

Know Your Numbers

(A1C and Blood Pressure)

A1C Test

The A1C test gives an average of your blood sugars over the last 3 months. Over time, high blood sugar levels may cause problems in your eyes, feet, and kidneys.

- **Check:** Your A1C should be checked at least twice a year, or more often, as recommended by your health care provider.
- **Goal:** Your health care provider will talk with you about what A1C goal is right for you.

My last A1C was: _____

Date: _____

My A1C Goal

I will take these steps to reach or stay at my A1C goal:

Blood Pressure

High blood pressure makes your heart work harder than it should. Over time, it can also damage blood vessels, such as those in your heart and kidneys.

- **Check:** Get your blood pressure checked at every clinic visit.
- **Goal:** The blood pressure goal for many people with diabetes is **less than 140/90**. Your health care provider will talk with you about what blood pressure goal is right for you.

My last blood pressure was: _____ / _____

Date: _____

My Blood Pressure Goal

_____ / _____

I will take these steps to reach or stay at my blood pressure goal:

