

# Checking and monitoring your glucose

Learn how A1C, time in range, and self-testing can help with managing diabetes

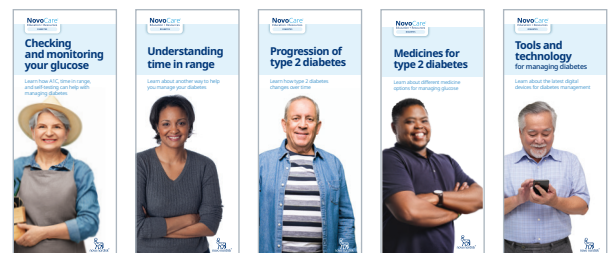


## NovoCare<sup>®</sup> can help

Managing your physical, mental, and emotional health with diabetes is important. Visit [NovoCare.com](https://www.novocare.com), your one-stop online resource for all things diabetes!

- Personalized resources and educational tools for living with diabetes
- Affordability and savings support for your medicine

The more you know about diabetes, the better you may be able to manage it. These brochures provide helpful information to educate you about diabetes and help you reach your diabetes goals.



Ask a member of your healthcare team for these brochures or click [here](#) for a digital version.

If you have questions or would like assistance with any of our resources, call 1-800-727-6500 (option 8 for Spanish), Monday to Friday, from 8:30 AM to 6:00 PM EST.

Visit [NovoCare.com](https://www.novocare.com) or scan this code with a smartphone or tablet



No data will be collected by scanning the QR code.

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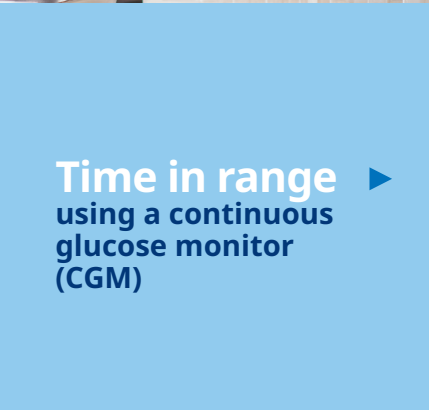


# Checking and monitoring your glucose

Blood glucose (*sugar*) monitoring is a helpful tool to know if you are reaching your diabetes management goals. These target numbers can be different for each person. You and your diabetes care team will set goals for glucose measures that may include:



◀ **A1C** is measured during an office visit



**Time in range** using a continuous glucose monitor (CGM) ▶



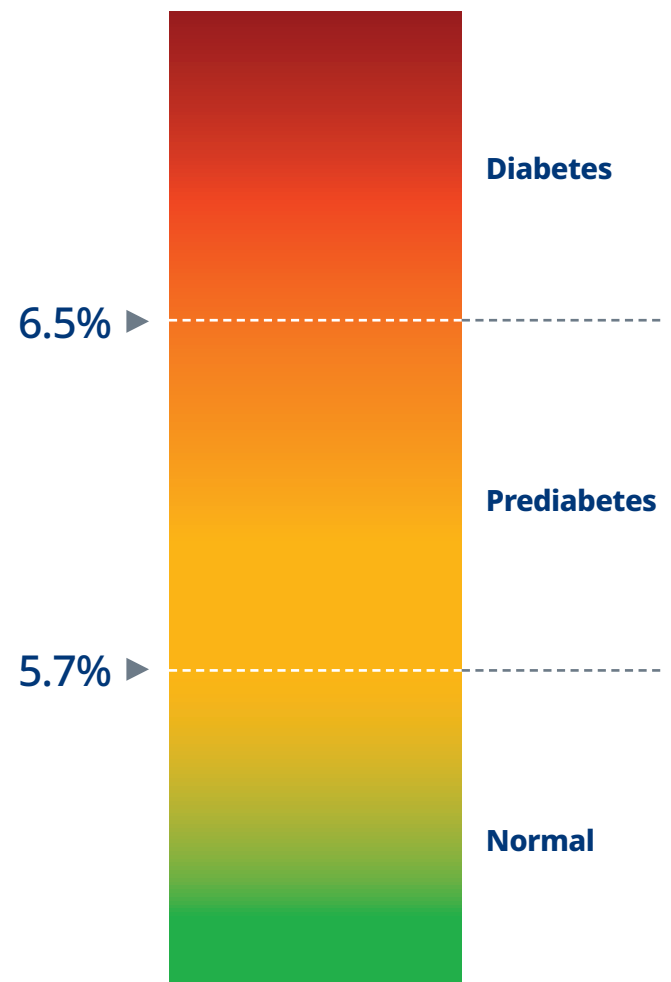
◀ **Blood glucose** you check yourself with a meter

