

A1C Chart

Name:			Date:		
Age:	Gender:	Weight:		Height:	
A1C level					
<p>An A1C Chart is a graphical representation of the A1C test results, which is a measure of the average blood glucose levels over the past 2-3 months. The chart shows the relationship between A1C values and estimated average blood glucose levels in mg/dL or mmol/L.</p>					
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Average Percentage	Estimated Average Glucose (EAG)			Interpretation	
< 5.7%	<117 mg / dL 6.5 mmol/L			Normal	
5.7 – 6.4%	117 – 137 mg / dL 6.5 – 7.6 mmol /L			Pre-diabetic	
> 6.4%	> 137 mg / dL 7.6 mmol/L			Diabetic	
6.5%	140 mg / dL 7.8 mmol/L			Increased risk	
7%	154 mg / dL 8.6 mmol/L				
7.5%	169 mg / dL 9.4 mmol/L				
8%	183 mg / dL 10.1 mmol/L				
8.5%	197 mg / dL 10.9 mmol/L				
9%	212 mg / dL 11.8 mmol/L				
9.5%	226 mg / dL 12.6 mmol/L				
10%	240 mg / dL 13.4 mmol/L				
Additional Notes					