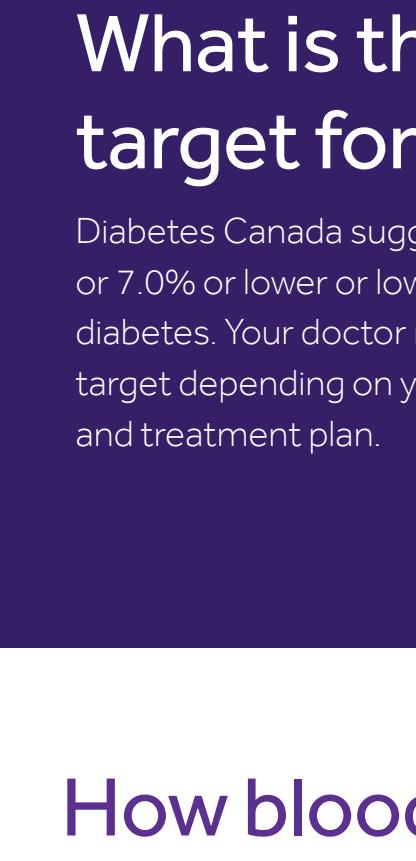


Your guide to A1C

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.



Your A1C value

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?

Diabetes Canada suggests a target A1C value or 7.0% or lower for most people with diabetes. Your doctor might recommend a different target depending on your specific blood sugar goals and treatment plan.

7%
or lower

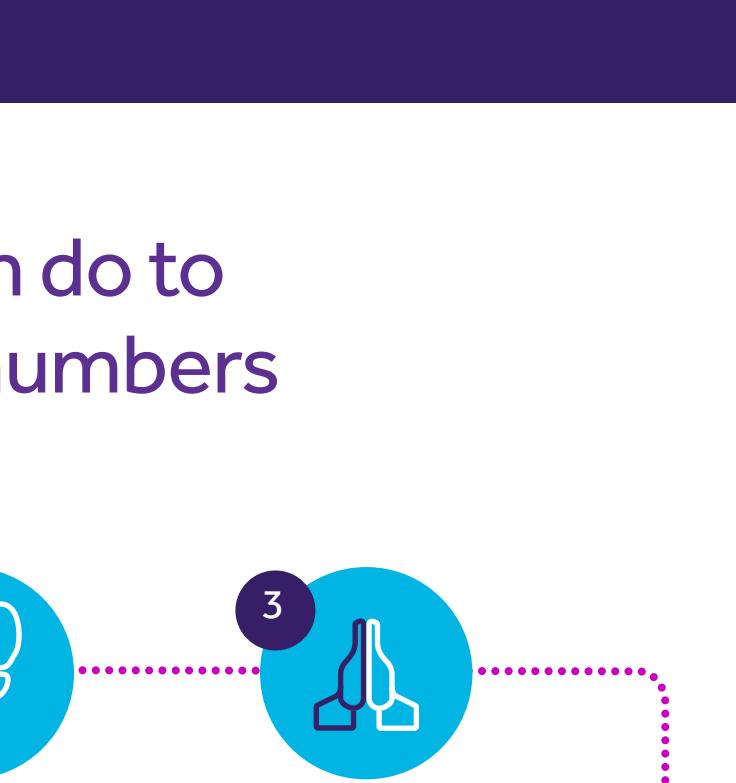
How blood sugar readings compare to A1C results

A1C values (%)	Estimated mean glucose (mmol/L)
5.5–6.5	6.2–7.7
5.5–6.5	7.8–8.5
7.0–7.4	8.6–9.3
7.5–7.9	9.4–10.1
8.0–8.5	10.2–10.9

A1C, glycated hemoglobin.

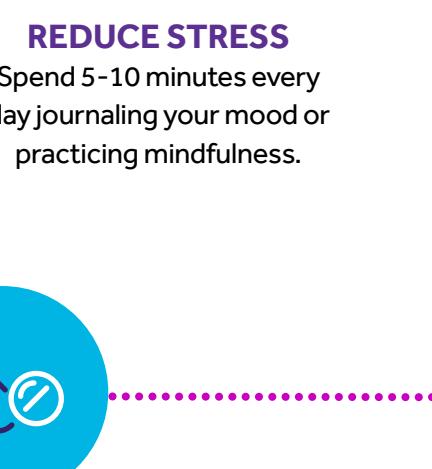
How the A1C test complements your blood sugar checks

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)

EAT A HEALTHY DIET
Eat less sugar and refined carbs, and more fibre, healthy fats, and non-starchy veggies.

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

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

GET YOUR ZZZ'S
Try to get 7-8 hours a night and keep electronics out of your bedroom.

TAKE YOUR MEDS AS PRESCRIBED
Stick with the exact amount at the times your doctor instructed.

Top 5 things you can do to improve your A1C numbers

1. EAT A HEALTHY DIET
2. STAY ACTIVE
3. REDUCE STRESS
4. GET YOUR ZZZ'S
5. TAKE YOUR MEDS AS PRESCRIBED

If you have questions about your fasting blood sugar, contact your healthcare provider for more information.