

3 Diabetes Metrics *Just as Important as A1C*

Understanding your diabetes numbers is key for effective management. A1C tells you how steady your blood sugar has been over the past 90 days and is used to set treatment goals. But it's not just about A1C—you also need to keep an eye on your heart and kidney health to stay on top of any risks that come with type 2 diabetes.

1



Blood Pressure

High blood pressure can harm blood vessels in the heart, kidneys, and eyes, raising the risk of heart disease, kidney disease, and vision issues.

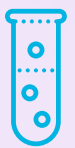
2



Cholesterol & Triglycerides

These fats (or lipids) circulate in the blood and directly affect cardiovascular health. Elevated levels can increase the risk of heart disease and stroke.

3



Micro-albuminuria Test

This test detects the presence of a protein called albumin in urine, indicating the risk of kidney disease.

To learn more visit BeWellSHBP.com/Diabetes or call **888-616-6411**. You can also visit [Achieve/Programs](#) to enroll in the **Eat Right Now[®]** program.