

HbA1c Conversion Chart

A normal HbA1C level is typically below 5.7% or average blood sugar (166.89 mg/dL). Less than 5.7% or below 39 mmol/mol: Normal, no diabetes.

5.7% to 6.4% or 39-46 mmol/mol: Prediabetes.

6.5% or higher (48 mmol/mol or higher): Typically indicates Type 2 diabetes or, in some cases, Type 1 diabetes.

8.6% or higher (70 mmol/mol or higher): Urgent Medical Attention Needed

HbA1c (%)	Average Blood Sugar (mg/dL)	HbA1c (mmol/mol)
4.4	79.58	24.59
4.5	82.45	25.69
4.6	85.32	26.78
4.7	88.19	27.87
4.8	91.06	28.96
4.9	93.93	30.06
5	96.8	31.15
5.1	99.67	32.24
5.2	102.54	33.34
5.3	105.41	34.43
5.4	108.28	35.52
5.5	111.15	36.62
5.6	114.02	37.71
5.7	116.89	38.8
5.8	119.76	39.9
5.9	122.63	41
6	125.5	42.09
6.1	128.37	43.18
6.2	131.24	44.28
6.3	134.11	45.37
6.4	137	46.47
6.5	139.87	47.56
6.6	142.74	48.65
6.7	145.61	49.75
6.8	148.48	50.84
6.9	151.35	51.93
7	154.22	53.03
7.1	157.09	54.12
7.2	159.96	55.22
7.3	162.83	56.31
7.4	165.7	57.4
7.5	168.57	58.5
7.6	171.44	59.59
7.7	174.31	60.68
7.8	177.18	61.78

HbA1c (%)	Average Blood Sugar (mg/dL)	HbA1c (mmol/mol)
7.9	180.05	62.87
8	182.92	63.96
8.1	185.79	65.06
8.2	188.66	66.15
8.3	191.53	67.24
8.4	194.4	68.34
8.5	197.27	69.43
8.6	200.14	70.52
8.7	203.01	71.62
8.8	205.88	72.71
8.9	208.75	73.8
9	211.62	74.9
9.1	214.49	76
9.2	217.36	77.09
9.3	220.23	78.18
9.4	223.1	79.28
9.5	225.97	80.37
9.6	228.84	81.46
9.7	231.71	82.56
9.8	234.58	83.65
9.9	237.45	84.74
10	240.32	85.84
10.1	243.19	86.93
10.2	246.06	88.02
10.3	248.93	89.12
10.4	251.8	90.21
10.5	254.67	91.3
10.6	257.54	92.4
10.7	260.41	93.49
10.8	263.28	94.58
10.9	266.15	95.68
11	269.02	96.77
11.1	271.89	97.86
11.2	274.76	98.96
11.3	277.63	100.05
11.4	280.5	101.15
11.5	283.37	102.24
11.6	286.24	103.33
11.7	289.11	104.43
11.8	291.98	105.52
11.9	294.85	106.61

HbA1c (%)	Average Blood Sugar (mg/dL)	HbA1c (mmol/mol)
12	297.72	107.71
12.1	300.59	108.8
12.2	303.46	109.89
12.3	306.33	110.99
12.4	309.2	112.08
12.5	312.07	113.17
12.6	314.94	114.27
12.7	317.81	115.36
12.8	320.68	116.46
12.9	323.55	117.55
13	326.42	118.65
13.1	329.27	119.68
13.2	332.14	120.78
13.3	335.01	121.87
13.4	337.88	122.96
13.5	340.75	124.06