

# Know your numbers



HgA1c results tell us what your average blood sugar has been over the past 3 months and lets your provider know how well your diabetes is being controlled.

<b>HgA1c</b>	<b>4-5.6</b>	<b>5.7-6.4</b> (Prediabetes)	<b>6.5</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>Average Blood Sugar</b>	<b>68-118</b>	<b>117-137</b>	<b>140</b>	<b>154</b>	<b>183</b>	<b>212</b>	<b>240</b>	<b>269</b>	<b>298</b>

**Your HgA1c result is:** \_\_\_\_\_ **Patient label:** \_\_\_\_\_

**Your goal is to be at a 7 or less to prevent the long-term complications of diabetes.**

Please have your HgA1c rechecked in (circle one):

**3 months**

**6 months**

**12 months**

Talk to your provider about ways to manage your diabetes and schedule your next clinic visit. The following resources are also available to you:

## **Diabetes Education**

To sign up to a class or talk to a diabetes educator, please call 559-537-0170 ext. 20825.

## **Patient Portal Lab Results**

View your lab results online, schedule appointments and email your provider here: **MyAdventistHealth.org**

