

**Optimal A1C level**

Hba1c	mg/dl	mmol/l
4.0	65	3.6
4.1	69	3.8
4.2	72	4.0
4.3	76	4.2
4.4	79	4.4
4.5	83	4.6
4.6	86	4.8
4.7	90	5.0
4.8	93	5.2
4.9	97	5.4

**Good A1C level**

Hba1c	mg/dl	mmol/l
5.0	101	5.6
5.1	104	5.8
5.2	108	6.0
5.3	111	6.2
5.4	115	6.4
5.5	118	6.6
5.6	122	6.8
5.7	126	7.0
5.8	129	7.2
5.9	133	7.4

**Nominal A1C level**

Hba1c	mg/dl	mmol/l
6.0	136	7.6
6.1	140	7.8
6.2	143	8.0
6.3	147	8.2
6.4	151	8.4
6.5	154	8.6
6.6	158	8.8
6.7	161	9.0
6.8	165	9.2
6.9	168	9.4

**Slightly high A1C**

Hba1c	mg/dl	mmol/l
7.0	172	9.6
7.1	176	9.8
7.2	180	10.0
7.3	183	10.2
7.4	186	10.4
7.5	190	10.6
7.6	193	10.8
7.7	197	11.0
7.8	200	11.2
7.9	204	11.4

**High A1C level**

Hba1c	mg/dl	mmol/l
8.0	207	11.6
8.1	211	11.8
8.2	215	12.0
8.3	218	12.2
8.4	222	12.4
8.5	225	12.6
8.6	229	12.8
8.7	232	13.0
8.8	236	13.2
8.9	240	13.4

**Very high A1C**

Hba1c	mg/dl	mmol/l
9.0	243	13.6
9.5	261	14.6
10.0	279	15.6
10.5	297	16.6
11.0	314	17.5
11.5	332	18.5
12.0	350	19.5
12.5	368	20.4
13.0	386	21.4
13.5	403	22.4