An important part of diabetes management is the A1C blood test, which shows your average blood sugar level over the past 2 to 3 months. The American Diabetes Association (ADA) recommends that many people with diabetes have an A1C of less than 7% to help reduce the risk of complications. For certain individuals, a higher or lower A1C may be more appropriate. Speak with your doctor to discuss the A1C goal that is right for you.

**How to Make the Commitment to Know Your A1C and Develop a Plan to Reach Your A1C Goal**

**The Facts**

29 million Americans are impacted by diabetes. 90%–95% have type 2 diabetes.

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**Potential Complications**

High blood sugar levels over time can put people with diabetes at risk for many serious health problems, including:

- Heart Disease
- Stroke
- High Blood Pressure
- Kidney Disease
- Blindness
- Gum Disease
- Nervous System Problems

By working with your doctor to control A1C and daily blood sugar levels, you can help reduce the risk of developing these complications.

**Your Next Steps**

The good news is that by keeping your blood sugar under control, you can make progress towards reaching your A1C goal. Work with your doctor to come up with an individualized management plan that includes:

- Making healthy food choices
- Being physically active
- Checking blood sugar levels daily and knowing your latest A1C number
- Taking medication (if prescribed) to lower blood sugar

**What to Ask Your Doctor**

Here are 5 key questions to address with your doctor:

1. **What is my A1C and what should my goal be?**
2. **How often should I test my blood sugar and what should my targets be?**
3. **What are the possible side effects of the medication(s) I am taking?**
4. **Do I need to make any changes to my overall management plan?**
5. **What are the signs and symptoms of high and low blood sugar?**

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**America’s Diabetes Challenge: Get to Your Goals** is an educational program from Merck urging people with type 2 diabetes to pledge to know their A1C and to talk to their doctor about setting and attaining a personal A1C goal. Patients can make their pledge at www.AmericasDiabetesChallenge.com and join the America’s Diabetes Challenge Facebook community at Facebook.com/AmericasDiabetesChallenge.