

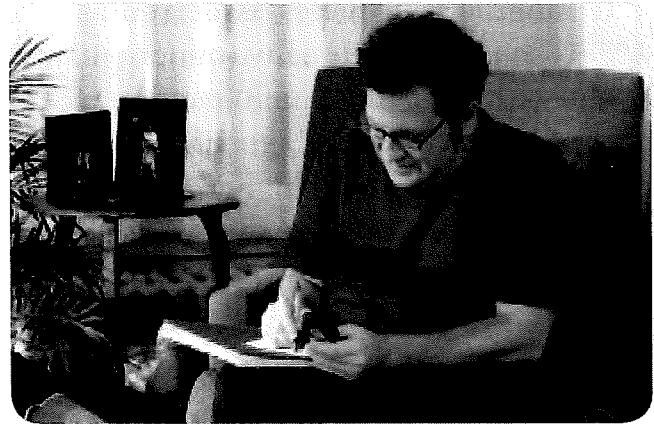
DIABETES

How your A1C relates to your daily blood sugar readings

Your daily self-tests and the A1C test are different. Daily self-tests show your blood sugar at the time of the test. The A1C test shows a history of your blood sugar control over a longer period of time. You need both daily self-tests and A1C tests to help you and your health care provider understand your blood sugar control.

The A1C test shows the average level of blood sugar over the past 2 to 3 months. It is reported as a percentage (%).

Another way to express the A1C test result is called estimated average glucose, or eAG.



The chart below shows how A1C percentages compare to eAG values. eAG reports blood sugar results in the same units, mg/dL, as the blood glucose meter that you use at home.

Comparing A1C to eAG

A1C, % Value of:	=	eAG, mg/dL Value of:
12		298
11		269
10		240
9		212
8		183
7		154
6		126



Provided as an
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The American Diabetes Association (ADA) suggests that many (nonpregnant) adults with diabetes should have an A1C goal of 7% or less. A1C goal for some people may need to be higher or lower. Ask your health care provider what is the right goal for you.



TIP

Be sure to discuss your blood sugar targets with your health care team.

How do you manage blood sugar?

A main goal of treating diabetes is to keep your blood sugar under control. It may help prevent or delay other health problems.

You can help manage your blood sugar levels by

- Making healthy food choices with what to eat, how much to eat, and when to eat
- Being physically active
- Checking blood sugar levels and keeping track of them
- Taking medicine (if needed) to lower blood sugar

Your health care provider will tell you when and how to check your blood sugar daily at home.

