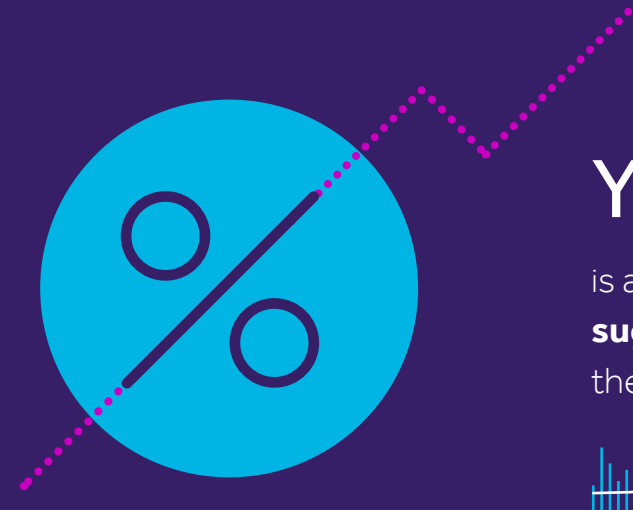


# Your guide to A1C

## What is an A1C test?

It's a blood test that measures your average blood sugar level over a span of 2-3 months and is used to screen and diagnose prediabetes and diabetes. Your doctor may also do an A1C test to help make diabetes treatment decisions.



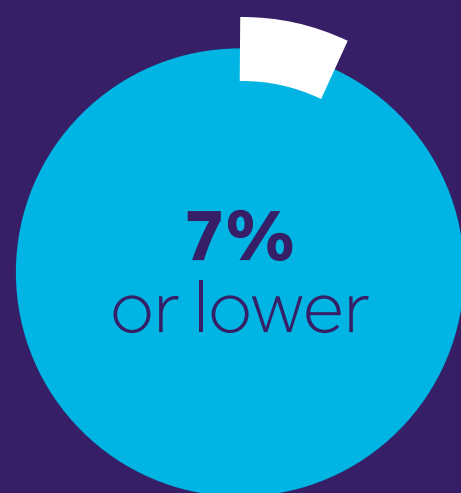
## Your A1C value

is a percentage that reflects your **average blood sugar** over the past 2-3 months. The higher it is, the higher your blood sugar levels have been.



## What is the suggested target for an A1C?

Diabetes Canada suggests a target A1C value of 7.0% or lower for most people with diabetes. Your doctor might recommend a different target depending on your specific blood sugar goals and treatment plan.



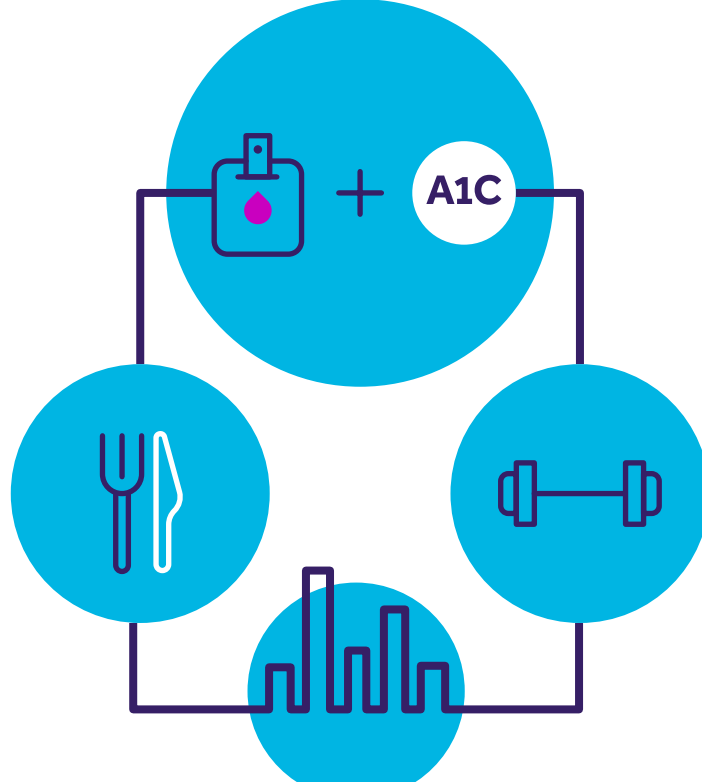
## How blood sugar readings compare to A1C results

A1C values (%)	Estimated mean glucose (mmol/L)
5.5–6.5	6.2–7.7
5.5–6.5	7.8–8.5
7.0–7.4	8.6–9.3
7.5–7.9	9.4–10.1
8.0–8.5	10.2–10.9

A1C, glycated hemoglobin.

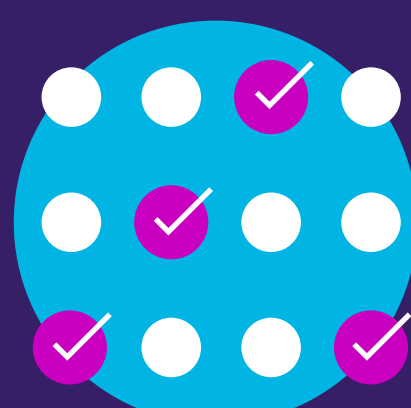
## How the A1C test complements your blood sugar checks

Daily blood sugar monitoring helps you know how things like food and exercise are affecting your levels so you can make changes to improve your health. An A1C test provides you with a picture of how those changes are working for you over the long term.



## How often should you get an A1C test?

At least twice a year, although your doctor may recommend getting the lab test done every 3 months if:



**Your blood sugar levels are not at your goal**

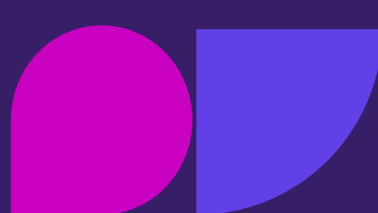


**You're newly diagnosed with diabetes**



**There's a change in your diabetes plan**  
(e.g., new medication or dose)

## Top 5 things you can do to improve your A1C numbers



**If you have questions about your fasting blood sugar, contact your healthcare provider for more information.**