

# Knowing Your Numbers



## Blood sugar numbers and your goals

You and your health care provider most likely have set blood sugar goals for you. These goals are listed as numbers. Two ways your blood sugar numbers can be reported are:

- A1C
- Estimated average glucose (eAG)

## What is an A1C?

A1C is a test that measures your average blood sugar over the past 2 to 3 months. In this way, an A1C test is like a baseball player's batting average: an average tells about the player's success during the season, not for only 1 day. Your health care provider records the A1C result as a percentage (%). For most people with diabetes, the A1C goal is less than 7%.

## Why is A1C important?

Your A1C is a useful tool to help you manage your diabetes.

Knowing your A1C may help you:

- ✓ Understand whether a treatment plan is working for you
- ✓ See that your healthy choices may be helping you manage your diabetes
- ✓ Figure out another measure of blood glucose: your eAG
- ✓ Confirm your self-testing results



See other side





## What is an eAG?

An eAG is another way to report your average blood sugar over a period of time. Your eAG can help you understand your A1C results. The eAG states your A1C results as *mg/dL*, like your home test results. For most people, the eAG goal is less than 154 *mg/dL*. Some people like to know their eAG because they can compare it to their home test results.

## Know your eAG

If you know your A1C, the chart below can help you figure out your eAG. In the first column, find your last A1C result. Then look at the eAG number next to it.

A1C (%)	eAG (mg/dL)
6	126
7	154
8	183
9	212
10	240
11	269
12	298

Talk with your health care provider about eAG and A1C. Share your results with him or her at your office visit.



To learn more about A1C and eAG, visit: [www.diabetes.org](http://www.diabetes.org)

## Record your eAG

You can record your own A1C and eAG in the chart below.

- In the *My A1C (%)* column, write the date and the result of your last A1C test
- Find the A1C in the chart to the left to see your eAG
- Write the eAG number in the *My eAG (mg/dL)* column of the chart below

My A1C (%)	My eAG (mg/dL)
_____ DATE                  NUMBER	_____ NUMBER
_____ DATE                  NUMBER	_____ NUMBER
_____ DATE                  NUMBER	_____ NUMBER
_____ DATE                  NUMBER	_____ NUMBER
_____ DATE                  NUMBER	_____ NUMBER