



5 Things To Know About A1c

1 What is an A1c test?

The A1c test measures your average blood sugar levels over a span of 2-3 months.

2 When should I get my A1c tested?

You and your doctor will schedule regular A1c tests, which are usually every 3-6 months.


3 Why is getting my A1c tested important?

The A1c test helps track how your diabetes is being controlled over time.

4 What is my A1c goal?

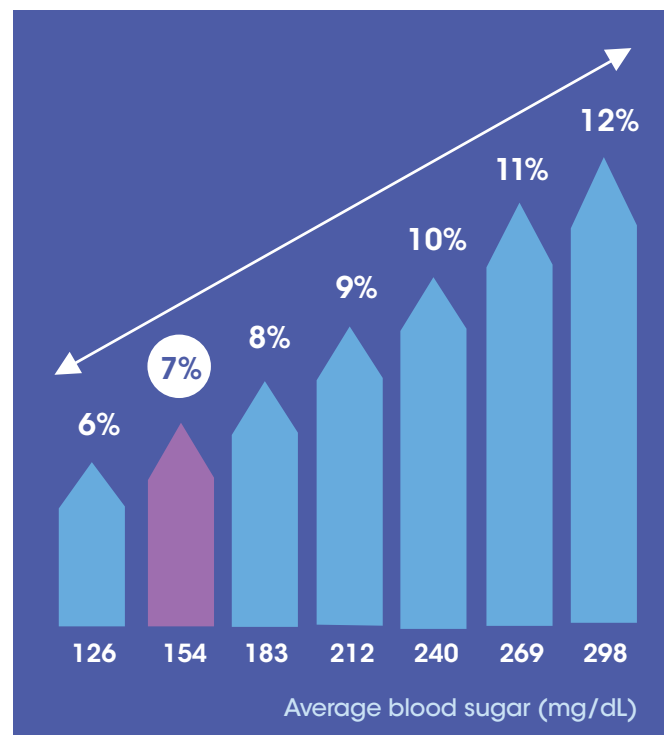
Getting your A1c under 7% is the goal for most non-pregnant adults, but work with your doctor to find out what your individual A1c goal should be.

American Diabetes Association target:
A1c of less than



7%

5 The relationship between A1c and average blood sugar:



Why Your A1c Changes

Diabetes Can Change Over Time

If you haven't been able to reach your A1c goals by eating healthy, exercising, and staying on track with your current diabetes medication, it may not be you. It could be your diabetes is changing.

What's happening in your body?

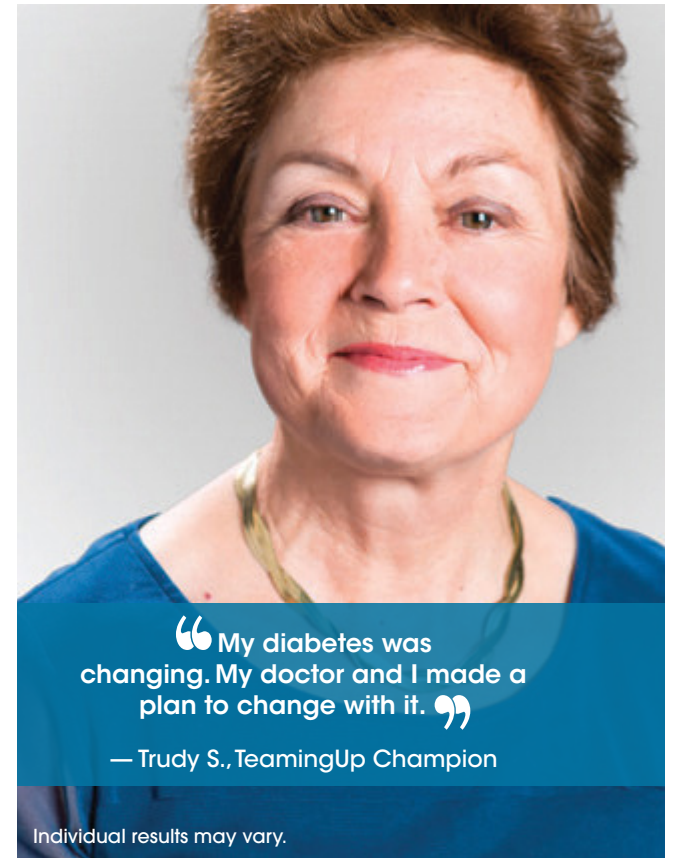
The insulin in your body helps sugar go from your blood into your body's cells. However, when you have diabetes:

- Your body's cells don't respond to insulin as well as they should
- Your body doesn't make as much insulin as it needs

When this happens, it can cause you to have too much sugar in your blood, even if you're following your treatment plan. You and your doctor may need to change your diet, exercise plan, and/or medication to get your blood sugar under control.

How Sanofi can help

Adjusting or adding a medication to your treatment plan may help you work toward your A1c goals. There are many types of medication, including insulin, which you can talk to your doctor about that may help lower your A1c. Work with your doctor to find what's right for you to move toward your A1c goals.



“My diabetes was changing. My doctor and I made a plan to change with it.”

— Trudy S., TeamingUp Champion

Individual results may vary.

Sign up at TeamUpforDiabetes.com