

# NOW WHAT should my numbers be?

Monitoring blood sugar may not be easy for everyone. "What's high? What's normal? Am I even doing it right?" Some people feel overwhelmed and may skip monitoring their blood sugar. The following are easy ways to monitor numbers:

**FACTS FIRST** Keeping track of blood sugar is a great way to manage diabetes! Consider this:

Fasting blood sugars:  
70-130 mg/dl

2 hours after meals,  
blood sugars less  
than 180 mg/dl

Blood sugars before  
meals: 70-130 mg/dl

HgA1C:  
Less than 7%

## ACT ON THE FACTS

### NORMAL

- A1C is under 7%
- Fasting blood sugars are 70-130mg/dl
- Blood sugars less than 180mg/dl (2 hours after eating)

**WHAT TO DO?** Continue taking medications as ordered by the doctor and continue routine blood sugar monitoring. Maintain healthy eating habits and keep all medical appointments.

### MODERATE RISK

- A1C is between 7% and 8%
- Average blood sugar is 150-210mg/dl
- Most fasting blood sugars under 200mg/dl

**WHAT TO DO?** An adjustment of medication may be needed. Call your doctor for an appointment, improve your eating habits, and increase your physical activity.

### HIGH RISK

- A1C is greater than 9%
- Average blood sugars are over 210mg/dl
- Most fasting blood sugars are well over 200mg/dl

**WHAT TO DO?** Call your doctor immediately for an evaluation.



Write down your blood sugar levels :

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**YOU'RE NOT ALONE!**



For more information on how to manage your diabetes, visit:

[EPDIABETES.ORG/NOW-WHAT/](http://EPDIABETES.ORG/NOW-WHAT/)