



HbA1c Conversion Chart

		HBA1C	MG/DL
Very Good!	Keep Up The Great Work!	5%	97
		6%	126
Good	Room For Improvement	6.5%	140
		7%	154
Not Ideal	Target For Older Adults	7.6%	171
		8%	183
Poor	Action Needed	8.1%	186
		8.6%	200
Very Poor	Immediate Medical Intervention Required	8.7%	203
		9%	212
		10%	240
		11%	269
		12%	298
		13%	326

HBA1C

Average Blood Sugar Levels
Over The Past 3 Months

MG/DL

Milligrams
Per Deciliter

Let Us Help You Lower
Your A1c Levels & Get Healthier.

Call Us At [\(888\) 486-1925](tel:8884861925) Today.