Tim McGraw has a challenge for you.

I've seen first-hand how diabetes impacts Americans from all walks of life. It's affected my family, friends and fans.

- Tim McGraw

 Nearly 30 million Americans have diabetes – most have type 2 diabetes. That's why I'm speaking out about how important it is for those living with type 2 diabetes to get their blood sugar under control.

I'm encouraging all Americans to join me and challenge their family and friends with diabetes to get to their A1C goal.* I've learned that about one-third of adults living with diabetes are not at their A1C goal, which can lead to serious health problems over time.

Let's change that statistic.

If you have diabetes, take the challenge. Pledge to work with your doctor to set and reach your own A1C goal. Also be sure to learn if you are at risk of low blood sugar and how to reduce that risk. **

Join me now at AmericasDiabetesChallenge.com.

Together, we can make a difference.

America's Diabetes Challenge was developed in collaboration with Merck

* A1C measures average blood sugar (glucose) over a 2 to 3 month period.

** Low blood sugar (glucose), known as hypoglycemia, can make you feel shaky, dizzy, sweaty and sometimes faint.