

A1C (pronounced A- one- C) is a way to measure your average blood sugar (glucose) over the past 3 months. Along with home blood sugar monitoring, A1C provides a complete picture of your blood sugar control. An A1C helps you and your medical provider set goals and targets for your diabetes care.

What is the A1C blood test?

- It is usually done in your medical provider's office
- An A1C test is used for diagnosing both diabetes and prediabetes
- Sports fans think of it similar to a "batting average", showing a blood sugar average over time

Why should I have an A1C test?

- To see if your blood sugar is close to normal or too high
- The higher your blood sugar, the higher your A1C will be
- Your A1C indicates your likelihood of having other health problems because of diabetes
- Controlling your blood sugar and lowering A1C may help prevent damage to your eyes and feet

How often should I have an A1C test?

- At least twice a year if you are meeting your treatment goals
- Four times a year if your blood sugars are too high
- Four times a year if medicines or insulin have been added or changed

How do your numbers compare with the chart below?

- If your number is too high, you might need more or different medicine, more physical activity, less food or some weight loss

	A1C
Normal	5.6% or below
Prediabetes	5.7% - 6.4%
Diabetes	6.5% or above
Goal for people with diabetes	7% or less

What do the A1C results mean?

- Your A1C can be reported as an “estimated average glucose” or eAG
- The eAG uses the same units as your glucose meter and relates well to your daily blood sugar readings
- Your A1C and eAG together help you and your medical provider see how well your treatment plan is working

GOAL: less than 7%*

*If you have frequent low blood sugar your goal may be 8.

Check with your medical provider.

A1C (%)	eAG (mg/dl)
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

Conclusion

- Similar to blood sugar, A1C is lowered by medication, exercise and diet
- For people living with diabetes check with your medical provider about diabetes prevention and control programs and diabetes self-management support near you