

Diabetes and A1C

**Seriously Elevated
A1C 9% and above**

Average Blood Glucose:
212 mg/dl and above

**Monitor Closely
A1C 7% to 9%**

Average Blood Glucose:
154 to 212 mg/dl

**Goal Range
A1C 6% to 7%**

Average Blood Glucose:
126 to 154 mg/dl

TODAY'S DATE

MY A1C TODAY



MY LAST A1C

MY NEXT
A1C GOAL

MY LONG-TERM
A1C GOAL

MY NEXT
APPOINTMENT

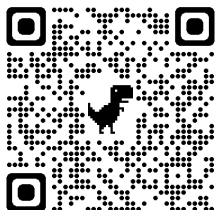


Omada is a digital lifestyle change program. It's free for eligible adult residents of Alaska.

To start, scan the QR code below or visit go.omadahealth.com/alaska.

Click on "Am I Eligible?" and follow the steps to sign up. It may take a day or two to process your application, so don't worry if you don't receive a confirmation email right away.

Through the Omada program, you'll receive a personalized health care plan, a health coach and care team, 24/7 support, and free smart health devices.



Note: The Omada program is currently offered in the English language only.

NOTES FROM MY PROVIDER

THIS IS IMPORTANT TO ME BECAUSE...



What is diabetes?

Diabetes is a condition that happens when your body can't process sugar normally.

When you eat, sugar from your food gets into your bloodstream. A hormone called insulin helps move the sugar from your blood into your body's cells.

But if you have prediabetes or diabetes, your body isn't making enough insulin or it isn't using insulin as it should. Without insulin, too much sugar remains in your bloodstream.

Talk to your care providers if you would like to learn more. They are happy to answer your questions.

What is an A1C test?

An A1C test measures your blood sugar level over the past three months.

A high A1C indicates that you have prediabetes or diabetes and puts you at risk for conditions like blindness, kidney failure, heart attack, and stroke.

You do not need to fast before taking an A1C test. Simply eat and drink as you normally would.



How can I lower my A1C?



Eat healthy food.

Eat plenty of fruits and vegetables. Request a referral to ANHC's nutritionist.



Stay active.

Be on the move at least 5 to 6 days a week for 30 minutes each day.



Stay informed.

Regularly monitor your blood sugar level.



Watch your weight.

If you are overweight, do your best to lose extra pounds.



Take medicine.

Be sure to follow your provider's instructions.