

## Importance of the HgbA1c Test

If you have diabetes, it's important for you to know about the HgbA1c test. To test how much you know—and to learn more!—complete this short quiz.

1. What is the test that measures your blood sugar over the last 3 months?
  - A. LDL
  - B. HgbA1c
2. What is the HgbA1c goal for members with diabetes?
  - A. 10 percent
  - B. 7 percent or lower
3. Can you tell what your blood sugar is by how you feel without using your testing meter?
  - A. Yes
  - B. No
4. Does a “touch of sugar” mean you do not have diabetes?
  - A. Yes
  - B. No
5. Are there things that you can do to help control your blood sugar?
  - A. Yes
  - B. No
6. Should an HgbA1c test be completed at least twice a year?
  - A. Yes
  - B. No
7. Does keeping your HgbA1c number below 7 percent decrease serious eye, kidney, and nerve disease?
  - A. Yes
  - B. No

Correct Answers:

1. B
2. B
3. B
4. B
5. A
6. A
7. A

How did you do?

- If you got all 7 questions right, you know what it takes to stay healthy and in control of your blood sugar. Great job!

- If you got 5 – 6 right, you are on the right path to staying healthy and controlling your diabetes. Keep it up!
- If you got 3 – 4 right, you may want to talk with your health care provider about what you can do to learn more about diabetes.
- If you got 0 – 2 right, you **need** to talk with your health care provider about diabetes and the impact this chronic disease has on you.

PrimeWest Health is here to help! If you have any questions about your diabetes, you can talk to your health care provider or you can call one of your PrimeWest Health Disease Management nurses. Call **1-888-588-4420** (toll free) and ask to speak to Jen at ext. **5351** or Ann at ext. **5394**.