

HOW DOES MY A1C READING COMPARE TO MY DAILY BLOOD SUGAR LEVELS?

| A1C Reading | Average Blood Sugar Level |
|--------------------|----------------------------------|
| 6% | 135 mg/dL |
| 7% | 170 mg/dL |
| 8% | 205 mg/dL |
| 9% | 240 mg/dL |
| 10% | 275 mg/dL |
| 11% | 310 mg/dL |
| 12% | 345 mg/dL |

This chart is an example of how blood sugar compares to A1C. The numbers in this chart are for non-pregnant adults. Your action steps should be discussed with your healthcare team. Some labs use different ways to test and have a different normal range. Talk to your healthcare team about your results.



Your A1C reading lets you know more about your blood sugar control than just self-testing alone.