



What is an A1C Test?

The A1C test is used to detect Type 2 diabetes and prediabetes. The A1C test is a blood test that provides the average of a person's blood glucose levels over the past three months and does not show daily fluctuations. The A1C test is more convenient than traditional glucose tests because it does not require fasting and can be performed at any time of the day.

A1C test points to remember

- + The A1C test is a blood test that provides information about a person's average levels of blood glucose, also called blood sugar, over the past three months.
- + The A1C test result is reported as a percentage. The higher the percentage, the higher a person's blood glucose levels have been. A normal A1C level is below 5.7 percent.
- + The A1C test does not require fasting, therefore a finger stick can be performed or blood can be drawn for the test at any time of day.
- + People will have different A1C targets depending on their diabetes history and general health. People should discuss their A1C target with their healthcare provider.

**FIND A
PHYSICIAN**

To find a primary care physician, please call (614) 4-HEALTH (443-2584) or visit [OhioHealth.com/FindADoctor](https://www.ohiohealth.com/FindADoctor).

Why should a person be tested for diabetes?

- + No test is perfect, but the A1C and blood glucose tests are the best tools available to diagnose diabetes — a serious and lifelong disease.
- + Testing is especially important because people with early diabetes usually have no symptoms.
- + Testing enables healthcare providers to find and treat diabetes before complications occur.
- + Testing also enables healthcare providers to find and treat prediabetes, which can delay or prevent Type 2 diabetes from developing.
- + A 1-percent reduction in A1C lowers risk of complications such as eye, kidney and nerve disease by 40 percent.
- + If your A1C is high, you and your healthcare provider may discuss changes to your diet, exercise and medications that could help reduce your A1C, which could help reduce your risk.

The A1C Test Results Table

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|-------------|----------------------|
| Normal | Below 5.7 percent |
| Diabetes | 6.5 percent or above |
| Prediabetes | 5.7 to 6.4 percent |