





8%

Glycemic Targets

A1C Target

7%

Most non-pregnant adults		
A1C target	<7%	
Preprandial glucose	80–130 mg/dL	
Peak postprandial glucose	<180 mg/dL	



Preprandial glucose measurement should be made before food



Post prandial glucose measurements should be made 1t–2 hours after the beginning of a meal

Consider less stringent A1C goals	
(such as <8%)	

Hypoglycemia/hypoglycemia unawareness

Reduced life expectancy

Older age

Increased risk or frequency of hyperglycemia

Established vascular complications

Multiple comorbidities

Patient preference

Lack of resources/support systems

Learn more at diabetes.org | 1-800-DIABETES (1-800-342-2383)

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