

Diabetes

Know Your Numbers: HbA1C

DEFINITION

HbA1C shows us how well you are controlling your diabetes. It is a lab test that is related to the average level of your blood sugar (glucose) over the previous 3 months.

VALUE	MEANING	WHAT TO DO
< 7.0	Well controlled	Continue current regimen
7.0 - 8.0	Fair control	Talk to your physician about fine-tuning your lifestyle and/or medications.
> 8.0	Poor control	Talk to your physician about significant changes in your lifestyle or medications.

Consider the Diabetes Tune-Up Clinic if your HbA1C remains higher than 8.0 for over 6 months.

To learn more, visit nmpg.com/diabetes