
Blood Sugar Targets

What is a Hemoglobin A1c (HbA1c Test)?

This is a blood test that measures average blood sugar levels over 3 months, and it determines how well diabetes is being managed. It is also called the HbA1c or glycated hemoglobin test. The sugar in your blood is called glucose. When glucose builds up in the blood, it binds to the hemoglobin, a protein found in the red blood cells. The A1c test measures how much glucose is bound to red blood cells.

What should my A1c level be?

Hemoglobin A1c targets should be individualized. Discuss your target A1c with your health care provider. Here are a few guidelines:

A1C Target less than 7.5%

- Before Meals: 90 – 130
- Bedtime: 90 – 150

A1C Target 7-8%

- Before Meals: 90 – 150
- Bedtime: 100 - 180

A1C Target 8-9%

- Before Meals: 100 - 180
- Bedtime: 110 – 200