

# Controlling Diabetes: Know your blood sugar numbers!



To control your diabetes, you must know your blood sugar numbers. You must test your blood sugar to know whether it is too high, too low, or just right.

## Type of tests to measure your blood sugar

**A1c test** – this test **measures your average blood sugar control over the past 2 to 3 months.** It shows how you are controlling your blood sugar over a long period of time. Your doctor will order this blood test. It might be done in the doctor's office or at the lab. **This is the best test to see how your blood sugar has been doing over time** – has it been close to normal or too high?

- The **blood sugar goal** for most people with diabetes **is less than 7%.**
- If your blood sugar number is over 8%, your doctor may change your diabetes treatment plan.
- The higher your A1c is, the more likely you may develop health problems related to diabetes.

**Finger stick blood sugar test** – this **tells you what your blood sugar is at the time of your test.** You can do this **test at home using a blood sugar meter and test strips.** Testing your blood sugar at home is a key part of good diabetes care. Ask your doctor, pharmacist, or diabetes teacher to show you the right way to test. Ask your doctor about when and how often to test. Common times to test your blood sugar are before meals, at bedtime, and two hours after eating.

### Blood sugar target ranges

The ranges below are for most people with diabetes who are not pregnant.

- Before meals: 80-130 mg/dL
- After meals (1-2 hours later): Below 180 mg/dL

Talk to your doctor to find out what your blood sugar target ranges should be.

Testing your blood sugar often and taking your diabetes medicines can help make sure you stay as healthy as possible with Diabetes!

To get this information in your preferred language or accessible format, please call Member Services. The number is on the back of your Member ID card.

	A1C Percentage	
In-range	< 5.7%	Normal
Prediabetes	5.7-6.4%	Prediabetes
Diabetes	> 6.4%	Person with Diabetes: Good blood sugar control
Increased risk of complications ↓	6.5%	Person with Diabetes: Poor blood sugar control
	7.0%	
	7.5%	
	8.0%	
	8.5%	
	9.0%	
	9.5%	
	10%	