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A1c conversion calculator

This comprehensive A1C calculator helps you convert between A1C percentage and estimated average glucose (eAG) values quickly and accurately. Whether you're managing diabetes or monitoring your blood glucose levels, this tool provides instant conversions to help you understand your numbers better.A1C (also called HbA1c or glycated hemoglobin) is a blood test that measures your average blood glucose levels over the past 2-3 months. Unlike daily glucose monitoring which shows your blood sugar at a specific moment, A1C gives you the big picture of your glucose control over time.The test works by measuring the percentage of hemoglobin proteins in your blood that have glucose attached to them. When glucose enters your bloodstream, it naturally attaches to hemoglobin in your red blood cells. These cells live for about 3 months, which is why the A1C test reflects your average blood sugar over this period.A1C results are reported as percentages. Here's what different A1C levels typically mean:For people diagnosed with diabetes, target A1C levels are typically: For many adults with diabetes: Below 7.0%For some individuals (depending on age, other health conditions, and risk of hypoglycemia): 7.5-8.0%During pregnancy: Below 6.0-6.5%Remember that individual targets should always be set with your healthcare provider, as optimal levels vary based on your personal health situation and circumstances. The formula used for the "recogmized formula" convert between an estimated average glucose (eAG). The formula is: eAG (mg/dL) = 28.7 × A1C + eAG (mmol/L) = 1.59 × A1C + eAG (mmol/L)
A1C to eAG (mmol/L): eAG = (1.59 × A1C) + 2.59For example, an A1C of 6.5% corresponds to an estimated average glucose of approximately 117 mg/dL (American units)7.8 mmol/L (International units)Select conversion: Type: Choose whether you want to convert A1C to eAG or eAG to A1C.Center Your Value: Input your A1C percentage or your average glucose reading.View Results: The calculator instantly displays your converted value, both in mg/dL and mmol/L.This glucose to A1C calculator makes it easy to understand how your daily glucose readings relate to your A1C test results, giving you a more complete picture of your glucose management.The frequency of A1C testing depends on your health status and your doctor's recommendations.For people without diabetes: Testing may be recommended starting at age 45, then every 3 years if results are normal.For people with prediabetes: Usually tested annually.For people with diabetes: Typically 2-4 times per year, depending on how well blood sugar is controlled.During pregnancy with diabetes: More frequently, often monthly.Consider getting tested earlier or more frequently if you have risk factors such as:Family history of diabetesOverweight or obesitySedentary lifestyleHigh blood pressure or cholesterolHistory of heart diseasePreviously identified prediabetesSeveral factors can influence your A1C results, sometimes making them less accurate:Red blood cell lifespan: Conditions that shorten the lifespan of red blood cells (like anemia, hemolysis, or recent blood loss) can lower A1C readings.Hemoglobin variants: Some genetic variants of hemoglobin can cause falsely high or low A1C results.Recent blood transfusions: Can affect results for several weeks.Kidney or liver disease: May impact the accuracy of the test.Certain medications: Some drugs, including opioids and high-dose aspirin, can affect results.Pregnancy: Can lower A1C values due to increased red blood cell turnover.If you have any of these conditions, your healthcare provider might recommend alternative testing methods like fructosamine tests or continuous glucose monitoring.If your A1C is higher than your target range, these evidence-based strategies can help lower it.Regular physical activity: Aim for at least 150 minutes of moderate exercise weekly.Balance diet: Focus on fiber-rich foods, healthy fats, lean proteins, and controlled carbohydrate intake. Take prescribed medications: Take prescribed medications as directed.Regular glucose monitoring: Tests are recommended to catch patterns and make adjustments.Stress management: Practice relaxation techniques like meditation or yoga.Adequate sleep: Aim for 7-9 hours of quality sleep each night.Stay hydrated: Drink plenty of water throughout the day.Work with healthcare providers: Regular check-ins with your healthcare team can help you adjust your management plan.Even small improvements in A1C can significantly reduce your risk of diabetes complications. A decrease of just 1% in A1C can reduce the risk of microvascular complications by approximately 25-35%.Consistently elevated A1C levels are associated with increased risks of diabetes-related complications:Cardiovascular disease: Including heart attack and stroke.Neuropathy: Nerve damage causing pain, tingling, or numbness.Nephropathy: Kidney damage that can lead to kidney failure.Retinopathy: Eye damage that can cause vision loss or blindness.Foot problems: Including ulcers and, in severe cases, amputation.Cognitive impairment: Higher risk of dementia and Alzheimer's disease.Increased susceptibility to infections:The good news is that managing your A1C can significantly reduce these risks. Research shows that each percentage point decrease in A1C is associated with approximately 