

# Understanding the A1C test for diabetes

The A1C test is a simple blood test that shows your average blood sugar levels over the past two to three months. It's commonly used to diagnose prediabetes, type 1 diabetes, and type 2 diabetes, and it also helps people with diabetes track how well they're managing their condition.

## Why is the A1C test important?

The A1C test is an important tool for diagnosing and managing both prediabetes and diabetes. While daily blood sugar checks are helpful for tracking your levels each day, the A1C test gives a long-term picture of how well your blood sugar has been controlled.

## How is the test done?



The A1C test is usually done at a doctor's office or lab.



A small blood sample is taken from your finger or arm.



No fasting is needed, so you can take it at any time of day.

For people with diabetes, doctors usually recommend getting an A1C test every three to six months to monitor progress and adjust treatment as needed.

## What do my A1C results mean?

A1C results are given as a percentage to show your average blood sugar over the past few months. Your A1C results may also show your estimated average glucose (eAG). This number shows your average blood sugar level over the past few months in the same units you use for daily glucose readings—milligrams per deciliter (mg/dL).

Here's what the numbers mean:

Results	Percentage	Estimated average glucose (eAG)
Normal	Below 5.7%	<117 mg/dL
Prediabetes	5.7% to 6.4%	Between 117–137 mg/dL
Diabetes	Higher than 6.4%	>137 mg/dL

## What's a common A1C goal for people with diabetes?

For most adults with diabetes, the goal is to keep your A1C level below 7% (which is equal to 154 mg/dL). Talk to your doctors to figure out the best A1C goal for you.



### We are here to help

Your Interwell Health Care Team can help answer your questions about A1C testing. Reach out for any support you need.