

## Know Your Goal Numbers

Tests	ADA (American Diabetes Association) Targets	Current Numbers	My Goal
<b>Blood sugar</b>			
• A1C or eAG	Less than 7.0% or lower than 154 mg/dL		
• Premeal blood sugar	80–130 mg/dL		
• Postmeal blood sugar (1 to 2 hours after meal starts)	Lower than 180 mg/dL		
<b>Blood pressure</b>	Lower than 130/80 mmHg (a lower number may be advised)		
<b>Blood lipids</b>			
• LDL ("bad" cholesterol)	Talk with your healthcare team about your current blood lipid levels and what goal numbers are right for you.		
• HDL ("good" cholesterol)			
• Triglycerides			
<b>Urinary albumin-to-creatinine ratio</b>	Lower than 30 mg		
<b>Estimated glomerular filtration rate (eGFR)</b>	Higher than 60 mL/min		
<b>Weight</b>			
<b>Next checkup date:</b>			

Data supported by: Standards of Medical Care in Diabetes - 2023. *Diabetes Care*. January 2023 46:S1-S212.

This information is not intended as a substitute for professional healthcare. Always follow your healthcare provider's instructions.  
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