35% reduction in the risk of microvascular complications.Remember to consult with healthcare professionals before making any changes to your diabetes management plan based on calculator results. This tool is designed to provide estimates and should not replace medical advice from your doctor. Diabetes management often involves monitoring various biomarkers, with A1C levels being one of the most critical. But how does your A1C relate to your daily glucose readings? Enter the concept of estimated average glucose (eAG). In this comprehensive guide, we'll delve into the essential facts that every diabetes patient should understand about the eAG/A1C relationship. The American Diabetes Association (ADA) recommends using estimated average glucose, or eAG, to help patients better understand their A1C results. eAG translates A1C results into the same units (mg/dL or mmol/L) that patients see in their day-to-day blood glucose measurements, making it easier to grasp. Formula: The relationship between A1C and eAG is described by the formula: 28.7 × A1C + eAG (mmol/L) = 1.59 × A1C + eAG (mmol/L). The same units used in your glucose monitoring. Understanding eAG can significantly enhance the discussion of glucose control between healthcare providers and patients. Many patients find it challenging to relate to A1C percentages, but eAG offers a more intuitive measure. A1C of 7% correlates to an eAG of approximately 154 mg/dL (8.6 mmol/L). The ADA provides an easy-to-use eAG/A1C conversion calculator to help patients and healthcare providers translate A1C percentages into eAG values. Choose Source: Select whether you want to convert from A1C to eAG or eAG to A1C. Select Units: Choose the units for your calculation (mg/dL or mmol/L). Input Value: Enter the source value. Result: The calculator will provide the corresponding eAG or A1C value. To simplify the conversion process, here is a handy chart illustrating the relationship between A1C and eAG values: A1C (%eAG) (mg/dL)eAG (mmol/L)61267.06.51407.61548.67.51699.48183.018.51970.99211.09.52262.1610240.13.4 Many experts in the field of diabetes care advocate for the use of eAG to improve patient understanding and engagement in their diabetes management. "Translating A1C results into eAG values using the same units as daily glucose monitoring makes it easier for patients to grasp and manage their diabetes effectively." — David M. Nathan, for the A1C-Derived Average Glucose (ADAG) Study Group.Understanding the relationship between A1C and eAG can be a game-changer in diabetes management. By using eAG, patients can better relate their A1C results to their everyday glucose measurements, leading to more informed discussions with healthcare providers and improved diabetes control. At it's generally recommended to check your eAG alongside your regular A1C tests, which are usually done every 3 to 6 months. A: No, eAG is not a replacement for A1C tests. Instead, it's a complementary measure that helps translate A1C results into more understandable daily glucose readings. 4.04.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.0 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.0 means that 4.0% of the hemoglobin in your blood are saturated with sugar.A1C 4.0 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.0 is equal to blood sugar of 68 mg/dL or 3.8 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.0?You don't have to do anything with an A1C level of 4.0 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.0Most doctors won't prescribe diabetes medication for someone with an A1C of 4.0. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.0 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.0An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.0 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.1 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.1 means that 4.1% of the hemoglobin in your blood are saturated with sugar.A1C 4.1 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.1 is equal to blood sugar of 70 mg/dL or 3.9 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.1?You don't have to do anything with an A1C level of 4.1 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.1Most doctors won't prescribe diabetes medication for someone with an A1C of 4.1. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.1 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.1An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.1 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.2 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.2 means that 4.2% of the hemoglobin in your blood are saturated with sugar.A1C 4.2 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.2 is equal to blood sugar of 72 mg/dL or 4.0 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.2?You don't have to do anything with an A1C level of 4.2 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.2Most doctors won't prescribe diabetes medication for someone with an A1C of 4.2. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.2 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.2An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.2 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.3 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.3 means that 4.3% of the hemoglobin in your blood are saturated with sugar.A1C 4.3 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.3 is equal to blood sugar of 77 mg/dL or 4.3 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.3?You don't have to do anything with an A1C level of 4.3 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.3Most doctors won't prescribe diabetes medication for someone with an A1C of 4.3. