




# Know Your Numbers

## Your Hemoglobin A1C



A1C <sup>1</sup>	Average Blood Sugar <sup>2</sup>		
16.0	420	<b>Greater than 10 VERY HIGH risk for problems</b>	
15.0	390		
14.0	360		
13.0	330		
12.0	300		
11.0	270		
10.0	240		
9.0	210	<b>8 - 10 HIGH risk for problems</b>	
8.0	180		
7.0	150		
6.0	120	<b>Below 7 LOWER risk for problems</b>	
5.0	90		

1 Average Results Over Time

2 One Time Measurement

# Action Plan for Hemoglobin A1C

## Green Zone: Great Control

- HbA1c is under 7
- Average blood sugars typically under 150
- Most fasting blood sugars under 150

## Green Zone

- Your blood sugars are under control
- Continue taking your medications as ordered
- Continue routine blood glucose monitoring
- Follow healthy eating habits
- Keep all physician appointments

## Yellow Zone: Caution

- HbA1c between 7 and 9
- Average blood sugar between 150–200
- Most fasting blood glucose under 200

**Work Closely with your health care team if you are going into the yellow zone.**

## Yellow Zone

- Your blood sugar may indicate that you need adjustment of your medication
- Improve your eating habits
- Increase your activity level
- Call your health care provider or nurse if changes in your activity level or eating habits don't decrease your fasting blood sugar level

## Red Zone: Stop and Think

- HbA1c greater than 9
- Average blood sugars are over 210
- Most fasting blood sugars are well over 200

**Call your health care provider if you are going into the RED zone.**

## Red Zone

- You need to be evaluated by your health care provider
- Double check that you are taking your medication as directed
- Bring your blood sugar log to your next doctor visit