## What is A1C?

[A1C](#) is a standard measure that reflects your average blood glucose over the past 2 to 3 months. The results of this blood test can be used to:

- Identify prediabetes
- Diagnose type 2 diabetes
- Help you know how well your diabetes treatment plan is working
- Predict and help prevent diabetes complications

A1C is reported as a percentage. When the percentage is high, it means your blood glucose levels were high for the last 2 to 3 months. The higher the levels, the greater your risk of developing [diabetes complications](#).



## What is my A1C goal?

The American Diabetes Association (ADA) recommends an A1C goal of less than 7% for most adults with diabetes. Your goal may be higher or lower based on your medical history, age, and other factors. You and your diabetes care team will decide on the right goals for you.

If you are meeting your treatment goals, you will have an A1C test at least every 6 months. If you're not meeting your goals or you change treatments, you may need to get an A1C test every 3 months.

### My A1C



My A1C now \_\_\_\_\_

My A1C goal \_\_\_\_\_



Date of my next test:  
\_\_\_\_\_

## Using estimated average glucose (eAG)

Your A1C results may be reported as estimated average glucose or eAG. This measure is similar to what you see with your meter checks. However, since you may check your blood glucose in the morning and before meals, your meter readings will likely be lower than your eAG.

## What about measuring with a meter?

For most people with diabetes, checking blood glucose with a meter is a part of everyday life. It uses a drop of blood to check what your levels are at that exact moment. You and your diabetes care team will decide when and how often you should check your blood glucose levels.



For most people the ADA recommends:

Blood glucose goals recommended by my healthcare professional:

80-130 mg/dL  
before meals

\_\_\_\_\_ mg/dL

Less than 180 mg/dL 1-2 hours after the start of a meal

\_\_\_\_\_ mg/dL



### Comparable A1C levels and estimated average glucose (eAG)

A1C	eAG
10%	240 mg/dL
9%	212 mg/dL
8%	183 mg/dL
7%	154 mg/dL
6%	126 mg/dL

## What is time in range?

[Time in range](#) is the amount of time you spend in your target glucose range. It is measured using a continuous glucose monitor (CGM). This is an external device that is attached to your body, usually on your belly or arm. It monitors the glucose in your body and gives real-time updates to a computer or smartphone.

The time in range method works with your CGM's data by looking at the amount of time your blood glucose has been in target range. It also can see the times your levels are [high \(hyperglycemia\)](#) or [low \(hypoglycemia\)](#).



## What is my time in range goal?

If you use a CGM to monitor your glucose levels, your diabetes care team will determine your target time in range (TIR).

For most people the ADA recommends:	TIR goals recommended by my healthcare professional:
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Between 70-180 mg/dL	_____mg/dL
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For at least 70% of CGM readings	_____%
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About 17 hours	_____hours
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## How A1C relates to time in range

Knowing both your time in range and A1C can help you manage your diabetes. The more time you spend in your target time in range, the lower your A1C can be. Every 10% increase in TIR can lower A1C by about 0.8%.

A1C Levels	TIR (70-180 mg/dL)
9.0%	40%
8.3%	50%
7.5%	60%
6.7%	70%
5.9%	80%

## How can I improve my glucose numbers?

Part of managing your diabetes is knowing your numbers. But what if your glucose levels are not in your goal range? There are several things you can do to help you get to your diabetes treatment goals. Some examples are:

- Check your glucose levels according to your care plan
- [Take your medicine](#) as prescribed
- Be [physically active](#)
- Follow a [healthy eating plan](#)

Be sure to talk to your diabetes care team before starting or changing your diabetes management plan.