

A1C and Estimated Average Glucose Levels

	A1C Percentage	Estimated Average Glucose (EAG)	
Non Diabetic	< 5.7 %	< 117 mg/dL	6.5 mmol/L
Prediabetes	5.7-6.4 %	117-137 mg/dL	6.5-7.6 mmol/L
Diabetes	> 6.4 %	> 137 mg/dL	>7.6 mmol/L
Increased risk of complications	6.5 %	140 mg/dL	7.8 mmol/L
	7.0 %	154 mg/dL	8.6 mmol/L
	7.5 %	169 mg/dL	9.4 mmol/L
	8.0 %	183 mg/dL	10.1 mmol/L
	8.5 %	197 mg/dL	10.9 mmol/L
	9.0 %	212 mg/dL	11.8 mmol/L
	9.5 %	226 mg/dL	12.6 mmol/L
	10.0 %	240 mg/dL	13.4 mmol/L
	10.5 %	255 mg/dL	14.2 mmol/L
	11.0 %	269 mg/dL	14.9 mmol/L
	11.5 %	283 mg/dL	15.7 mmol/L
	12.0 %	298 mg/dL	16.5 mmol/L
	12.5 %	312 mg/dL	17.3 mmol/L
	13.0 %	326 mg/dL	18.1 mmol/L
	13.5 %	341 mg/dL	18.9 mmol/L
	14.0 %	355 mg/dL	19.7 mmol/L
	14.5 %	369 mg/dL	20.5 mmol/L
	15.0 %	384 mg/dL	21.3 mmol/L