CLINICA family health

Self-Assessment Sheet: Controlling My A1C

1. I know what the blood sugar goals are for:
    a. Fasting blood sugars
    b. Before meals
    c. 2 hours after meals

2. I know the symptoms for high blood sugar levels. I experience these symptoms:
    a. Daily
    b. Weekly
    c. Once in a while

3. I know the symptoms of low blood sugar levels. I experience these symptoms:
    a. Daily
    b. Weekly
    c. Once in a while

4. I know which foods raise my blood sugar levels.

5. I know how to eat so that my blood sugar levels stay within normal limits.

6. To control my blood sugar levels, I can:
    a. Take my medications regularly
    b. Exercise most days of the week
    c. Use my meter regularly
    d. Limit carbohydrates and choose high fiber foods
    e. Eat carbohydrates with protein foods at each meal or snack
    f. Know my A1C level
    g. Know the effects of emotions, stress, and depression on my blood sugar levels
    h. Maintain a healthy weight
    i. Learn to relax and solve problems to reduce my stress

*Adapted from CenteringPregnancy® Model Handbook

GV-102.2-1016 PR
Revised By GVO October 2016