

Diabetes Care: The Importance of A1C Tests

A1C, also called hemoglobin A1C or HbA1c, is one of the commonly used blood tests to diagnose pre-diabetes and diabetes. An A1C test is also used to monitor how well your diabetes treatment plan is working over time, and is an important tool in determining if changes to your treatment plan should be discussed with your doctor and diabetes care team.

Your A1C test measures your average blood sugar levels over the past 3 months. The higher the levels, the greater your risk of developing type 2 diabetes or diabetes complications. Your doctor will tell you how often you need an A1C test, but usually you will have the test at least twice a year.

When it comes to the numbers, there's no one-size-fits-all.

The goal for most adults with diabetes is an A1C less than 7%. Your personal A1C goal may be different from someone else's since factors such as age and other medical conditions are taken into consideration. It's important that you work with your diabetes care team to set your own personal A1C goal.

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| A1C Ranges | Non-diabetes Below 5.7% | Pre-diabetes Between 5.7% and 6.4% | Diabetes 6.5% or higher |
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If you have pre-diabetes or any form of diabetes and are on a Southeastern Massachusetts Health Group health plan, enroll in the Good Health Gateway® Diabetes Care Rewards Program at no cost to you.

You'll get expert guidance from our Diabetes Educators (Nurses, Pharmacists, Nutritionists) in improving or maintaining your A1C and health goals. **The Program has helped members lower their A1, and can help you too. Plus, you'll get \$0 copays on your diabetes medications and supplies** when you see your diabetes care team and complete the program's diabetes care activities recommended by the American Diabetes Association.

Join Today

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GoodHealthGateway.com