



What Is A1C?

A1C is a test that shows the average level of blood sugar over the past two to three months. People who have diabetes usually have this test to see whether their blood sugar levels have been staying within a target range. This test is also used to diagnose diabetes. This test may not be appropriate for everyone because many things can affect the life span of red blood cells, such as the second or third trimester of pregnancy, a recent blood loss or a blood transfusion, sickle cell disease, hemodialysis or erythropoietin (ESA) medicine.

A1C test results show your average blood sugar level over time. The result is reported as a percentage. Your goal is to keep your hemoglobin A1C level as close to your target level as possible. You and your doctor will work together to set your safe target level.

The result of your A1C test can also be used to estimate your average blood sugar level. This is called your estimated average glucose, or eAG – the same numbers (mg/dl) you're used to seeing on your blood sugar meter. Your eAG and A1C show the same thing in two different ways. They both help you know about your average blood sugar over the past two to three months.

A1C and estimated average glucose (eAG)*

| Hemoglobin A1C% | eAG mg/dl 60-90 days average blood glucose | |
|-----------------|---|--|
| 4.0% | 68 | Non-diabetic |
| 4.5% | 83 | |
| 5.0% | 97 | |
| 5.5% | 112 | |
| 5.7% | 117 | Prediabetes 5.7-6.7 A1C |
| 6% | 126 | |
| 6.5% | 140 | |
| 7% | 154 | Control diabetic |
| 7.5% | 169 | Poorly controlled levels |
| 8% | 183 | |
| 8.5% | 197 | Seriously elevated levels. Contact your doctor to discuss. |
| 9% | 212 | |
| 9.5% or higher | 226 | |

Your A1C Goal

The goal for most people with diabetes is 7% or less. However, your personal goal will depend on many things such as your age and any other medical conditions. Work with your doctor to set your own individual A1C goal.

Younger people have more years with diabetes ahead, so their goal may be lower to reduce the risk of complications, unless they often have hypoglycemia (low blood sugar, or a "low").

People who are older, have severe lows, or have other serious health problems may have a higher goal.

* Source: <https://www.diabetes.org/diabetes/a1c-test-meaning/a1c-and-eag>