

Mean blood glucose

Level	mg/dl	mmol/l	HbA1c	Risk	Suggested action
high	380	21.1	14	high	Seek medical advice
high	350	19.3	13	high	Seek medical advice
high	315	17.4	12	high	Seek medical advice
high	280	15.6	11	high	Seek medical advice
high	250	13.7	10	high	Seek medical advice
high	215	11	9	high	Seek medical advice
borderline	180	10	8.5	medium	Consult your doctor
borderline	150	8.2	7	medium	Consult your doctor
borderline	120	7	6.1	medium	Consult your doctor
normal	115	6.3	6	low / no risk	No action needed
normal	80	4.7	5	low / no risk	No action needed
normal	50	2.6	4	low / no risk	No action needed