

LOWER YOUR A1c NATURALLY WITH THESE LIFESTYLE CHANGES

Lose weight. Being overweight raises your risk for type 2 diabetes, heart disease, high blood pressure, and stroke. Losing weight may help you prevent and manage these conditions—even losing 10-15 pounds can make a big difference.

Always consult with your physician/healthcare provider before making any dietary changes or beginning any exercise or weight loss program.



EAT RIGHT

Good nutrition goes hand in hand with weight control, as well as diabetes prevention and management. All foods affect your blood glucose levels.

Eat more:

Fruits and vegetables
Lean meats
Seeds
Nuts
Plant-based protein

Eat less:

Processed foods
Sugary drinks
Desserts
Fried foods
Fast food



EXERCISE REGULARLY

Along with diet and medications, physical activity is important to preventing or managing diabetes. You don't have to do strenuous exercise, you just need to be consistent and enjoy what you're doing.

Moderate exercise activities:

Walking
Leisurely bike rides
Water aerobics
Hiking
Dancing
Golf

Vigorous exercise activities:

Running
Basketball
Soccer
Swimming
Tennis
Fast bicycling

MY A1c RESULTS

	DATE/TIME	% A1c VALUE
Initial Appointment		
Follow-up Appointment		
Follow-up Appointment		
Follow-up Appointment		
Follow-up Appointment		

Want more information about your A1c results?

Scan this QR code to learn more about what your % A1c value means and how you can improve it.



knowmya1c.abbott



Reference: 1. Stratton, IM. *BMJ* 2000; 321:405-412.

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THE A1c TEST CAN HELP YOU MANAGE OR PREVENT DIABETES

Knowing your A1c is the first step in lowering blood sugar, which is key to managing diabetes or preventing it altogether.



What is the A1c test?

The A1c test is a simple, **fingerstick blood test used to identify people with prediabetes or diabetes** by providing a picture of average blood glucose (blood sugar) level over the past 2 to 3 months. The higher a person's A1c levels, the greater their risk of developing diabetes and other health problems.

Your A1c results were obtained using Abbott's **Afinion™ 2 Analyzer**, a diagnostic instrument that produces accurate results in approximately 3.5 minutes at the point of care.

WHAT DO MY A1c NUMBERS MEAN?

Ideal A1c levels are different for everyone and can vary by age and other risk factors.

If your A1c level is **between 5.7% and less than 6.5%**, your blood glucose levels are in the **prediabetes range**.

If you have an A1c level of **6.5% or higher**, your blood glucose levels are in the **diabetes range**. **The goal for most adults with diabetes is to have an A1c less than 7%.**

A1c LEVEL		
Less than 5.7%	5.7% to 6.4%	6.5% or higher
Normal range	Prediabetes or risk of hyperglycemia	Diabetes mellitus or hyperglycemia

WHAT IS PREDIABETES?

People with prediabetes have blood glucose levels above normal, but below diabetes levels (5.7% - 6.4%). Prediabetes has no clear symptoms, but it can later develop into diabetes. Medication and/or lifestyle changes can help prevent that from happening.



WHAT IS DIABETES?

Diabetes is a chronic disease categorized as **type 1 or type 2**. Both types can increase your risk for serious health problems such as:

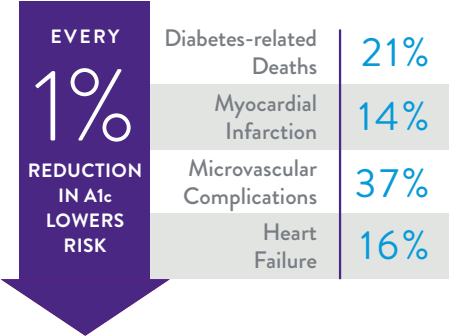
- Cardiovascular disease
- Chronic kidney disease
- Neuropathy (nerve pain)
- Hearing loss
- Stroke
- Osteoporosis and hip fractures
- Complications of the feet, eyes, mouth, and skin

People with type 1 diabetes do not produce insulin naturally and require multiple daily insulin injections with a pen, syringe or pump, as well as frequent A1c monitoring.

People with type 2 diabetes do not produce enough insulin, utilize it well, or both. Because their cells can't produce the energy their bodies need, medication and lifestyle changes are necessary.

DIABETES PREVENTION: HOW TO LOWER YOUR A1c NATURALLY

Making small changes to your lifestyle can help prevent or delay diabetes by reducing your A1c. And, if you already have diabetes, even small reductions in your A1c can reduce diabetes complications significantly.¹



Talk to your doctor about creating a healthy lifestyle plan and setting goals that work for you.