Let's test smart

The goal of your diabetes treatment is to keep your blood sugar in a healthy range, not too high and not too low. This will help reduce the risk of serious health complications.

How blood sugar testing fits in

Testing with a meter shows you the immediate effect of factors, like your food choices and exercise, on your blood sugar, so you can take action if necessary, to bring high or low blood sugar back into range.

Your healthcare professional uses an A1C test to see what your average blood sugar level has been over the past 2 to 3 months.
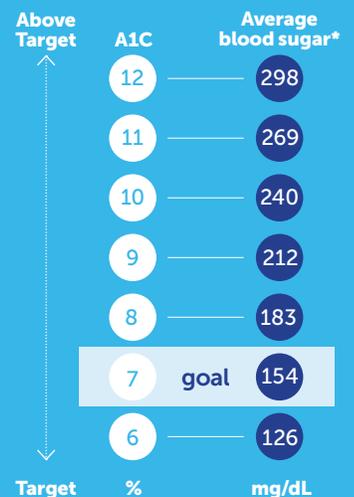
MY BLOOD SUGAR RECORD

Blood sugar test results	Before meals	1-2 hours after start of meals
Guidelines	80–130 mg/dL*†	Less than 180 mg/dL*†
Fasting	70–130 mg/dL*†	- - - - - - - - - - - -
My current reading	_____ mg/dL	_____ mg/dL

A1C	
Guidelines	Less than 7%*† M
My current reading	_____ %

If your A1C is above target, ask your healthcare professional what you can do to lower it.

*American Diabetes Association Standards of Medical Care in Diabetes—2016. Diabetes Care 2016;39(Suppl. 1):S1-S112
†Your healthcare provider may recommend different goals for you. Diabetes Care 2016;39(Suppl. 1):S43.
‡This is a reasonable goal for many nonpregnant adults. Your doctor may recommend a different goal depending on your individual circumstances. Diabetes Care 2016;39(Suppl. 1):S41

A1C Quick Guide

Above Target	A1C	Average blood sugar*
↑	12	298
	11	269
	10	240
	9	212
	8	183
	7 goal	154
↓	6	126
Target	%	mg/dL

*American Diabetes Association. Standards of Medical Care in Diabetes—2016. *Diabetes Care.* 2016;39(suppl 1):S1-S119.

Using test results to adjust food and portion choices

Keeping your blood sugar in a healthy range can not only help prevent serious diabetes complications, it can help you feel better!
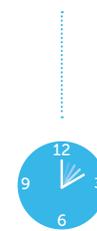
Test before and after a meal to see if your food and portion choices are working to keep your blood sugar in range after a meal.

You'll soon learn what foods and portions keep you within your target range so you can make choices that are right for you.

1 Test just before a meal.

2 Test 1–2 hours after the beginning of a meal.

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