

Know your numbers

Be an active participant in your diabetes care

You are the most important member of your diabetes care team. Take an active role on your team so you can make sure your plan works for you. (It's okay—your diabetes care team wants you to be an active part of the team.)

Your goals are set just for you

Like your diabetes care plan, your goals are just for you. The goals shown here are recommended by the American Diabetes Association for many adults with diabetes. Talk to your diabetes care team about your personal goals.

A1C and daily blood sugar levels

- At least 2 to 4 times a year, have your A1C level checked
- The A1C test measures your average blood sugar over the last 2 to 3 months
- The chart on the right shows how A1C relates to the estimated average blood sugar level
- The A1C goal for many adults with diabetes is less than 7%. Your diabetes care team will set a goal just for you
- Decide with your diabetes care team how often you should check your blood sugar each day
- Blood sugar goals for many adults with diabetes are as follows:

| Goals for many adults with diabetes | |
|---|---------------------|
| Blood sugar before meals | 80-130 mg/dL |
| Blood sugar 1-2 hours after the start of a meal | Less than 180 mg/dL |
| A1C | Less than 7% |

How A1C relates to the estimated average blood sugar level

| A1C Levels | 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 |
| The American Diabetes Association recommends an A1C of less than 7%. | |