

Conversion Table

(in mg/dl and mmol/l)

Hb-A1c	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9
mg/dl	65	69	72	76	79	83	86	90	93	97
mmol/l	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4
Hb-A1c	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9
mg/dl	101	104	108	111	115	118	122	126	129	133
mmol/l	5.6	5.8	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.4
Hb-A1c	6.0	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9
mg/dl	136	140	143	147	151	154	158	161	165	168
mmol/l	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0	9.2	9.4
Hb-A1c	7.0	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9
mg/dl	172	176	180	183	186	190	193	197	200	204
mmol/l	9.6	9.8	10.0	10.2	10.4	10.6	10.8	11.0	11.2	11.4
Hb-A1c	8.0	8.1	8.2	8.3	8.4	8.5	8.6	8.7	8.8	8.9
mg/dl	207	211	215	218	222	225	229	232	236	240
mmol/l	11.6	11.8	12.0	12.2	12.4	12.6	12.8	13.0	13.2	13.4
Hb-A1c	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5
mg/dl	243	261	279	297	314	332	350	368	386	403
mmol/l	13.6	14.6	15.6	16.6	17.5	18.5	19.5	20.4	21.4	22.4
Color Key:	Optimal	Good	High	Bad	Terrible	Horrible	Deathly	Suicidal	Suicidal	Suicidal