RESULTS

eAG (mg/dL) Estimated Average Glucose	A1C (%)
126	6.0
140	6.5
154	7.0
169	7.5
183	8.0
197	8.5
212	9.0
226	9.5
240	10.0

American Diabetes Association: www.diabetes.org/professional/eAG

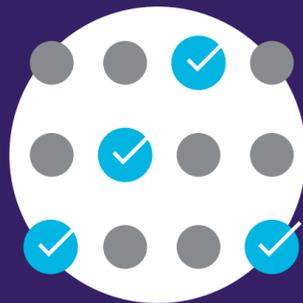
HOW THE A1C TEST COMPLEMENTS YOUR BLOOD SUGAR CHECKS

Daily blood sugar monitoring helps you know how things like food and exercise are affecting your levels so you can make changes to improve your health. An A1C test provides you with a picture of how those changes are working for you over the long term.



HOW OFTEN SHOULD YOU GET AN A1C TEST?

At least twice a year, although your doctor may recommend getting the lab test done every 3 months if:



Your blood sugar levels are not at your goal



You're newly diagnosed with diabetes



There's a change in your diabetes plan (e.g., new medication or dose)

TOP 4 THINGS YOU CAN DO TO IMPROVE YOUR A1C NUMBERS



1 EAT A HEALTHY DIET

Eat less sugar and refined carbs, and more fiber, healthy fats, and non-starchy veggies.



2 STAY ACTIVE

Start with at least 5,000 steps per day and increase it gradually.



3 REDUCE STRESS

Spend 5-10 minutes every day journaling your mood or practicing mindfulness.



4 GET YOUR ZZZ'S

Try to get 7-8 hours a night and keep electronics out of your bedroom.



If you have questions about lowering your A1C, contact your coach or doctor.