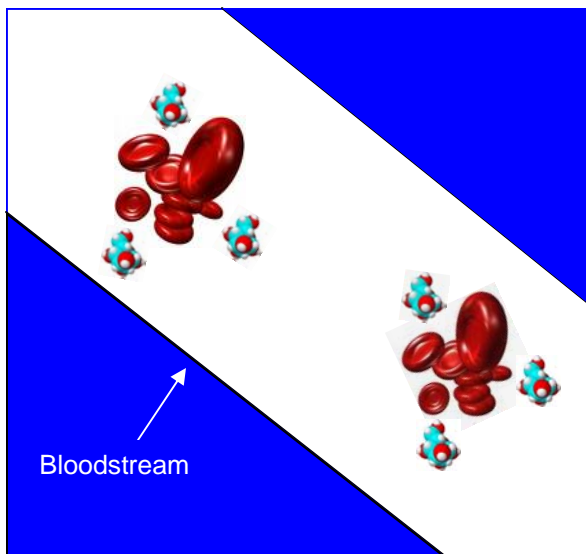


What's Your Number?

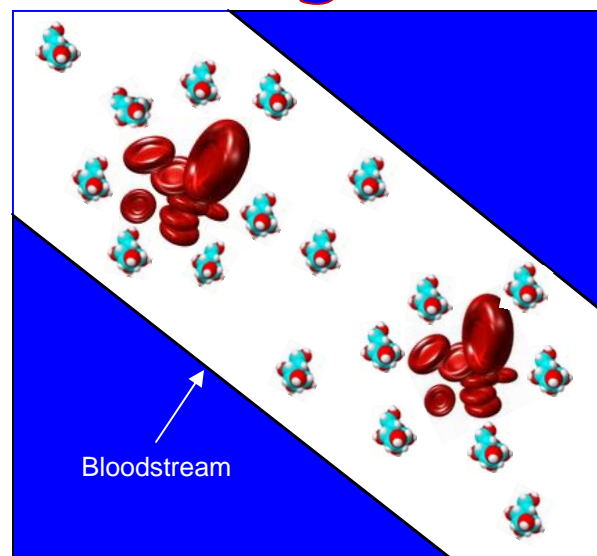
- ◆ The A1c (Hemoglobin A1c) test is used to measure how much sugar is attached to protein in your red blood cells. Red blood cells live for about three months, so the A1c test reveals your average blood sugar during that period.
- ◆ The more sugar you have in your blood, the higher your A1c numbers will be. High blood sugars for a long period can lead to damage of blood vessels and nerve endings. This increases your risk for diabetes complications.

Normal



Your goal should be below 7.

High



Sugar



Red Blood Cell