

The Importance of A1c Testing

DIABETES

- A1c (also called HbA1c) is a test your health care professional does. This shows the average level of sugar (glucose) in your blood over the past 3 months.
- Your individual A1c goal will be determined by your health care professional. Many patients with diabetes may have an A1c goal of less than 7%. However, your individual goal may be more or less, depending on your age and/or health history.*

Talk to your health care professional about your A1c results. There are many ways to take care of your diabetes. Talk with your doctor about what management plan is right for you.

* For example, less stringent A1c goals (such as <8%) may be appropriate for patients with limited life expectancy or where the harms of treatment are greater than the benefits.

American Diabetes Association (ADA) Recommendations for A1c Testing

People who control diabetes well	A1c testing Every 6 months
People who have changed therapy People who cannot control diabetes well	A1c testing Every 3 months

Ask your health care professional how often you should test your A1c

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.

Based on:
ADA. Standards of Medical Care in Diabetes—2023. *Diabetes Care* 2023;46(suppl 1): S97, S101.