

What is the A1c test?



The A1c test is one way to check your blood sugar. This test shows your blood sugar levels over the last 3 months.

Testing your A1c every 3 months is the best way for you and your doctor to understand how well your blood sugar levels are managed overall. Your doctor can help you find your A1c goal. For most people, it is 6.5% or less.

This chart can help you compare your A1c with your average blood sugar levels.

A1c result	Average blood sugar level
6%	135 mg/dL
6.5%	152 mg/dL
7%	170 mg/dL
8%	205 mg/dL
9%	240 mg/dL
10%	275 mg/dL
11%	310 mg/dL
12%	345 mg/dL

The A1c shows an **average** of high and low sugar levels over the last 3 months. Your A1c can be at goal even if you have changes in your blood sugar levels each day or over the course of a day.