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.3 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.3An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.3 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.4 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.4 means that 4.4% of the hemoglobin in your blood are saturated with sugar.A1C 4.4 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.4 is equal to blood sugar of 80 mg/dL or 4.4 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.4?You don't have to do anything with an A1C level of 4.4 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.4Most doctors won't prescribe diabetes medication for someone with an A1C of 4.4. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.4 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.4An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.4 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.5 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.5 means that 4.5% of the hemoglobin in your blood are saturated with sugar.A1C 4.5 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.5 is equal to blood sugar of 82 mg/dL or 4.6 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.5?You don't have to do anything with an A1C level of 4.5 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.5Most doctors won't prescribe diabetes medication for someone with an A1C of 4.5. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.5 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.5An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.5 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.6 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.6 means that 4.6% of the hemoglobin in your blood are saturated with sugar.A1C 4.6 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.6 is equal to blood sugar of 85 mg/dL or 4.7 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.6?You don't have to do anything with an A1C level of 4.6 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.6Most doctors won't prescribe diabetes medication for someone with an A1C of 4.6. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.6 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.6An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.6 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.7 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.7 means that 4.7% of the hemoglobin in your blood are saturated with sugar.A1C 4.7 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.7 is equal to blood sugar of 88 mg/dL or 4.9 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.7?You don't have to do anything with an A1C level of 4.7 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.7Most doctors won't prescribe diabetes medication for someone with an A1C of 4.7. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.7 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.7An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.7 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.8 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.8 means that 4.8% of the hemoglobin in your blood are saturated with sugar.A1C 4.8 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.8 is equal to blood sugar of 91 mg/dL or 5.1 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.8?You don't have to do anything with an A1C level of 4.8 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.8Most doctors won't prescribe diabetes medication for someone with an A1C of 4.8. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.8 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.8An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.8 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 4.9 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 4.9 means that 4.9% of the hemoglobin in your blood are saturated with sugar.A1C 4.9 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 4.9 is equal to blood sugar of 94 mg/dL or 5.2 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 4.9?You don't have to do anything with an A1C level of 4.9 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 4.9Most doctors won't prescribe diabetes medication for someone with an A1C of 4.9. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 4.9 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 4.9An ounce of prevention is worth a pound of cure."If you have an A1C level of 4.9 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 24.