Your A1c Test
GLUCOSE CONTROL BY A1C

Intermountain Health
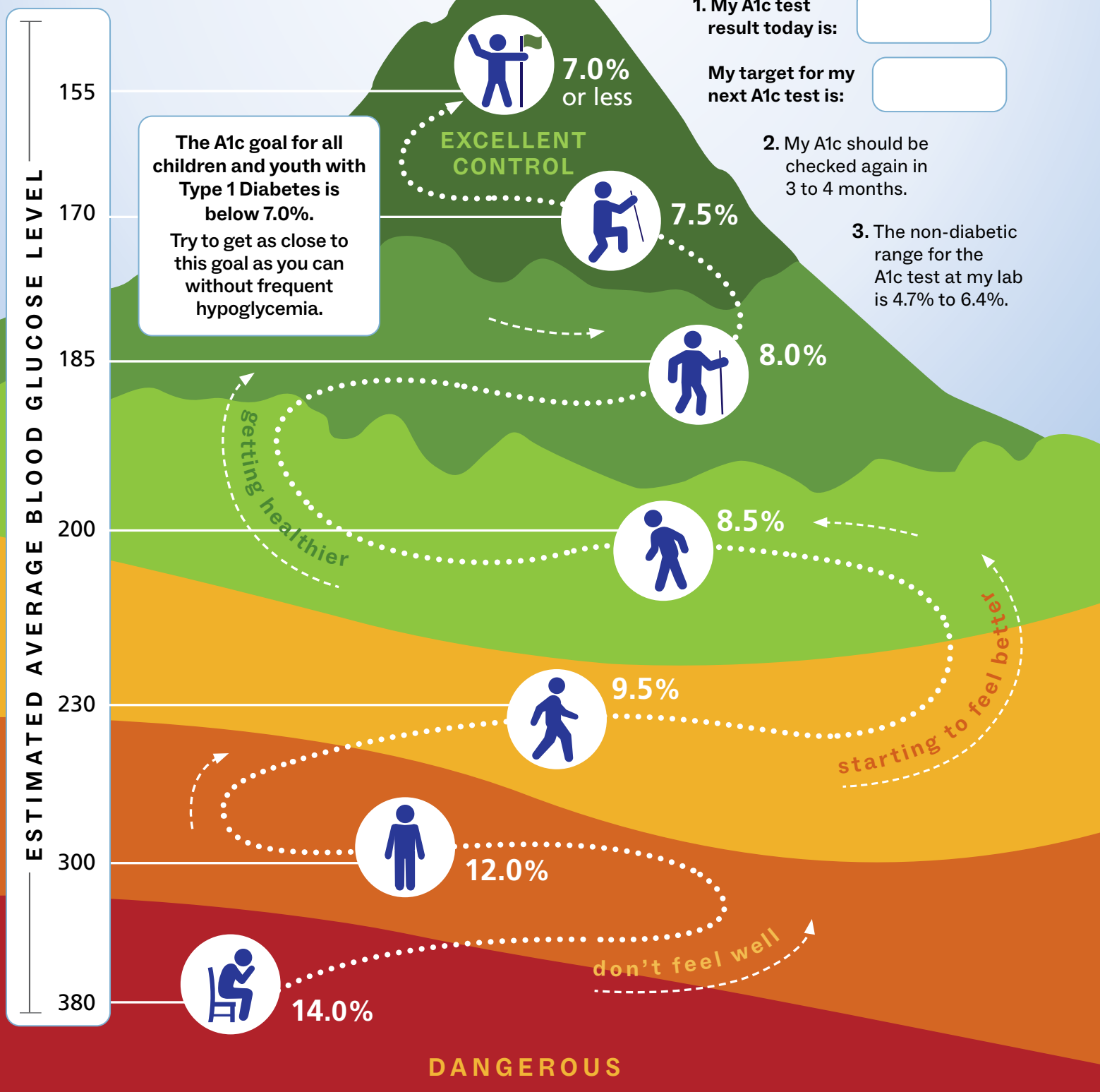
The A1c represents the average glucose in your blood over a 3 month period. It may not always be the same. Use your A1c information to help you better manage your diabetes.

Name:_____

Date:_____

1. My A1c test result today is:

My target for my next A1c test is:

2. My A1c should be checked again in 3 to 4 months.

3. The non-diabetic range for the A1c test at my lab is 4.7% to 6.4%.

ESTIMATED AVERAGE BLOOD GLUCOSE LEVEL

155

170

185

200

230

300

380

7.0% or less

EXCELLENT CONTROL

The A1c goal for all children and youth with Type 1 Diabetes is below 7.0%.
Try to get as close to this goal as you can without frequent hypoglycemia.

7.5%

8.0%

getting healthier

8.5%

starting to feel better

9.5%

12.0%

don't feel well

14.0%

DANGEROUS