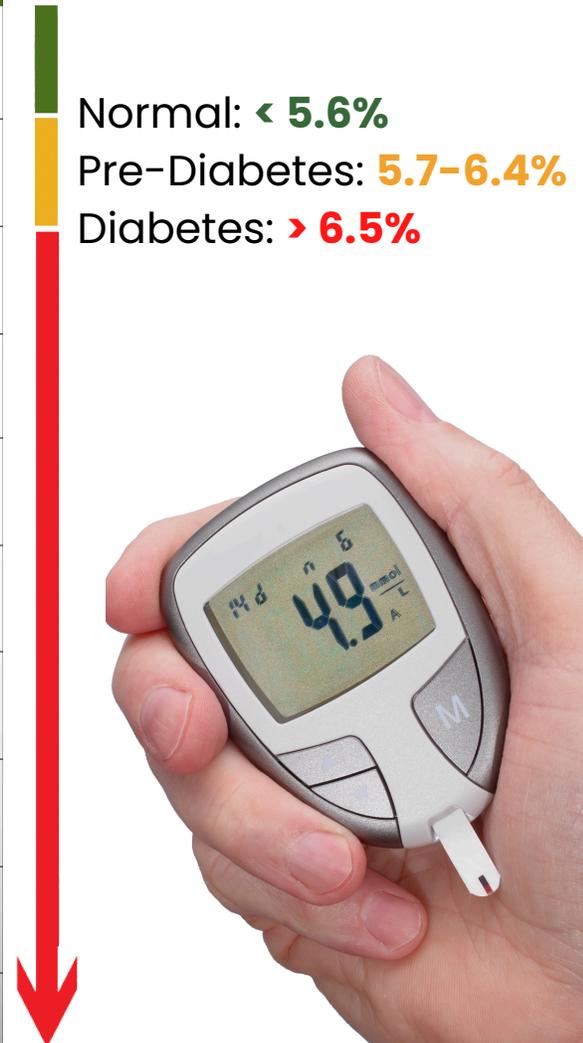


HbA1c Conversion Chart

The HbA1c level is the most effective way to monitor longer-term blood sugar control. When blood sugars run high, sugar sticks to hemoglobin, the protein found in red blood cells. The sugar will remain attached for the life of the cell, which is about 2-3 months. The HbA1c test represents the percentage of red blood cells with glucose attached. A high A1c level indicates poor blood sugar control and increases risk of complications from diabetes.

HbA1c	mg/dL	mmol/L
5.0	97	5.4
6.0	126	7
7.0	154	8.5
8.0	183	10.2
9.0	212	11.8
10.0	240	13.3
11.0	269	14.9
12.0	298	16.5
13.0	326	18.1
14.0	355	19.7



Resource: The Mayo Clinic