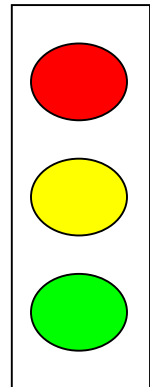


Your Hemoglobin A1c: Know your Number!

This test measures your average blood glucose in the last 2 to 3 months

- Red:** “Stop and Think” (It’s too high!) More than 10%
- Yellow:** “Be Careful” (It’s high!) 8% to 10%
- Green:** “Congratulations!” (It’s at a good level) Less than 7%



A1c	Average blood glucose level			
16.0				420
15.0				390
14.0				360
13.0				330
12.0				300
11.0				270
10.0				240
9.0				210
8.0				180
7.0				150
6.0				120
5.0				90
Date :	Date :	Date :	Date :	

This test should be done every 3 to 6 months.