

A1C

A1C (also known as HbA1C or hemoglobin A1C) is a blood test used to measure your average blood glucose over the past 3 months.

This is the life cycle of a red blood cell.

This test measures your average blood glucose by measuring the amount of blood glucose attached to a hemoglobin (red blood cell).

The A1C is measured as a percent which corresponds to your blood glucose.

The A1C does not replace checking your blood glucose with blood glucose meter or CGM.

The table shows the estimated average glucose based on the A1C.

A1C%	Average BG (mg/dL)
5%	97 (76 – 120)
6%	126 (100 – 152)
7%	154 (123 – 185)
8%	183 (147 – 217)
9%	212 (170 – 249)
10%	240 (193 – 282)
11%	269 (217 – 314)
12%	298 (240 – 347)

What do I want my A1C to be?

An A1C goal for many nonpregnant adults of less than 7% is appropriate, but this number should be discussed with your care provider

A high A1C does not mean that you are failing! It tells your care team that you need to lower your average blood glucose. Some strategies they may suggest include:

- Remembering to take your insulin
- Taking more insulin
- Changing the timing of your insulin
- Improving your skills around counting carbohydrates
- Adjusting other diabetes medications