

How does my A1C relate to my daily glucose readings?

Help reduce your health risk

A1C %	eAG mg/dL
13	326
12.5	312
12	298
11.5	283
11	269
10.5	255
10	240
9.5	226
9	212
8.5	197
8	183
7.5	169
7	154
6.5	140
6	126



You may be familiar with the A1C test that your doctor performs. It is a measure of the average level of blood glucose over the past 2 to 3 months. It is expressed as a percentage.

There's a new way to express this measure called estimated average glucose, or eAG. It translates the A1C into an average value.

Your doctor makes decisions on your diabetes treatment plan based on your A1C levels, among other things.

Your A1C doesn't have to be a mystery. This chart converts your A1C to eAG. eAG uses the same units that you are used to seeing when you test your blood at home.

As this chart shows, an A1C of 7% represents an eAG, or estimated average glucose, of 154 mg/dL.

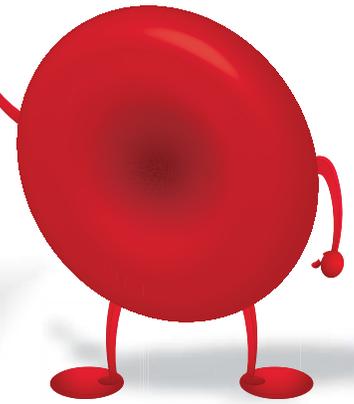
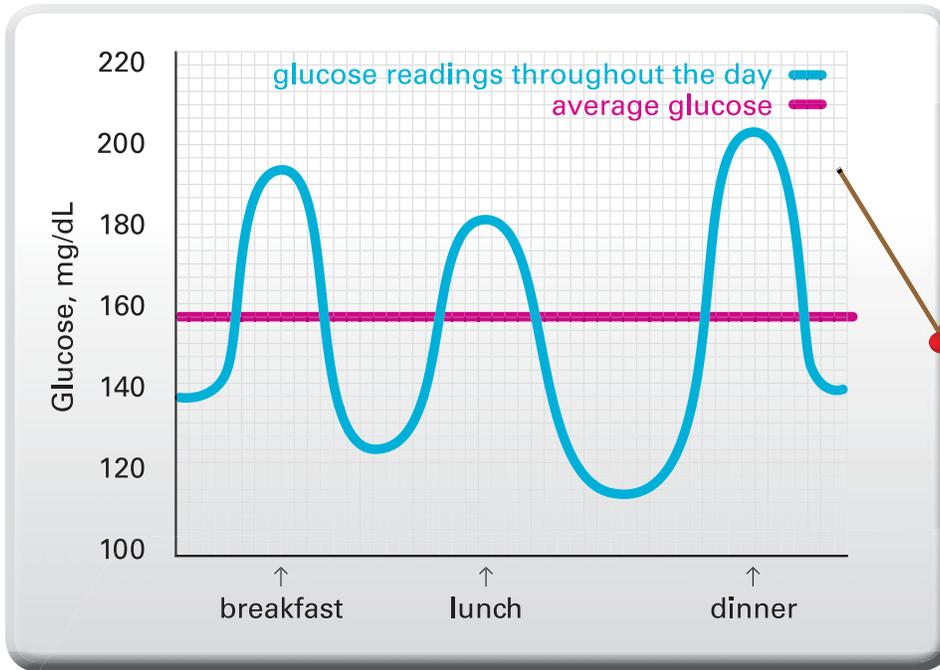
Talk to your doctor to determine what your A1C and eAG goals should be.

MY GOALS

A1C

eAG

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Why are my daily readings different from my eAG?

- ▶ Your self-monitoring device may display an average, but this value may not match the eAG you see on the chart on the other side of this card. Talk with your doctor about the numbers you are seeing at home and how they compare with your eAG.
- ▶ When self-monitoring, people often take more readings in the morning and before meals, when their blood glucose is low. This can cause the average reading on the device to be lower than the actual eAG. The chart on the other side of this card can provide a more accurate average blood glucose value for your A1C. If you are not testing after meals, when your blood glucose is generally higher, your blood glucose may not be as well-controlled as you think.

Goals of treatment

- ▶ Daily blood glucose checks are important for long-term control. Continue testing your blood glucose at home as recommended by your doctor, and be sure to get your A1C levels checked every 2 to 3 months.
- ▶ Remember, it is important to get your number to the target value that you and your doctor have set. The American Diabetes Association recommends an A1C <7% (an eAG <154 mg/dL) for most people with diabetes.

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