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 5.0 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 5.0 means that 5.0% of the hemoglobin in your blood are saturated with sugar.While there are no signs or symptoms of prediabetes, the damage diabetes can have on your heart, blood vessels and kidneys may have already begun.A score of 5.9 doesn't automatically mean that you will get diabetes. However, you should focus on reducing your A1C score and improving your overall health.A1C 5.9 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.9 is equal to blood sugar of 123 mg/dL or 6.8 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 5.9?A1C of 5.9 falls into the prediabetic range between 5.7 and 6.4. People with prediabetes are likely to get type 2 diabetes within 10 years unless they make serious changes to their lifestyle.Type 2 diabetes is the most common form of diabetes. Type 2 means that your body still produces insulin but isn't using it properly. Many people can control their blood sugar levels with lifestyle changes while others may need insulin or other medications to manage it. Keep an eye on your blood sugar by testing at home. There are a variety of affordable blood glucose monitors available.A prediabetes A1C reading is a call to action. At a minimum you'll need to make some lifestyle changes. You and your doctor can discuss whether medication is necessary. Medications with A1C of 5.9Many doctors won't prescribe diabetes medication for someone with an A1C of 5.9. However, when other risk factors are present, such as high blood pressure or high cholesterol, your doctor might prescribe a first line drug to reduce your blood sugar.The most common first line drug is Metformin, an oral drug that reduces glucose production in the liver, decreases the absorption of glucose in the stomach and improves your body's insulin sensitivity. Already on medication to manage your diabetes? If so, an A1C of 5.9 might be considered adequate, though getting below 5.6 is still recommended.Talk to your doctor about whether an A1C of 5.9 is the optimal level for you and if medication, dosage or injection adjustments are necessary.Lifestyle changes with A1C of 5.9An ounce of prevention is worth a pound of cure."If you have an A1C level of 5.9 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Remember to review your plan with a doctor before pursuing lifestyle modifications. Each patient may have specific medical conditions, such as a heart condition, that could make certain activities dangerous. Page 135.04.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 5.0 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 5.0 means that 5.0% of the hemoglobin in your blood are saturated with sugar.A1C 5.0 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.0 is equal to blood sugar of 80 mg/dL or 4.4 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 5.0?You don't have to do anything with an A1C level of 5.0 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 5.0Most doctors won't prescribe diabetes medication for someone with an A1C of 5.0. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 5.0 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 5.0An ounce of prevention is worth a pound of cure."If you have an A1C level of 5.0 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 125.94.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 5.1 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 5.1 means that 5.1% of the hemoglobin in your blood are saturated with sugar.A1C 5.1 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.1 is equal to blood sugar of 82 mg/dL or 4.6 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 5.1?You don't have to do anything with an A1C level of 5.1 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 5.1Most doctors won't prescribe diabetes medication for someone with an A1C of 5.1. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 5.1 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 5.1An ounce of prevention is worth a pound of cure."If you have an A1C level of 5.1 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Page 125.94.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 5.2 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 5.2 means that 5.2% of the hemoglobin in your blood are saturated with sugar.A1C 5.2 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.2 is equal to blood sugar of 103 mg/dL or 5.7 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 5.2?You don't have to do anything with an A1C level of 5.2 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 5.2Most doctors won't prescribe diabetes medication for someone with an A1C of 5.2. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. 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Page 175.44.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 5.3 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 5.3 means that 5.3% of the hemoglobin in your blood are saturated with sugar.A1C 5.3 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.3 is equal to blood sugar of 105 mg/dL or 5.8 mmol/L. 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The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 5.4 means that 5.4% of the hemoglobin in your blood are saturated with sugar.A1C 5.4 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.4 is equal to blood sugar of 108 mg/dL or 6.0 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 5.4?You don't have to do anything with an A1C level of 5.4 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 5.4Most doctors won't prescribe diabetes medication for someone with an A1C of 5.4. