

# HBA1C RANGE REFERENCE CHART

CATEGORY	HBA1C LEVEL	ESTIMATED AVERAGE GLUCOSE (EAG)
<b>Normal</b>	Below 5.7%	Below 117 mg/dL
<b>Prediabetes</b>	5.7% to 6.4%	117 - 137 mg/dL
<b>Diabetes</b>	6.5% or Higher	140 mg/dL or Higher

**Note:** This chart is for educational reference only. Individual target ranges may vary based on age, health status, and medical history. Always consult with a healthcare provider to interpret lab results and determine personal health goals.