



Prediabetes:

5.7 - 6.4%

What is A1C?

A hemoglobin A1C test shows the average level of blood sugar over the past 2-3 months. The more sugar coated your hemoglobin, the higher your A1C.

ADA suggested goal for A1C in people with diabetes

7%

An A1C Level of 6.5% and over is a diagnosis for diabetes.

A1C target goals can also vary with patient type. Your doctor will help you set your goal.

Diabetes:

Over 6.5%

High blood glucose levels increases the risk of harm to kidneys, feet, eyes, heart and blood vessels. The road to risk reduction starts with a visit to your doctor.