

# Why You Need Annual A1c Testing

## An Important Step for Proper Diabetes Care

Do you know how to control your blood sugar?

### A1c ≤ 7%

For patients with diabetes. At this level, studies have shown that people experience fewer long-term complications such as blindness, kidney damage, nerve damage, heart diseases.

### A1c ≤ 8%

For older patients and people with a history of severe hypoglycemia, which can lead to falls and injuries.

### Why should A1c be tested annually if you have diabetes?

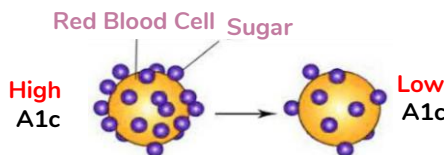
Testing can help you and your healthcare professionals:

- ✓ evaluate whether your blood sugar and diabetes are in good condition
- ✓ work with you to monitor the disease and help make treatment decisions to prevent complications such as blindness, kidney damage, nerve damage, and heart diseases.



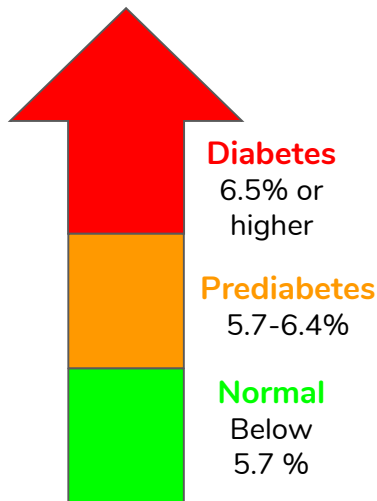
### What is the A1c Test?

- The A1C test is a blood test that provides information about your average levels of blood glucose, over the past 3 months.



- The A1C test result is reported as a percentage. The higher the percentage, the higher your blood glucose levels have been.

### A1c Test Results



A1c (%)	Estimated Average Glucose (eAG) (mg/dL) eAG = 28.7 × A1c - 46.7
6	126
7	154
8	183
9	212
10	240
11	269
12	298
13	326
14	355
15	384

### How to get tested

This test is performed by your local health care provider using blood samples. Discuss your results with your physician to get the right treatment to prevent any diabetes complications.

**Know your A1c result and get tested today!**



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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# 爲什麼要進行年度A1c測試

## 正確護理糖尿病的重要步驟

您知道如何最好地控制血糖嗎？

### A1c ≤ 7%

為糖尿病患者的血糖控制目標。研究表明，若能控制在此水平，能減輕糖尿病引發的長期並發症，例如失明、腎臟損害、神經損害和心臟病。

### A1c ≤ 8%

為年長者和患有嚴重低血糖病史者的血糖控制目標。低血糖可能會導致跌倒和受傷。

### 爲什麼糖尿病患者每年都需要進行A1c測試？

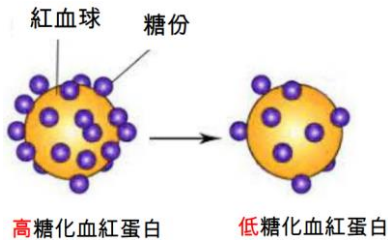
A1c測試可以幫助您和您的醫療保健專業人員：

- ✓ 評估您的血糖和糖尿病狀況是否良好
- ✓ 與您一起監測病情並幫助您做出治療決定，以預防各種糖尿病並發症，例如失明、腎臟損害、神經損害、心臟病。



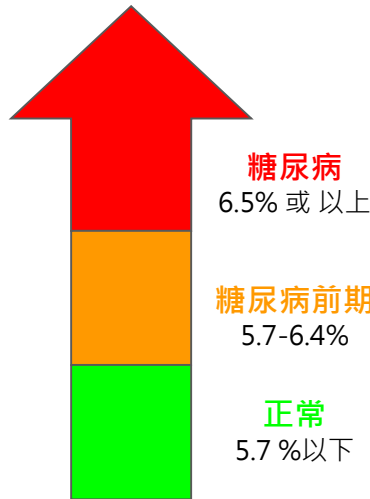
### 什麼是A1c測試？

- A1c測試是一項血液測試，可反映您過去三個月的平均血糖水平。



- A1c測試結果以百分比顯示。百分比越高，表示您的血糖水平越高。

### A1c 測試結果



A1c (%)	估計平均血糖 eAG (mg/dL) eAG=28.7×A1c-46.7
6	126
7	154
8	183
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### 如何完成A1c測試？

該測試可由您當地的醫療保健提供者采集血液樣本進行。與您的醫生討論您的測試結果，尋找最合適的治療方法預防糖尿病相關的並發症。 **立即進行測試以了解您的A1c水平！**



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