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| Blood Sugar Monitoring  Monitoring your blood sugar is a skill needed to manage diabetes. Understanding your blood sugar levels helps to determine any changes that need to occur to keep blood sugar in check, thereby decreasing the damage of diabetes on your body’s organs and systems.  **What is a blood glucose measurement?**  A blood glucose test measures the amount of a type of sugar, called glucose, in your blood. Blood glucose can be measured with fingersticks or lab draws.  **What is a HbA1c test?**  A HbA1c test is a blood test that provides an average of the blood glucose levels for the previous three months. The higher the amount of glucose in the blood, the higher the HbA1c will be. An HbA1c below 5.7 percent is normal. Typically, the HbA1c goal for individuals with diabetes is less than 7.0 percent. Your specific goal may be higher or lower depending on your individualized care plan. It is recommended adults with diabetes have a HbA1c test every three to six months.  **Reach out today.** Your care team is eager to guide you along the path of diabetes management to a healthier you!  Sources: [What is Diabetes?](https://www.cdc.gov/diabetes/basics/diabetes.html) | CDC, accessed October 15, 2021. | |
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