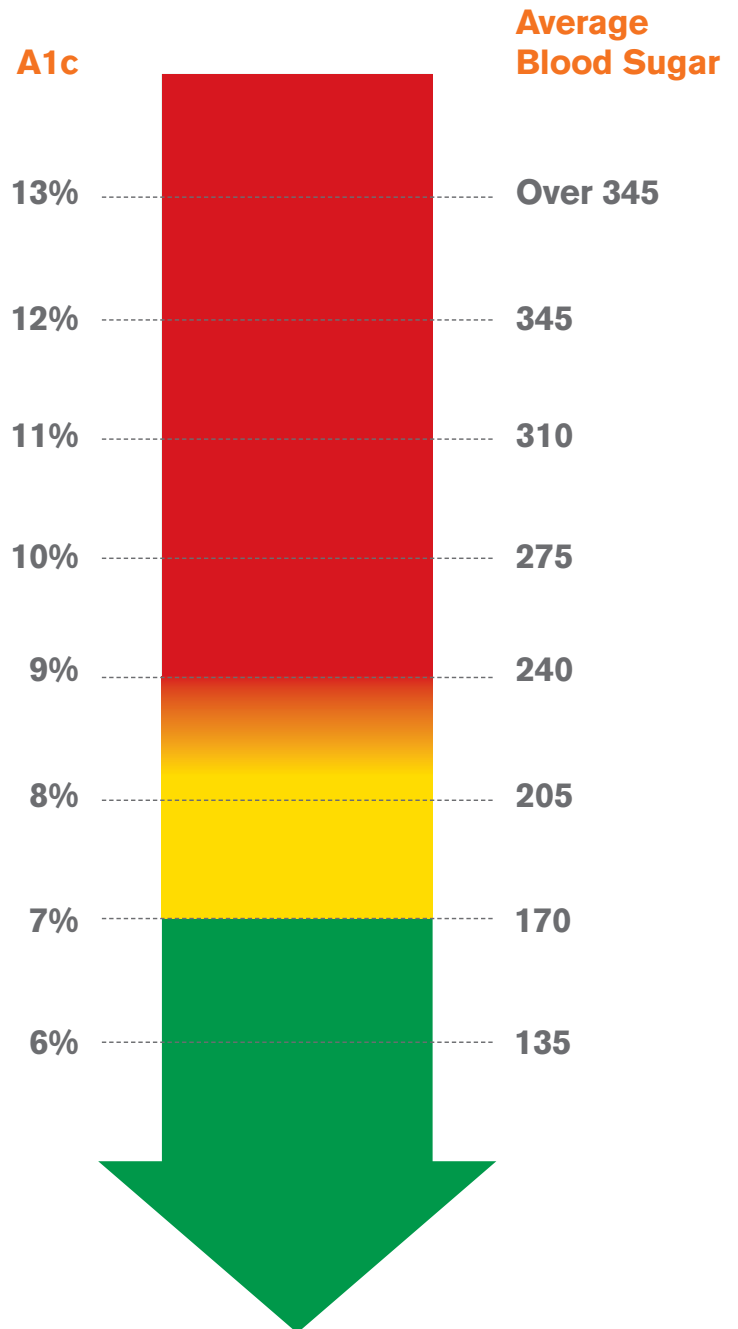


Know your **A1c Number**

- 1** The A1c is a blood test that tells you how well your diabetes is controlled.
- 2** It shows your blood sugar levels over the past three months, even when you weren't testing them.
- 3** Ask your health care provider about your A1c number and about your goal.
- 4** Ask your health care provider what you need to do to improve your A1c or keep it in a good range.
- 5** Ask your health care provider to test your A1c at least two times a year.



Use the form on the back to help keep track of your results.

Ask your doctor to provide your results

My A1c result:

_____ % on (date) _____

My A1c goal for my next test is: _____ %

My next A1c test will be: _____

What my doctor wants me to do before then:

Other lab results

Date: _____

Total cholesterol: _____ HDL: _____

LDL: _____ Triglycerides: _____

Fasting BG: _____ Other: _____



Content adapted from: National Diabetes Education Program; 4 Steps to Control Your Diabetes for Life; National Institutes of Health; NIH Publication No. 11-5492, May 2011.

New Mexico Centennial Care Program Services are funded in part under contract with the State of New Mexico. UnitedHealthcare Community Plan Centennial Care is offered by UnitedHealthcare Community Plan of New Mexico, Inc.