



# What is the A1C test?

## What is A1c?

The Hemoglobin A-one-c, or just A1C, is a test to find your average blood glucose (sugar) over the past 2-3 months.

This test is only used once a person has been told they have diabetes. It is the best test for you and your health care provider to determine if your diabetes is under control.

When your diabetes is under control, you have a lower risk of developing many complications.

## What should my A1C be?

For most people with diabetes, the goal should be less than 7%. If it is less than 7%, then your diabetes treatment plan is probably working, and your diabetes is under good control. Make sure to talk with your health care provider to find the best goal for you.

## When should I get this test?

You should get the A1C test at least 2 times per year.

## How does this compare to blood sugar?

You can use the thermometer on the right to compare your A1C to your blood glucose (blood sugar). For example, if your A1C is 6%, then your average blood glucose over the past 2-3 months is 120 mg/dl.

## Do I still need to test my blood sugar?

Yes! This test will show your average over 2-3 months to see if your blood sugar level has been controlled over a long period. It is still important to test your blood sugar every day the way your health care provider told you.

