Hemoglobin A1C

What is hemoglobin A1C?

The hemoglobin A1C test tells the **average** blood sugar level over the last 3 months. It also relates to your risk of diabetes-related complications. A1C goals depend on many factors.

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<table>
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<tbody>
<tr>
<td>A person without diabetes</td>
<td>A1C at or below 5.6%</td>
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<tr>
<td>Prediabetes</td>
<td>A1C 5.7 to 6.4%</td>
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<tr>
<td>Diabetes</td>
<td>A1C at or above 6.5%</td>
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<tr>
<td>Healthy level for a person with diabetes</td>
<td>A1C at or below 7.0%, or as suggested by your doctor</td>
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(American Diabetes Association Guidelines)

**How can my A1C be lowered to a healthy level?**

- Eat healthy. Eat the right amount of carbohydrates for you.
- Be active 5 – 6 days a week for 30 minutes a day.
- If you are overweight, lose weight.
- Monitor your blood glucose level.
- Take medication as prescribed by your doctor.

Your diabetes team can help you balance your diet, encourage exercise, and explain medications to meet your A1C and diabetes goals.

**My last A1C result was _____(%) done on _____(date).**
**My goal A1C is _____(%).**
**My next A1C test is due on _____(date).**

Visit our website for more information about support groups, clinical trials and lifestyle information.
NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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