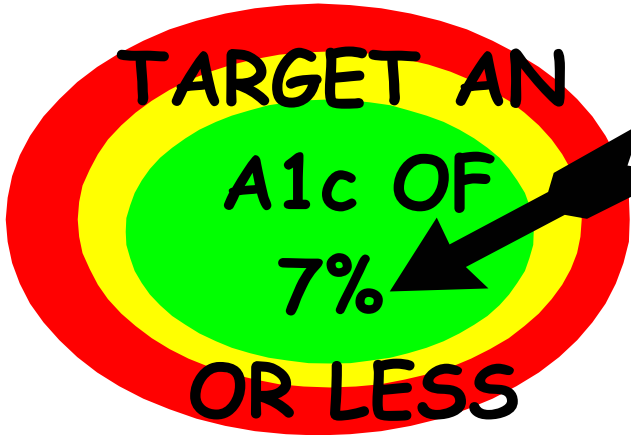


**Help yourself feel better today and tomorrow
by keeping your A1c at less than 7%.**

A1c (also known as HbA1c) is a test your doctor orders to let you know how you've done at controlling your blood sugar during the past two months.



What you do today helps determine

how Diabetes impacts you tomorrow!

- Get annual cholesterol levels checks

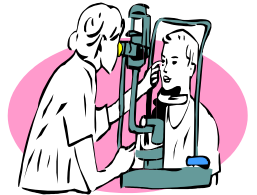
- A1c test at least twice a year

- Get regular foot exams.

Check your feet daily



- Get yearly eye exams



- Get your blood pressure checked at every doctor's visits

- Check your blood sugar regularly

- Get a yearly urine protein test

- Exercise Daily

- Follow your meal plan

- Keep all scheduled doctor's appointments



How blood sugar can affect A1c:

If you're A-1-c is:	5%	6%	7%	8%	9%	10%	11%	12%
Then your blood sugar was around	90	120	150	180	210	240	270	300

Reducing your A1c by just 1% greatly reduces risk of complications from diabetes.



