

# A1C Test tells a lot about Metabolic Health



**Do you have a high A1C? Check with Health Services or your doctor to find out. Do you know what that means? According to the ADA A1C can identify pre-diabetes, which raises your risk for diabetes. It can also be used to diagnose diabetes and it's used to monitor how well your diabetes treatment is working over time. It's a critical step in forming your game plan to manage diabetes with your diabetes care team. This relatively simple blood gives you a picture of your average blood sugar level over the past two to three months. The higher the level the greater your risk of developing diabetes complications. Your doctor will tell you how often you need the A1C test, but usually you'll have the test at least twice a year if you're meeting your treatment goals. If you're not meeting your goals or you change treatments you may need to get an A1C test more often. When it comes to the numbers, there's no one-size-fits-all target. A1C target levels can vary by each person's age and other factors, and your target may be different from someone else's. The goal for most adults with diabetes is an A1C that is less than 7%. A1C test results are reported as a percentage. The higher the percentage the higher your blood sugar levels over the past two to three months**

**See Health Services to have this test. Solve problems before they happen.**