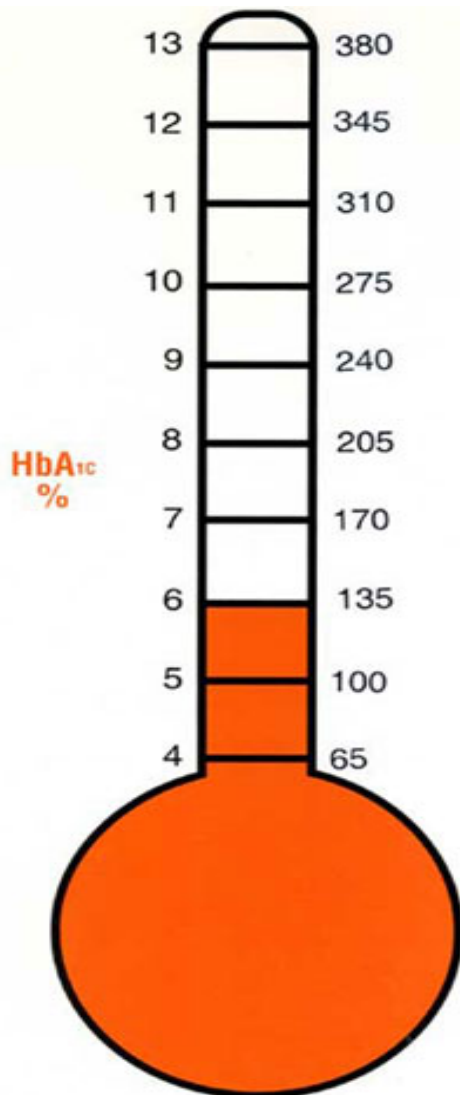


## A1c Thermometer



# What's Your Number?

Average Blood Glucose (Sugar) mg/dL

Use this 'thermometer' to convert your A1c level to your average blood sugar level over the last 60-90 days. For example, a 6.5% A1c test result means your average blood sugar is about 153 milligrams per deciliter (mg/dl)

The A1c test measures the amount of sugar (glucose) that is stuck to the hemoglobin molecules of our red blood cells, which typically live about 2-3 months before being replaced by new red blood cells. By comparing how much sugar is stuck (bound) to new and old red blood cells, the A1c result gives an average of a person's blood glucose levels over the last 2-3 month period. Studies show the A1c number predicts the likelihood of suffering diabetes complications, especially eye and kidney damage. **This means the A1c result is literally a quality of life number**