

## Understanding A1C

### What does an A1C test measure?

An A1C test measures your average blood sugar level for the past 2 to 3 months. A1C can be used to check for pre-diabetes and diabetes:

If your A1C is... it means...	
5.6% or less	no pre-diabetes or diabetes
5.7 to 6.4%	pre-diabetes
6.5% or more	diabetes

### How does knowing my A1C help me if I have diabetes?

Having an A1C of 7% or less can lower chances of developing problems from diabetes. The American Diabetes Association suggests a target A1C of 7% or less for most people with diabetes. The chart below shows how A1C compares to average blood sugar levels.

A1C %		Average blood sugar mg/dl
<b>Goal</b>	5	97
	6	126
	7	154
<b>High</b>	8	183
	9	212
<b>Very High</b>	10	240
	11	269
	12	298
	13	326
	14	355
	15	384
	16	412
	17	441
	18	470

### What should I do if my A1C is high or very high?

Talk to your healthcare team about changes you can make to lower your blood sugar.