



# HEMOGLOBIN A1C (HBA1C)

## What?

- HbA1c is a measure that shows your average blood sugar levels over a three-month period. The most recent month has the most impact on your HbA1c (50% of the value comes from the most recent 30 days).

## How?

- HbA1c is measured through a blood test. The test measures the amount of glucose (sugar) attached to hemoglobin in your red blood cells.

## How often?

- Most people with diabetes have their HbA1c checked every 3-6 months. This may vary depending on how stable your blood sugar is and whether you've started any new medications.

## Why is this important for diabetes management?

- HbA1c is used to help diagnose and monitor people with diabetes. Keeping your HbA1c within the target range through healthy eating, physical activity and possibly medications can help protect you from complications of diabetes (such as problems with your eyes, feet, kidneys and heart health).



## HEMOGLOBIN A1C TARGETS FOR GLYCEMIC CONTROL

Average blood sugar (mmol/L)	A1c value (%)
5.0	5%
6.7	6%
8.3	7%
10.0	8%
11.7	9%
13.3	10%
15.0	11%
16.7	12%
18.3	13%

> Target for most people with diabetes (6-7%)