

Managing Diabetes: Learning the ABCs for Diabetes Control

The ABCs of managing your diabetes are 3 important things that can help you track and manage your diabetes.

- **“A” is for A1C.** A1C is a blood test that shows what your blood sugar level has been over the past 3 months. It helps you track how well you are managing your diabetes.
- **“B” is for blood pressure.** High blood pressure makes your heart work harder. Controlling your blood pressure helps lower your risk of heart attack, stroke, or kidney disease.
- **“C” is for cholesterol.** Cholesterol is a type of fat in the blood that can increase the risk of heart disease.

Why are the ABCs for Diabetes Control important?

Keeping your **ABCs** in control can help you live a healthier life and lower your risk of having a heart attack, stroke, eye disease, or nerve damage.

The A1C goal for many people is **7** or less. When your A1C level is high, your blood sugar is not in control and you are at risk for diabetes problems.

High blood pressure and high cholesterol are concerns when you have diabetes. Together, they can lead to a heart attack, stroke, and other life-threatening conditions.

How can you control your ABCs?

Talk with your doctor to find out what your personal **ABC** target numbers should be and how often you should check them.

Your doctor can work with you to create a plan that includes healthy eating, exercise, and medications.



Partnership HealthPlan of California and your primary care provider (PCP) are here to help keep you healthy! Talk to your PCP about how you can keep your diabetes under control. Your PCP's phone number is on the front of your Partnership ID card.