

A1C to Estimated Average Glucose (eAG) Conversion^{1*†‡}

Glucose Conversion Guide¹

Translate A1C into average glucose levels

Conversion^{1*†‡}:

$$\text{eAG (mg/dL)} = (\text{A1C} \times 28.7) - 46.7$$

$$\text{A1C (\%)} = (\text{eAG} + 46.7) \div 28.7$$

Reference

- Nathan DM, Kuenen J, Borge R, Zheng H, Schoenfeld D, Heine RJ for the A1c-derived average glucose (ADAG) study group. Translating the A1C assay into estimated average glucose values. *Diabetes Care*. 2008;31:1473-1478.



HbA1c	eAG
%	mg/dL
7	154
7.2	160
7.4	166
7.6	171
7.8	177
8	183
8.2	189
8.4	194
8.6	200
8.8	206
9	212
9.2	217
9.4	223
9.6	229
9.8	235

HbA1c	eAG
%	mg/dL
5	97
5.2	103
5.4	108
5.6	114
5.8	120
6	126
6.2	131
6.4	137
6.6	143
6.8	148

*For educational purposes only.
 †Data represent estimated averages.
 ‡Calculated eAG reflects values over the preceding 3 months.

HbA1c	eAG
%	mg/dL
10	240
10.2	246
10.4	252
10.6	258
10.8	263
11	269
11.2	275
11.4	280
11.6	286
11.8	292
12	298