


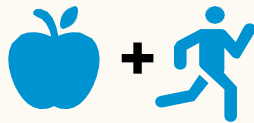


# Manage diabetes well

		Blood pressure	LDL cholesterol
	HbA1c^ (%)	(mmHg)	(mmol/L)
	≥ 8	≥ 160/100	≥ 3.4
	7.0 – 7.9	140/80 to 159/99	2.6 to 3.3
	< 7	< 140/80	< 2.6
Speak with your care team as your targets may vary			

^HbA1c tells you how your blood sugar control has been like the past 3 months.



**Healthy eating habits and regular physical activity and exercise** can help you achieve target levels of blood sugar control, blood pressure and cholesterol