

Your blood glucose goals

The table below lists the blood glucose goals that many diabetes experts recommend for people with diabetes. You and your healthcare provider will set goals for you based on your diabetes-care plan. These goals may change over time depending on how well you are managing your diabetes. Write the blood glucose goals you and your healthcare provider have decided are best for you in the table below.

Blood Glucose Goals (Plasma Values)*

Time	For People With Diabetes	Your Goal
Before Meals	Less than 110 mg/dL	
2 Hours After Meals (postprandial)	Less than 140 mg/dL	
A1C	6.5% or less	
Values for whole blood glucose meter readings are about 10% lower.		

Please refer to the instruction manual for your glucose meter to determine whether it reports the results as plasma or whole blood glucose.

* Adapted from the American College of Endocrinology (ACE). Consensus Statement on Guidelines for Glycemic Control. Endocrine Practice. 2002;8 (Suppl 1):S5-S11.

The A1C test

The A1C test measures your average blood glucose level over the past 2 to 3 months. It is an accurate measure of how well you are managing your blood glucose over time. An A1C level of 6.5% or lower is recommended for people with diabetes. Medical studies have shown that keeping your blood glucose levels at or near normal-over time, or lowering your A1C level by a percentage point or more, may significantly reduce your risk for diabetes complications.

The American Diabetes Association recommends an A1C test every 6 months if you are meeting your blood glucose goals. An A1C test every 3 months is recommended if you are not meeting your goals or if you change your diabetes treatment plan.

A1C Levels and Plasma Glucose Equivalents*

A1C Level	Mean Plasma Glucose
6%	135 mg/dL
7%	170 mg/dL
8%	205 mg/dL
9%	240 mg/dL
10%	275 mg/dL
11%	310 mg/dL
12%	345 mg/dL

* Adapted from American Diabetes Association 2006 Guidelines.