



## GLYCOHEMOGLOBIN A1C (HBA1C) WITH ESTIMATED AVERAGE GLUCOSE

### **About This Test**

The Glycohemoglobin A1c or HbA1c test is important for diagnosis and monitoring of diabetes. To determine the average amount of sugar in the blood over a period of time – usually about the last 3 months. These classifications apply to individuals who are not taking anti-hypertension drugs and who are not acutely ill. After an initial screening, your blood pressure should be classified based on the average of two or more readings at each of two or more follow-up visits.

**Estimated Average Glucose** If your wellness program includes use of a Health Risk Assessment tool, a glucose value is often requested. Your Estimated Average Glucose level value can be used for this data. Estimated Average Glucose (eAG) is a calculation that is used to relate the A1c value more directly to your glucose level. While the A1c level gives average blood glucose level over the past 2 to 3 months as a percent, the eAG uses mg/dL which is the same units used for your glucose level. This can be used for the glucose level in your Health Risk Assessment tool.

### **What Should I Do With My Results?**

It is always recommended that you meet with a doctor to determine what your laboratory test results mean to you. Your doctor will review all of your test results and, combined with your health history, he or she will be able to provide an accurate picture of your health status.

**If your results were abnormal or out-of-range:** Abnormal results could indicate that you are a diabetic, pre-diabetic or that your diabetes is not being controlled and you may be at risk for complications. The American Diabetic Association recommends that diabetics keep their A1c levels at less than 7% .<sup>1</sup> As with any abnormal results, it's important that you discuss their implications with your physician.

**If your results were within normal range:** Your test results can provide important information for your physician. Talk with your doctor about your results and how you can use them to help prevent diabetes.

**If your results were in the Pre-diabetes range:** Pre-diabetes -- blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes -- often leads to diabetes. Research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes. Fortunately, there are things you can do to prevent or delay the development of type 2 diabetes.

Your doctor can guide you on how to avoid diabetes when you share your lab test results.



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**How Do I Obtain My Results?**

Results are available through our online patient portal, My Labs Now<sup>SM</sup>. Visit [www.compunetlab.com](http://www.compunetlab.com) to sign in or setup an account. Or text MYLABS to 66349. Follow The signup link in the text message you receive. Please be sure your name exactly matches the name on your lab test order. Contact [help@luminatehealth.com](mailto:help@luminatehealth.com) if you need assistance. CompuNet is unable to provide verbal results to patients.

**I Do Not Have a Regular Doctor. Where Can I Find One?**

If you do not have a doctor, we recommend the following resources to locate one:

**Premier Health Find a Doctor**

(937) 684-4155 or 1-855-PREMIER  
[www.premierhealth.com/findadoc](http://www.premierhealth.com/findadoc)

**WebMD Care**

[www.doctor.webmd.com](http://www.doctor.webmd.com)

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CompuNet DIRECT is direct access, preventative testing intended for education purposes. A CompuNet DIRECT lab test result is not a medical diagnosis and is not intended as a form of medical advice. Only a physician can interpret lab test results and diagnose a medical condition or disease.

Because tests have not been ordered by a physician, third-party entities, including Medicare and Medicaid, will not reimburse for these tests.