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 A1C number is right for me?**
Everyone is different. You and your doctor or diabetes educator will decide the A1C goal or target that is best for you.

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

My A1C goal is ___