

HbA1c

What is the test for?

The purpose of the test is to help estimate the control of diabetes over the previous three months. This test is generally done at diabetes clinic or prior.

What does the test measure?

The test measures the percentage of glucose attached to a single red blood cell. The higher the glucose levels in the blood, the more glucose will attach to the red blood cell causing a higher result.

HbA1C	Average BGL	CGM Time in Range	What does this mean?
5.5 %	6.2 mmol / L		In Target You're doing well!
6.0 %	7.0 mmol / L	90%	
6.5 %	7.7 mmol / L	80%	
7.0 %	8.5 mmol / L	70%	
7.5 %	9.3 mmol / L	60%	Above Target We can help
8.0 %	10.1 mmol / L	50%	
8.5 %	10.9 mmol / L	40%	
9.0 %	11.7 mmol / L	30%	High - your team will help you make changes
10.0 %	13.3 mmol / L		
11.0 %	14.9 mmol / L		At higher risk of DKA & severe hypo's At risk of complications Diabetes can affect your driving
12.0 %	16.5 mmol / L		
13.0 %	18.1 mmol / L		
14.0 %	19.7 mmol / L		