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## A1C - English

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### **Description**

This low literacy A1C patient education resource explains what this test means and illustrates healthy levels for diabetic patients.

### **Keywords**

A1C, Diabetes, Patient Education

### **Disciplines**

Endocrine System Diseases | Nutritional and Metabolic Diseases

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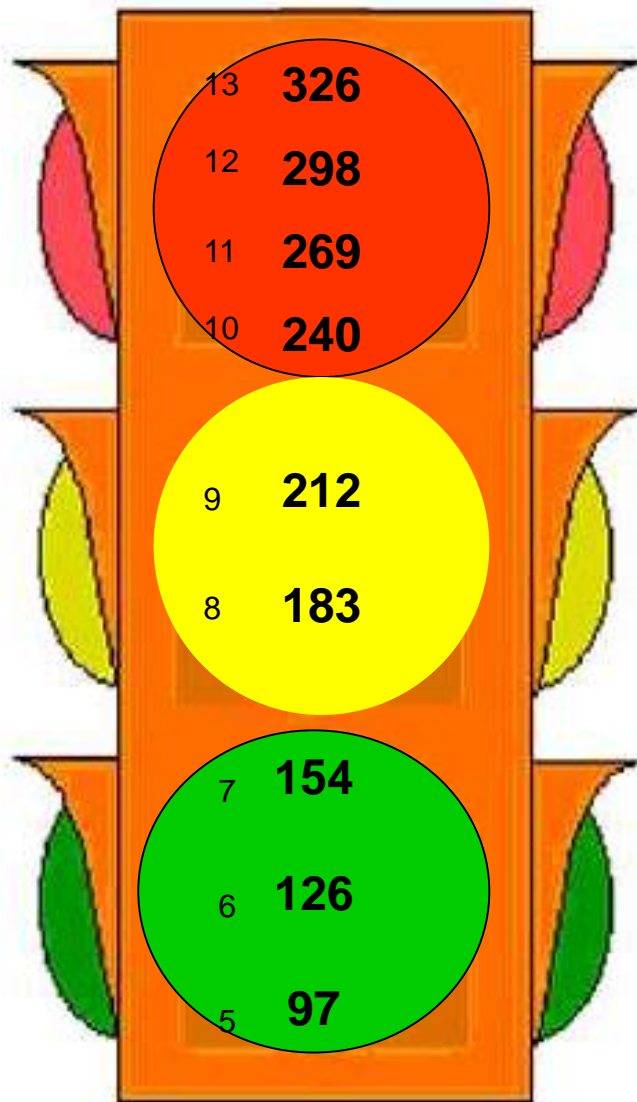
A1C is a blood test that shows you what your average blood sugar was in the last 3 months.

Keep your average blood sugar in the green zone to stay healthy.

**Danger!  
High level**

**Not good.**

**Very good!  
Good Health**



Even if you don't feel sick, average blood sugar levels in the yellow or red zones will cause serious health problems in your future.

**What is your  
average  
blood sugar?**



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