

# What Your A1c Number Means



**L.A. Care**  
HEALTH PLAN®

*For A Healthy Life*

The A1c test measures average blood sugar level over the past 2 to 3 months. This is different than testing your blood sugar at home. The A1c is given as a percent. Here is what the numbers mean.

	% A1c	Mg/dl glucose (average)
	5	97
5.7-6.4% is prediabetes	5.5	110
	6	126
6.5% or more is diabetes	6.5	140
	7	154
	7.5	170
	8	183
	8.5	200
	9	212
	9.5	225
	10 or more	240 or more

**To request information in your language or in another format, call L.A. Care:**

CMC members: **1.888.522.1298**

LACC/D members: **1.855.270.2327**

MCLA members: **1.888.839.9909**

PASC-SEIU members: **1.844.854.7272**  
or (TTY 711)