

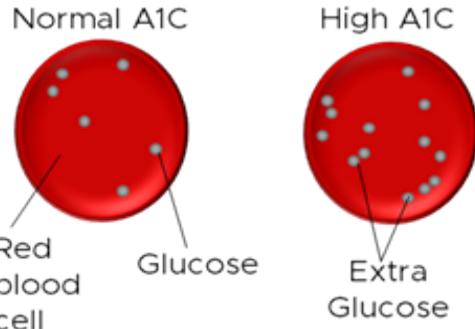
# Health Facts for You

**UWHealth**

## A1C Test and the Estimated Average Glucose (eAG)

The A1C or hemoglobin A1C measures the average amount of glucose (sugar) on your red blood cells during the past 2-3 months. Any decrease in A1C lowers your risk of long-term problems from diabetes. The chart below shows how your A1C value relates to estimated Average Glucose (eAG).

	A1C (%)	eAG (mg/dL)
Take Action	17 %	444
	16.5%	429
	16%	414
	15.5%	399
	15%	384
	14.5%	369
	14 %	355
	13.5%	341
	13 %	326
	12.5%	312
	12 %	298
	11.5%	283
	11 %	269
	10.5%	255
	10 %	240
	9.5%	226
	9 %	212
	8.5%	197
	8 %	183
	7.5%	169
Goal	7 %	154
Diabetes	6.5 %	140
Prediabetes (5.7 - 6.4 %)	6.0%	125
	5.5%	111



### How Often to Test

The A1C test does not require fasting. It is done as often as every 3 months since this is the lifespan of a red blood cell. People with diabetes get their A1C checked every 3-6 months or yearly. Your insurance or Medicare may have specific rules for how often the testing can be done.

### Results

	A1C	eAG
My Goal		
Last result		
Next A1C due		

Keep a record of your results. The goal is to keep A1C levels as close to normal as possible without low blood sugars. If you are not meeting your goal, talk with your team about making changes with your meal plan, activity, or medicines.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4798