

# Glycosylated Haemoglobin (HbA1c)

Glycosylated Haemoglobin (HbA1c) is a laboratory test routinely used to monitor the progress of diabetes.



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## **Glycosylated Haemoglobin (also called Glycated Haemoglobin, Haemoglobin A1c or HbA1c)**

Haemoglobin is found in your red blood cells and it helps carry oxygen to all your body tissues. HbA1c forms when glucose circulating in your blood binds to haemoglobin.

### **What does HbA1c measure?**

As the HbA1c changes slowly, the value at any time reflects the average blood glucose over the months prior to when the sample was collected. At present, this is regarded as the best laboratory test for assessing how well you have managed your diabetes in the last 2-3 months.

### **What is a normal result?**

Treatment goals for each patient vary and your doctor has probably told you the target range of HbA1c values they want you to aim for. In general, a person with diabetes has an HbA1c level that is close to or within the normal range.

### **How often should you be tested?**

Most doctors recommend this test every three to six months.

### **Are there fees involved?**

Medicare will provide a rebate for up to 4 tests in any 12 month period only if the patient has been diagnosed with diabetes. To be eligible, your doctor must indicate to us on the request form that you have diabetes. If you do not have diabetes, you may receive an account and incur an out-of-pocket expense. For more information, please speak with your doctor.



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