## **Diagnosis of Diabetes or Pre-Diabetes**

Name of Test	Normal Level	Pre-diabetes	Diabetes
Fasting blood glucose (repeated on another day or confirmed with another test)	Less than 100mg/dL	100-125mg/dL	126mg/dL or greater
Oral glucose tolerance test	Less than 140mg/dL at 2 hours	140-199mg/dL at 2 hours	200mg/dL or greater at 2 hours
A1C	Less than 5.7%	5.7-6.4%	6.5% or greater

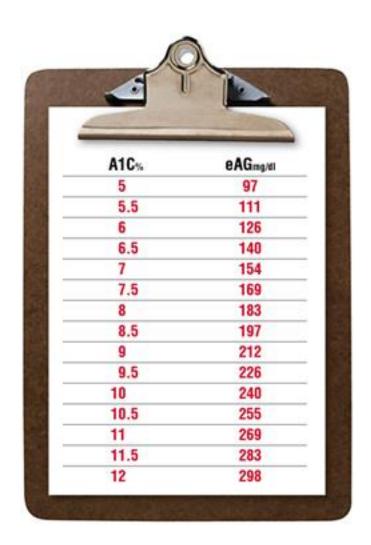
## Target Blood Glucose and A1c for those with diabetes

<b>Testing Time</b>	American Diabetes Association (ADA) Target Range	American Association of Clinical Endocrinologists (AACE) Target Range	My Target Range
Before meals	80-130mg/dL	Less than 110mg/dL	
2 hours after meals	Less than 180mg/dL	Less than 140mg/dL	
A1C	Less than 7%	Less than 6.5%	



## **Hemoglobin A1C (or A1C for short)**

A1C may also be called estimated average glucose (eAG) as it reflects your average blood glucose level over the past 3 months. A1C can be used to diagnosis a new case of diabetes. It can also be used to see how well-controlled someone with diabetes is.



<b>Date</b>	My A1C result	%	
	My A1C target	0/	