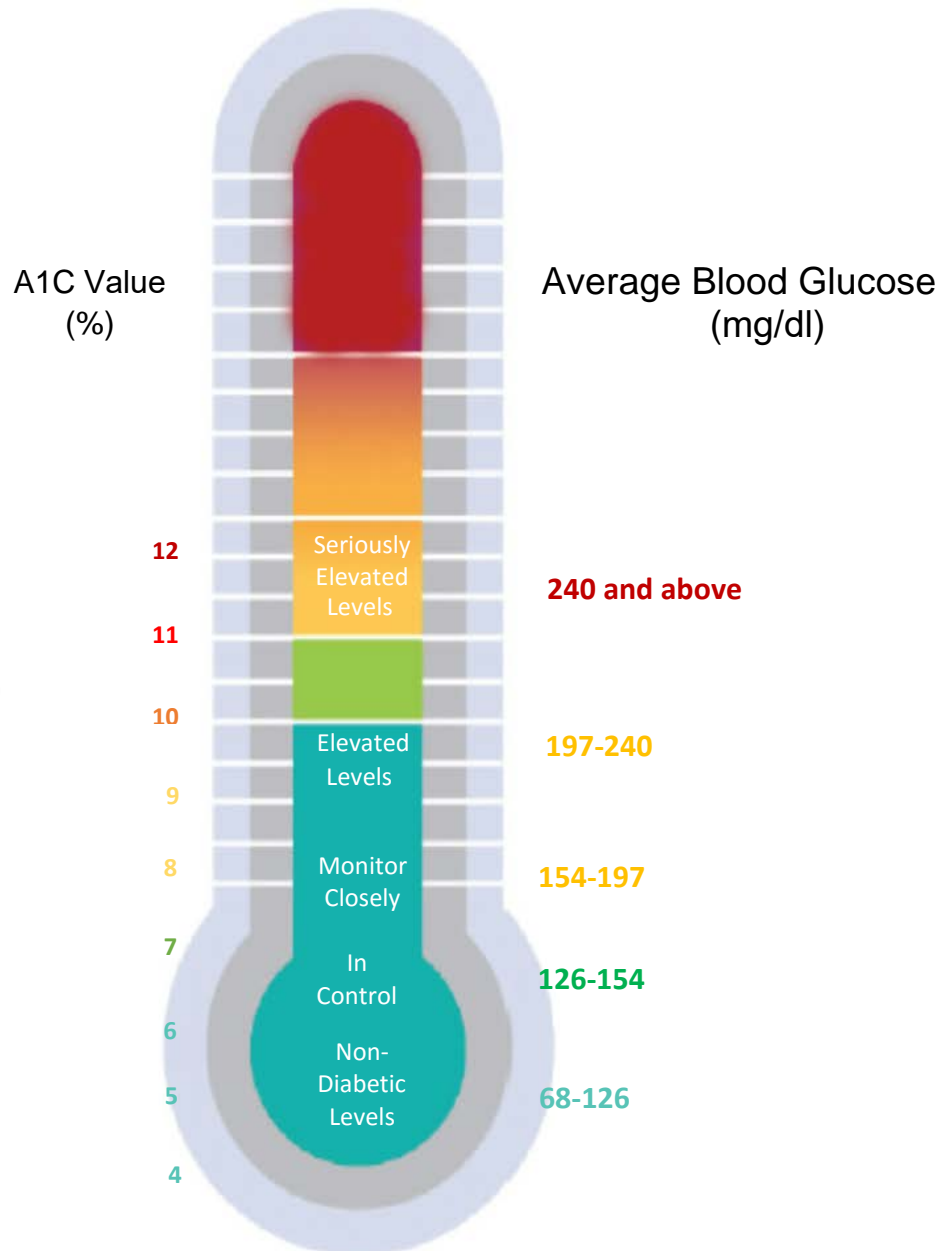


Understanding A1c



This simple blood test only requires a finger prick but it gives you important information. Results show your average blood glucose (blood sugar) level over the past two to three months. The higher your A1c level, the greater your risk of developing diabetes complications.

If your A1c is high, consider doing the following:

- start a meal plan that's right for you
- be more physically active on a regular schedule
- test your blood glucose often
- take insulin if prescribed
- monitor your A1c regularly