Did you know?
Your blood sugar (also called your glucose level) is the amount of sugar in your blood. Blood sugar is your body’s main source of energy. But too much sugar in your blood is bad for your health. High blood sugar can cause diabetes and cause health problems in your eyes, kidneys, nerves, and blood vessels.

Get your blood sugar tested
The National Institutes of Health recommend that anyone who is overweight, has a family history of diabetes, is age 45 or older, or is pregnant should talk to their doctor about getting a blood sugar test. A simple blood test is used to check your blood sugar.

Understand your blood sugar numbers
Your blood sugar levels can tell your doctor if you have pre-diabetes or diabetes. A fasting plasma glucose (FPG) and an oral glucose tolerance (OGT) test are the two most common ways to test your blood sugar. The table below shows what the two different types of test results mean.

<table>
<thead>
<tr>
<th>FPG Results (mg/dL)</th>
<th>OGTT Results (mg/dL)</th>
<th>What it means</th>
</tr>
</thead>
<tbody>
<tr>
<td>99 and below</td>
<td>139 and below</td>
<td>Your blood sugar is normal</td>
</tr>
<tr>
<td>100–125</td>
<td>140–199</td>
<td>You are at risk for diabetes</td>
</tr>
<tr>
<td>126 and above</td>
<td>200 and above</td>
<td>You may have diabetes</td>
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</table>

Things you should do
- **Exercise.** Regular physical activity can lower your chance of developing diabetes. Try to get 30 minutes of exercise most days of the week. Gardening, riding a bike, and walking at a brisk pace all count toward your 30 minutes.

- **Make smart food and drink choices.** Watch your portion sizes and focus on eating vegetables, fruits, whole grains, fish, lean meats, and non-fat dairy. Avoid high calorie foods and sweetened drinks which can raise your blood sugar levels.

- **Talk to your doctor about your chance for diabetes.** Your doctor can look at your family and personal health history to assess your risk of diabetes. You can also work with your doctor to decide if you need to make lifestyle changes to prevent diabetes.

Call a Health Coach today at 1-800-ASK BLUE (275-2583)
Available by phone 24/7, a Health Coach can help you understand what your blood sugar numbers mean to your health. A Health Coach can help you create a plan to work with your doctor to manage your blood sugar. There is no cost to use this service, and you can call as often as you like.