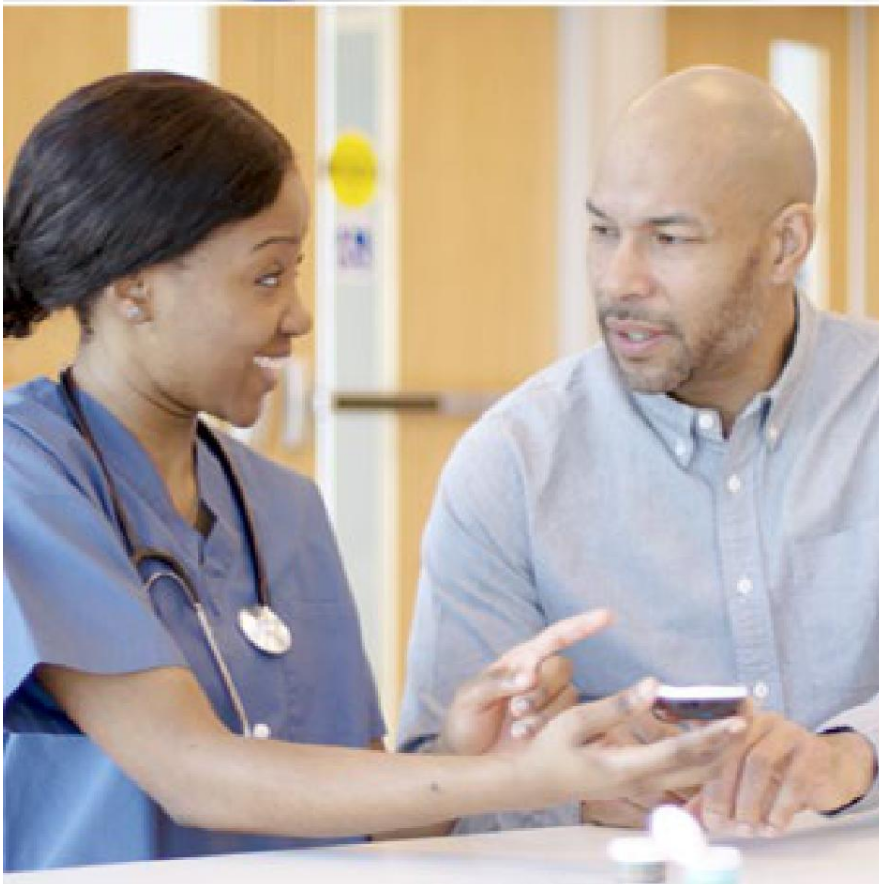




## A1C Test for Glucose Monitoring



### Overview

This simple test measures the amount of glucose in your blood over time. We also call glucose "blood sugar." If you have diabetes, this test helps us monitor your glucose to see how well your treatment plan is working. Let's take a moment to learn more.

### How do you take the test?

What does the test involve? It's quick and easy. We take a sample of blood with a finger prick. We may do this during a doctor visit. Or, you may be asked to do this yourself with a home test kit.

### What does it measure?

What does the test measure? It sees the amount of hemoglobin proteins in your blood that are coated with glucose. A single A1C test gives us a good idea of the average level of glucose in your blood for about the past three months.

### Results

The result from your test is shown as a percentage. How do we read the result? A normal score for a person without diabetes is below 5.7 percent. For people with diabetes, we usually want a score below 7 percent. That's a common target. But your target score may be different. Your doctor will tell you what score is right for you.

### Conclusion

For more info about the A1C test, talk to your doctor.