

Monitoring your blood sugar at home helps you make choices about diet, exercise and daily treatment goals. It also helps you track whether you are meeting your target.

HbA1c test results generally correspond with the following glucometer readings:

6%	7 mmol/L
7%	8.6 mmol/L
8%	10.2 mmol/L
9%	11.8 mmol/L
10%	13.4 mmol/L
11%	14.9 mmol/L
12%	16.5 mmol/L

Factors that may affect results:

- Pregnancy
- Recent or heavy blood loss
- Recent blood transfusion
- Anemia
- Hemoglobin variants (Sickle cell)

For more information on diabetes, nutrition and management please visit:
www.diabetes.ca

Reference: Mayo Clinic, Diabetes Canada



WHAT IS HEMOGLOBIN A1C?



What is it?

Hemoglobin A1C (HbA1C) is a blood test that will tell a health care provider your average blood sugar over the last 8-12 weeks.

It is different than when you test your blood sugar at home.

It is measured as a percentage. The 30 days prior to the test have the greatest effect. It may be used to assist in diagnosing diabetes, as well as determine how well you are managing your blood sugar.

The higher your HbA1c level is, the poorer your blood sugar control and the higher your risk of diabetes complications.

Why is it done?

- Diagnose Type 1 or 2 diabetes
- Monitor treatment plan

Testing may be recommended:

- Once every year if you have prediabetes
- Twice a year if you don't use insulin and your blood sugar level is consistently within your target range
- Four times a year if you take insulin or have trouble keeping your blood sugar level within your target range

You may need more frequent testing if your treatment plan changes.



The Results

Below 5.5%	NORMAL
5.5% to 5.9%	AT RISK
6.0% to 6.4%	PREDIABETES
Greater or equal to 6.5%	DIABETES

For most people with diabetes, **7% or less** is the target, and can decrease, or prevent your risk of complications from diabetes.