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. There are a variety of affordable blood glucose monitors available.Talk to your doctor about whether an A1C of 5.4 is the optimal level for you and if dosage or injection adjustments are necessary.Lifestyle changes with A1C of 5.4An ounce of prevention is worth a pound of cure."If you have an A1C level of 5.4 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Remember to review your plan with a doctor before pursuing lifestyle modifications. Each patient may have specific medical conditions, such as a heart condition, that could make certain activities dangerous. Page 215.84.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 5.5 mean?A1C readings between 4.0 and 5.6 indicate that the level of glucose in your blood is normal. The A1C test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1C of 5.5 means that 5.5% of the hemoglobin in your blood are saturated with sugar.A1C 5.5 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.5 is equal to blood sugar of 111 mg/dL or 6.2 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 5.5?You don't have to do anything with an A1C level of 5.5 as long as you don't have any other risk factors such as high blood pressure, high cholesterol or if your A1C has been increasing over time.Medications with A1C of 5.5Most doctors won't prescribe diabetes medication for someone with an A1C of 5.5. However, they may recommend lifestyle changes, particularly if other risk factors are present.Already on medication to manage your diabetes? If so, congratulations on getting your blood sugar under control. We know it's not easy.Stay on target and keep an eye on your blood sugar by testing your blood sugar at home. 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Page 226.84.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 6.8 mean?A1C of 6.8 means that 6.8% of the hemoglobin in your blood are saturated with sugar.You may already be experiencing symptoms of diabetes, which include increased thirst, frequent urination, general fatigue and blurred vision.Diabetes is a serious condition. Left untreated diabetes can lead to heart disease, stroke, nerve damage, blindness, kidney disease and amputation. Talk to your doctor about whether an A1C of 6.8 is the optimal level for you and if medication, dosage or injection adjustments are necessary.Lifestyle changes with A1C of 6.8An ounce of prevention is worth a pound of cure."If you have an A1C level of 6.8 you can minimize the chance of developing diabetes through the following lifestyle changes:Increase exerciseReduce caloriesMonitor carbohydrates Limit alcoholStop smokingLose weightAlleviate stressSkip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control.Remember to review your plan with a doctor before pursuing lifestyle modifications. Each patient may have specific medical conditions, such as a heart condition, that could make certain activities dangerous. Page 215.84.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1C chart to learn more about A1C levels.What does an A1C of 5.8 mean?A1C of 5.8 means that 5.8% of the hemoglobin in your blood are saturated with sugar.While there are no signs or symptoms of prediabetes, the damage diabetes can have on your heart, blood vessels and kidneys may have already begun.A score of 5.8 doesn't automatically mean that you will get diabetes. However, you should focus on reducing your A1C score and improving your overall health.A1C 5.8 conversion ratesBlood sugar can be measured in a variety of ways, which often leads to confusion. An A1C of 5.8 is equal to blood sugar of 120 mg/dL or 6.7 mmol/L. View the full A1C conversion chart to better understand these tests and numbers.What to do if your A1C is 5.8?A1C of 5.8 falls into the prediabetic range between 5.7 and 6.4. People with prediabetes are likely to get type 2 diabetes within 10 years unless they make serious changes to their lifestyle.Type 2 diabetes is the most common form of diabetes. Type 2 means that your body still produces insulin but isn't using it properly. Many people can control their blood sugar levels with lifestyle changes while others may need insulin or other medications to manage it. Keep an eye on your blood sugar by testing at home. There are a variety of affordable blood glucose monitors available.A prediabetes A1C reading is a call to action. At a minimum you'll need to make some lifestyle changes. You and your doctor can discuss whether medication is necessary. Medications with A1C of 5.8Many doctors won't prescribe diabetes medication for someone with an A1C of 5.8. However, when other risk factors are present, such as high blood pressure or high cholesterol, your doctor might prescribe a first line drug to reduce your blood sugar.The most common first line drug is Metformin, an oral drug that reduces glucose production in the liver, decreases the

