



Preventive blood sugar testing

Most of the food we eat is converted into sugar (glucose), which is released into our blood to become energy to help our body function properly. On the other hand, when blood sugar levels are too high, certain complications can develop in your health. For this reason, it is important to control sugar intake to moderate glucose levels and maintain a healthy lifestyle.

What are the preventive tests to monitor blood sugar?

- **A1C-** Measures the blood sugar level for the last 2 to 3 months. Values below 5.7% are normal; values between 5.7% and 6.4% indicate prediabetes, and values of 6.5% or higher indicate diabetes.
- **Fasting blood sugar** indicates the fasting (before eating) blood sugar level in the morning. Values of 100 mg/dl or lower are normal; between 100 and 125 mg/dl indicate you have prediabetes, and 126 mg/dl or higher show you have diabetes.
- **Oral glucose tolerance test reveals your levels before and after drinking a sugar-containing liquid while fasting.** Your levels will be checked periodically for 2 hours. Values of less than 140 mg/dl after 2 hours are considered normal; values between 140 and 199 mg/dl indicate you have prediabetes, and values of 200 mg/dl or more after 2 hours indicate you have diabetes.



Unscheduled blood sugar test - Measures your glucose level at the time of testing. You do not need to fast before testing. Values of 200 mg/dL or higher may indicate that you have diabetes.

If you are pregnant

Sugar testing is done between the 24th and 28th weeks of pregnancy. If you have gestational diabetes from a previous pregnancy, your doctor will monitor your blood sugar from the first trimester.



What risk factors can alter blood sugar levels?

There are different factors that can alter blood sugar levels.

- Eating a poor and unbalanced diet.
- Doing little or no exercise.
- Being overweight
- Family history
- If you ever had gestational diabetes (or your baby weighed more than 9 pounds at birth).
- Being over 45 years old
- Some medications, including those containing steroids.
- Stress or hormonal problems



How do you prevent high blood sugar levels?

At present, type 1 diabetes is not preventable. However, type 2 diabetes and gestational diabetes can be prevented by some lifestyle changes, such as:

- Eat healthy foods.
- Get preventive testing at least once a year. This will help you identify practices that increase your blood sugar levels.
- Be physically active at least 3 days a week, such as walking or cycling, among others.
- Maintain a healthy weight.
- Stay well hydrated.
- Learn to manage stress. Practice yoga, music therapy, among others.
- Avoid smoking and alcoholic beverages.



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Social and Emotional Aspects

For recommendations, tools and resources on how you and your family can cope with emotional and physical concerns that arise during and after medical treatment, please visit your primary care physician or contact the following phone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health 787-641-9133

References:

https://www.cdc.gov/diabetes/es/risk-factors/factores-de-riesgo-de-la-diabetes.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/spanish/basics/risk-factors.html

<https://www.mayoclinic.org/es/diseases-conditions/diabetes/expert-answers/glucose-levels/faq-20424316>

https://www.cdc.gov/diabetes/es/treatment/manejo-de-los-niveles-de-azucar-en-la-sangre.html?CDC_AAref_Val=https://www.cdc.gov/diabetes/spanish/living/manage-blood-sugar.html

<https://www.cdc.gov/diabetes/es/diabetes-testing/pruebas-de-diabetes.html>