

# What's Your Number?

... your **Estimated Average Glucose (eAG) Number**.

A1C%	eAG <sub>mg/dl</sub>
5	97
5.5	111
6	126
6.5	140
7	154
7.5	169
8	183
8.5	197
9	212
9.5	226
10	240
10.5	255
11	269
11.5	283
12	298

A1C to eAG Conversion Chart

If you have diabetes you may know about A1C. A1C tells you the average level of glucose (sugar) in your blood over 2-3 months. It is reported as a percent (for example, 7%). Knowing your A1C tells you about your risk for complications of diabetes, problems caused by diabetes such as blindness, kidney disease, amputation, heart attack, and stroke.

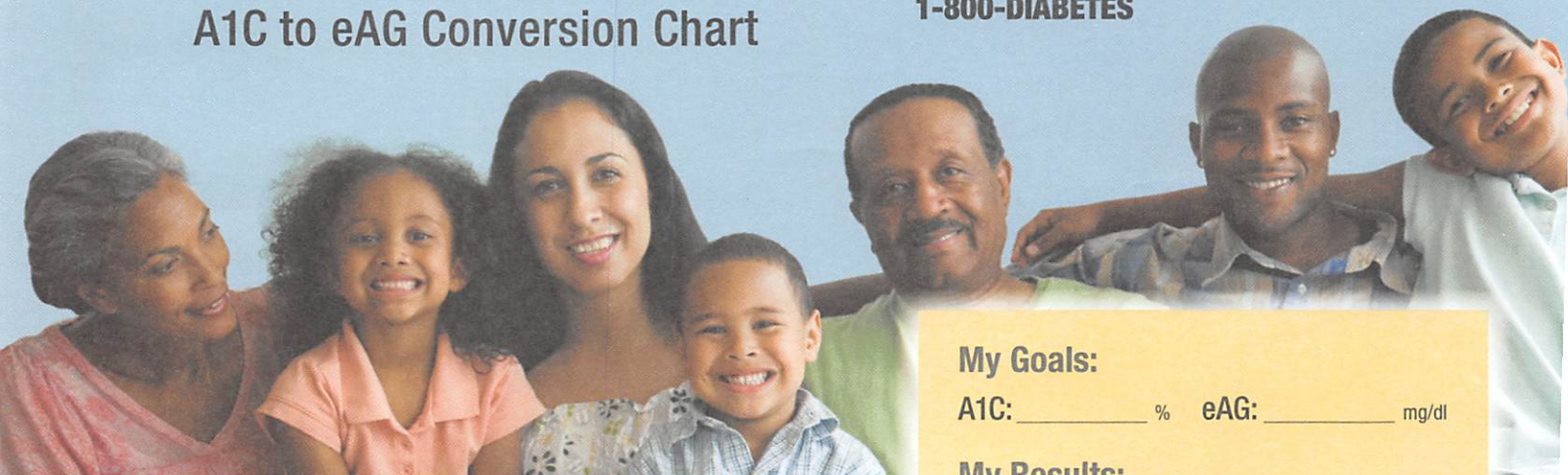
Now we have a new way to report A1C called estimated average glucose, or eAG. eAG uses the same units that you see on a lab report or on your

*An A1C of 7% — the goal for many people with diabetes — is the equivalent of an eAG of 154 mg/dl.*

meter (for example, 154 mg/dl). Just like A1C, eAG lets you know the average level of glucose in your blood 24 hours a day, 7 days a week, for 2-3 months.

eAG can help you better understand your A1C level and helps you and your provider decide how to treat your diabetes.

**To learn more about how to take care of your diabetes, visit: [diabetes.org](http://diabetes.org) 1-800-DIABETES**



**My Goals:**

A1C: \_\_\_\_\_ % eAG: \_\_\_\_\_ mg/dl

**My Results:**

A1C: \_\_\_\_\_ % eAG: \_\_\_\_\_ mg/dl

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