Putting it all together.

Based on knowing your eAG, you can start to see a more complete picture of how well you are managing your blood sugar levels. By testing only a few times a day, you may be getting a snapshot of only those specific times. But you may have missed other times when your blood sugar levels were outside of your target range.

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The best place to start is by speaking with your health care provider. As part of the conversation, your health care provider may suggest that you:

- Test your blood sugar more often, and at specific times of the day, such as before and after meals and at bedtime
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To help manage her diabetes, Liz uses a human premix insulin such as Novolin® 70/30 (70% NPH, Human Insulin Isophane Suspension and 30% Regular, Human Insulin Injection [recombinant DNA origin]).

To find out how Liz can get a better understanding of her A1C number, see inside.

— Liz, living with type 2 diabetes

*eAG, or estimated average glucose, is a different way to measure A1C, and suggests that your blood sugar may fall within a certain range most of the day.*
Liz’s health care provider would like her A1C number to be less than 7%. Her last A1C reading was 9%. Liz knows it would be helpful for her to get her A1C down below 7%, but it’s a challenge.

Meet Liz
- 60 years old
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- Goes for walks at least 3 times a week
- Current A1C number is 9%
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Liz knows that if she fully understood what A1C is, it would help her take better care of her diabetes.

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A1C is a blood test taken at your health care provider’s office usually every 3 to 6 months. Your A1C is shown as a percentage, such as 7%, 8%, or 9%, and so on. Your A1C shows your health care provider how well your diabetes treatment plan (medication such as insulin, along with diet and exercise) is working to control your blood sugar levels over the past 3 months.

The American Diabetes Association recommends an A1C goal of less than 7%. You and your health care provider will set an A1C goal that’s right for you.

A study showed that lowering A1C by 1% reduced the risk of some long-term diabetes problems by 37%.

Long-term diabetes problems mean damage to eyes, kidneys, and nerves in the feet and hands.

Even though an A1C number makes sense to your health care provider, many people living with diabetes, like Liz, find A1C numbers confusing. What does A1C mean? How does it relate to daily blood sugar readings?

To better understand how A1C numbers relate to daily blood sugar readings, please turn the page.

### Understanding A1C

#### A1C

<table>
<thead>
<tr>
<th>A1C</th>
<th>eAG (mg/dL)</th>
<th>Blood Sugar Range&lt;sup&gt;a&lt;/sup&gt;</th>
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<tbody>
<tr>
<td>12%</td>
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<sup>a</sup>Blood sugar range is based on a 95% confidence interval, which means that there is a 95% chance that the A1C falls within that blood sugar range.
An easier way to understand A1C. It’s called estimated average glucose (eAG)

eAG, or estimated average glucose, is a number similar to what you see every time you test your blood sugar with your blood sugar meter. For many people, it’s easier to understand because eAG is expressed in the same units as you see on your blood sugar meter.

Liz learned that her current A1C of 9% means an eAG number of 212 mg/dL.

If you don’t know your latest A1C number, be sure to speak with your health care provider.

See the table on the right to find out how A1C converts to eAG.

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Understanding A1C

Based on the eAG number, the table below shows an estimated daily glucose range. As it is only an estimate, your blood glucose may be outside the listed range some of the time.

For example, Liz’s current A1C number of 9% converts to an eAG of 212 mg/dL.

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— Liz, living with type 2 diabetes

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Liz now has a better understanding of her overall blood sugar levels. She feels confident about taking a more active role in her diabetes management. And that’s just what her health care provider wants to hear.

If you are using a human premix insulin and are not in control like Liz, talk with your doctor about other insulin options.