

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

The A1C or hemoglobin A1C measures the average amount of glucose in your blood during the past 2-3 months. Studies show that any decrease in A1C will help to reduce the risk of long-term problems from diabetes.

### 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

The A1C value is given as a percentage. It may be more helpful to translate this A1C value into an average glucose value. This is called the estimated Average Glucose or eAG. The eAG uses the same values and units (mg/dL) that you see when you check your blood sugar with your meter or get a report from the lab.

Keep a record of your A1C and eAG results. Compare your results to other recent values and your goal range. Talk with your health care team about your results. Results may suggest that you need to adjust your diet, activity, or medicines. The goal is to keep A1C levels as close to normal as possible without frequent low blood sugars.

This chart shows how your A1C value relates to estimated Average Glucose (eAG). For example, an A1C of 7% is equal to an eAG of 154 mg/dL. You and your diabetes care team will decide on your A1C goal.

	<b>A1C (%)</b>	<b>eAG (mg/dL)</b>
<b>Take Action</b>	15 - 17 %	384 - 441
	14 %	355
	13 %	326
	12 %	298
	11 %	269
	10 %	240
	9 %	212
	8 %	183
<b>Goal</b>	7 %	154
<b>Diabetes</b>	6.5 %	140
<b>Prediabetes</b>	5.7 - 6.4 %	117-137

	<b>A1C</b>	<b>eAG</b>
<b>My Goal</b>		
<b>Last result</b>		
<b>Next A1C due</b>		

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 © 5/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4798