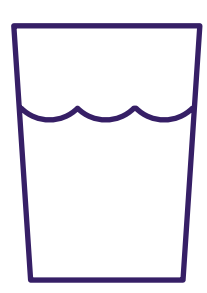




How to prep for your A1c test

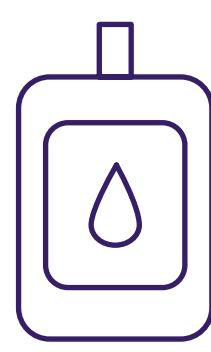
An A1c (HbA1c) test is a blood test that measures your average blood sugar levels over 2-3 months. It is used to screen people for prediabetes and diabetes. Your doctor may order an A1c test to make decisions about treatment. If you have an A1c test coming up, here are some ways to prepare for it.

Daily



Stay hydrated

Drink plenty of water throughout the day to keep hydrated



Check blood sugar

Regular checks show you how foods, beverages and exercise affect your blood sugar



Take medications

Take all meds ordered by your doctor as prescribed and on time

Weekly



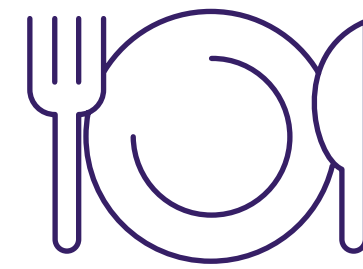
Stay active

Regular exercise can help lower blood sugar, blood pressure and help your body use insulin



Manage stress

Find ways to keep stress levels under control. Lowering stress can also lower blood sugar.



Eat balanced

Balance your meals with carbs, protein and fat as much as possible. Fill half your plate with vegetables.

Monthly



Make a plan

Create a rough plan of meals and exercise to keep you on track



Check in

Take a look at blood sugar checks, eating habits and exercise from the past month. What went well? What can you work on next month?



Celebrate your success

Acknowledge your achievements big and small. Keep track of your wins to look back on.