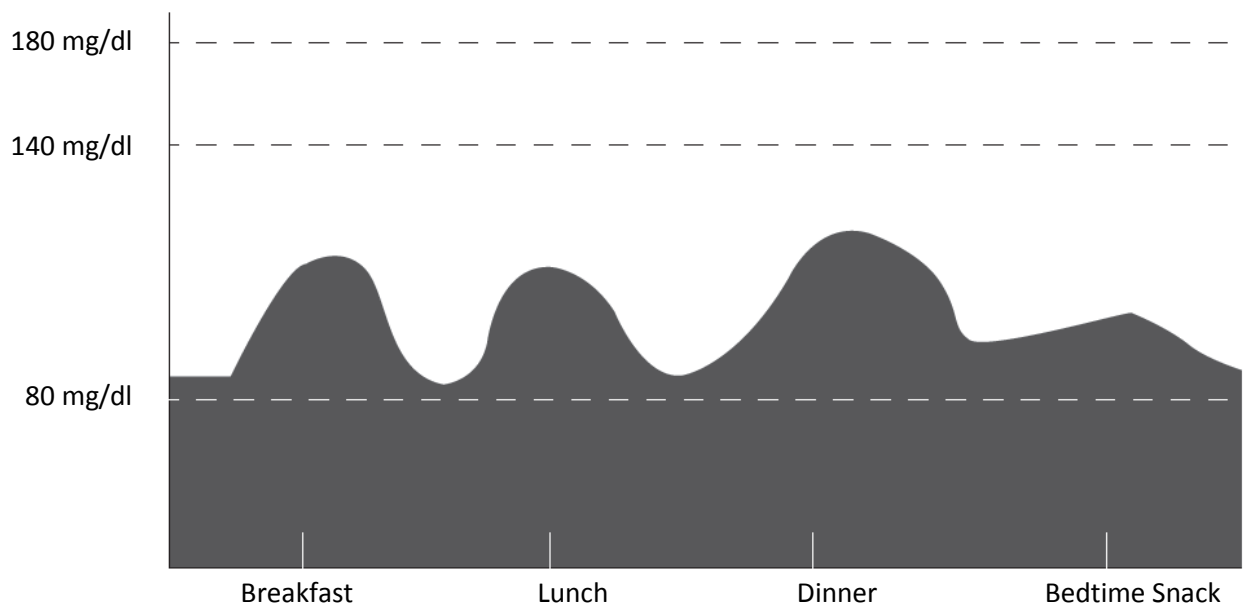


# What do My Numbers Mean?

## Blood Sugar (glucose)

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

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



## Blood Sugar Levels

*American Diabetes Association Target Ranges as follows:*

- Before Meals 80 to less than 130
- After Meals Less than 180
- Bedtime 100 to 140

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

**My Blood Sugar target range is:** \_\_\_\_\_

# What do My Numbers Mean? Continued

## Hemoglobin A1C

The Hemoglobin A1c blood sugar test indicates how well diabetes has been controlled over the past two to three months. This test is done with your lab work.

### What the Number Mean

<b>A1 c</b> (in percentages)	<b>4 – 5.6</b>	<b>5.7 – 6.4</b> (prediabetes)	<b>6.5</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Average Blood Sugar</b>	<b>68 – 116</b>	<b>117 – 137</b>	<b>140</b>	<b>154</b>	<b>183</b>	<b>212</b>	<b>240</b>	<b>269</b>	<b>298</b>

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

My A1c

On (date)