

MISSION #2



SET GOALS, MAKE A PLAN AND LEARN ABOUT MANAGING BOTH HIGH AND LOW BLOOD GLUCOSE

- Ask your doctor what the right A1C goal is for you.
- Work with your doctor to come up with an individualized diabetes management plan, which may include:
 - Diet
 - Exercise
 - Medicine (if prescribed by your doctor)
- Talk about how often you should check your blood glucose and your A1C
- Learn to recognize the signs and symptoms of both high and low blood glucose, and talk to your doctor about how to reduce your risk.

UNDERSTAND A1C

You will need to take a blood test to know your A1C, which tells you two things:

- The average amount of glucose in your blood over the past two to three months.
- How close or far you are from your A1C goal.



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