

# WHAT'S MY A1C?

The A1C is a blood test you get at the doctor's office or health clinic. It shows:

- Your average blood sugar level for the last 3 months
- Your risk (chance) of having other health problems because of diabetes

## Why do I need it?

Your A1C test results are the best way to know if your blood sugar is under good control over time.

## What is a good A1C number?

7 or lower. You and your doctor or diabetes educator will decide the A1C number (goal) that is best for you.

**Be your BEST,  
Get the TEST!**