risk of heart attack and stroke and are associated with modest weight loss. Popular diets such as SGLT2 inhibitors include Invokana, Jardiance and Steglatro. Discuss the pros and cons of each of these with your doctor based on your specific health and financial situation. It may take some time for you and your doctor to find the right medication or combination of medications to safely reduce your blood sugar. Already on medication to manage your diabetes? If so, an A1c of 6.8 is still too high. Talk to your doctor about medication, dosage or injection adjustments. Lifestyle changes with A1c of 6.8 Medications can do a lot to reduce blood sugar but lifestyle changes remain a centerpiece of treatment. Lifestyle modifications for those with an A1c of 6.8 include the following: Increase exercise Reduce calories Monitor carbohydrates Limit alcohol Stop smoking Lose weight Alleviate stress Skip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control. Remember to review your plan with a doctor before pursuing lifestyle modifications. Each patient may have specific medical conditions, such as a heart condition, that could make certain activities dangerous. Page 236.04.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1c chart to learn more about A1c levels. What does an A1c of 6.0 mean? An A1C of 6.0 means that you have prediabetes, which puts you at risk for developing diabetes. The A1c test measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. An A1c of 6.0 means that 6.0% of the hemoglobin in your blood are saturated with sugar. While there are no signs or symptoms of prediabetes, the damage diabetes can have on your heart, blood vessels and kidneys may have already begun. A score of 6.0 doesn't automatically mean that you will get diabetes. However, you should focus on reducing your A1c score and improving your overall health. A1c 6.0 conversion rates Blood sugar can be measured in a variety of ways, which often leads to confusion. An A1c of 6.0 is equal to blood sugar of 126 mg/dl or 7 mmol/l. View the full A1c conversion chart to better understand these tests and numbers. What to do if your A1c is 6.0 An A1c of 6.0 falls into the prediabetic range between 5.7 and 6.4. People with prediabetes are likely to get type 2 diabetes within 10 years unless they make serious changes to their lifestyle. Type 2 diabetes is the most common form of diabetes. Type 2 means that your body still produces insulin but isn't using it properly. Many people can control their blood sugar levels with lifestyle changes while others may need insulin or other medications to manage it. Keep an eye on your blood sugar by testing at home. It's easier than ever and there are a variety of affordable blood glucose monitors available. 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Lifestyle changes with A1c of 6.1 "An ounce of prevention is worth a pound of cure." If you have an A1c level of 6.1 you can minimize the chance of developing diabetes through the following lifestyle changes: Increase exercise Reduce calories Monitor carbohydrates Limit alcohol Stop smoking Lose weight Alleviate stress Skip dessert. Ditch the fast food. Take the stairs instead of the elevator. Meditate. Changing a few habits can make a difference and help ensure your blood sugar stays under control. Remember to review your plan with a doctor before pursuing lifestyle modifications. Each patient may have specific medical conditions, such as a heart condition, that could make certain activities dangerous. Page 246.14.55.56.57.58.59.510.511.54.05.06.07.08.09.010.011.012.0View the full A1c chart to learn more about A1c levels. What does an A1c of 6.1 mean? An A1C of 6.1 means that you have prediabetes, which puts you at risk for developing diabetes. 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A1c 6.2 conversion rates Blood sugar can be measured in a variety of ways, which often leads to confusion. An A1c of 6.2 is equal to blood sugar of 131 mg/dl or 7.3 mmol/l. View the full A1c conversion chart to better understand these tests and numbers. What to do if your A1c is 6.2 An A1c of 6.2 falls into the prediabetic range between 5.7 and 6.4. People with prediabetes are likely to get type 2 diabetes within 10 years unless they make serious changes to their lifestyle. Type 2 diabetes is the most common form of diabetes. Type 2 means that your body still produces insulin but isn't using it properly. Many people can control their blood sugar levels with lifestyle changes while others may need insulin or other medications to manage it. Keep an eye on your blood sugar by testing at home. It's easier than ever and there are a variety of affordable blood glucose monitors available. A prediabetes A1c reading is a call to action. At a minimum you'll need to make some lifestyle changes. 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Remember to review your plan with a doctor before pursuing lifestyle modifications. Each patient may have specific medical conditions, such as a heart condition, that could make certain activities dangerous. Blood sugar can be measured in a variety of ways, which often leads to confusion. A1c measures blood sugar over the last three months by looking at the percentage of hemoglobin saturated with sugar. A blood glucose test taken at home measures your current blood glucose measured in milligrams per decilitre or millimoles per litre. Milligrams per decilitre (mg/dl), used in the United States and Europe, measures the concentration of glucose as a ratio of weight to volume. Millimoles per litre (mmol/l), used in the United Kingdom, measures the concentration of glucose as a ratio of molecules to volume. A formula is used to convert the A1c score into a blood glucose score you're used to seeing every day. This is called the estimated Average Glucose (eAG) level. You can match your A1c to an eAG using the conversion chart below. For example, an A1c of 5.9 is comparable to blood sugar of 123 mg/dl or 6.8 mmol/l. A1c Conversion Chart The exact formula to convert A1C to eAG (mg/dl) is: 28.7 x A1c - 46.7. The formula to converting mg/dl to mmol/l is: mg/dl / 18.

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