

A1C Chart & Tracker

Understand your A1C results and what they mean for your blood sugar control.

Your A1C (also called HbA1c) is a blood test that shows your **average blood sugar level over the past 2–3 months**. It gives you and your doctor the bigger picture of how well your blood sugar has been managed, and it's usually checked every 3–6 months.

A1C → ESTIMATED AVERAGE GLUCOSE (EAG)

A1C	EAG MG/DL	EAG MMOL/L	CATEGORY
5.0%	97	5.4	Normal
5.7%	117	6.5	Prediabetes starts
6.0%	126	7.0	Prediabetes
6.5%	140	7.8	Diabetes starts
7.0%	154	8.6	Diabetes
7.5%	169	9.4	Diabetes
8.0%	183	10.1	Diabetes

Most adults with diabetes are given an individual A1C target by their doctor — commonly below 7%, but this varies by age and health history. Always follow the target your own care team gives you.

My A1C Tracker

Log each result to see your progress over time.

TEST DATE	A1C %	EAG	DOCTOR'S TARGET	NOTES

GOOD TO KNOW

- 1 Testing frequency**
Most people with diabetes check A1C every 3–6 months; ask your doctor what's right for you.
- 2 It's an average**
A1C reflects your overall trend, not any single high or low reading.
- 3 Small drops matter**
Even a 0.5–1% reduction meaningfully lowers long-term health risks.