

# A1C Calculator

**Name:**

**Date:**

**Gender:**

**Weight:**

**Height:**

An A1C (also known as HbA1c) Calculator is a tool used to assess glycemic control over a period of time. The A1C value is a measure of the average blood glucose level over the past 2-3 months. The higher the A1C value, the poorer the glycemic control.

## Calculating for A1C

The formula for calculating A1C is as follows:

$$\text{A1C (\%)} = (46.7 + \text{Average Blood Glucose in mg/dL}) / 28.7$$

This formula is based on the fact that about 71% of the hemoglobin in red blood cells is hemoglobin A1C, and that the amount of glucose that is attached to hemoglobin A1C is proportional to the average blood glucose level over the lifespan of the red blood cells, which is about 120 days.

For example, if the patient's average blood glucose level over the past 2-3 months is 140 mg/dL, the calculation for A1C would be:

$$\text{A1C (\%)} = (46.7 + 140) / 28.7 = 6.4\%$$

So the A1C value would be 6.4%.

**Note:** A1C test is just one measure of glycemic control. It should be interpreted in conjunction with other clinical information and tests by a healthcare provider.

## Calculate A1C levels

**Blood glucose in the last 2-3 months:** \_\_\_\_\_

$$\text{A1C} = (46.7 + \text{_____}) / 28.7 = \text{_____}$$

## Additional notes