



A1C TEST FOR DIABETES

The A1C test can be used to diagnose or manage diabetes by measuring your average blood glucose (blood sugar levels) over the past 3 months.

For most people living with diabetes an A1C of 7% or less is ideal. Higher A1C levels put you at risk for diabetes complications.

Talk to your health care provider about getting an A1C test and how often is right for you.

DIAGNOSIS	A1C LEVEL
Normal	Below 5.7%
Prediabetes	5.7% to 6.4%
Diabetes	6.5% or above

For more information on health equity, visit www.fda.gov/healthequity.



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