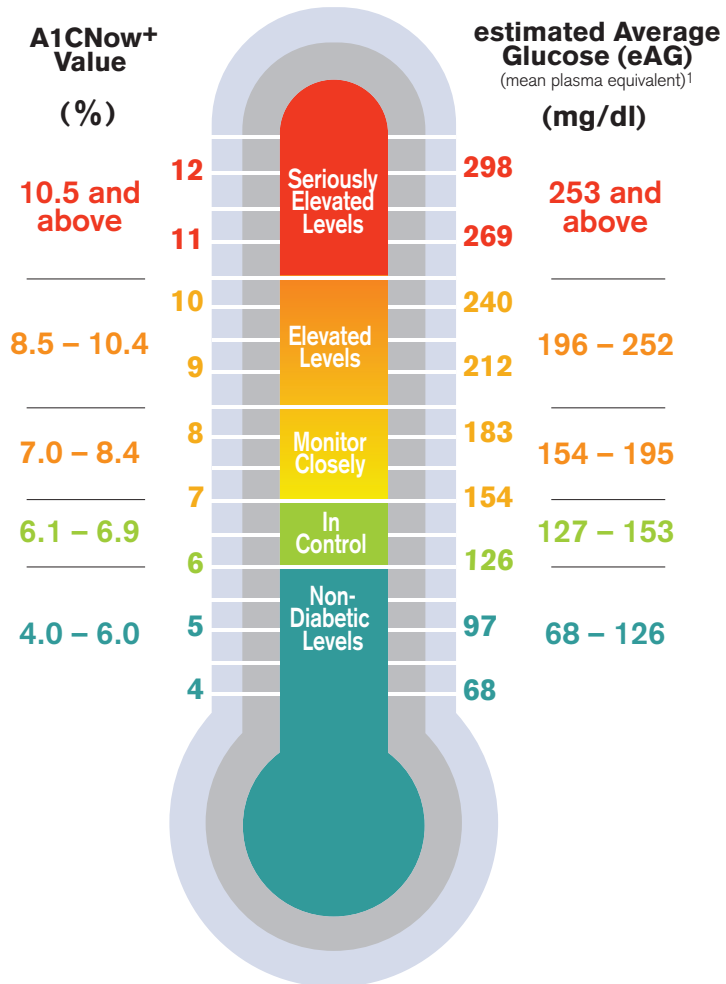




What Does Your A1CNow+® Value Tell You?



Your average Glucose Value over a 2–3 Month Period.

Patient name: _____

My A1C today is: _____

My next A1C goal is: _____

My long-term A1C goal is: _____

Next appointment: _____

Notes: _____

Customer support 1-800-248-2637
www.A1CNOW.com

Facts about A1C

» Your A1C score is an estimate of your average blood sugar level over the last 2 to 3 months. Approximately half of the score comes from the last 30 days.²

» If your A1C is high, you and your doctor may discuss changes to your diet, exercise and possibly medications to help reduce your A1C, which could help reduce your risks.

» In fact, it's been shown that a 1% reduction in A1C lowers risk of complications such as eye, kidney and nerve disease by 40%.³

1 Nathan, DM, Kuenen, Borg, R, Zheng, H, Schoenfeld, D, Heine, RJ. "Translating the A1C Assay Into Estimated Average Glucose Values" Diabetes Care Volume 32 (8), August 2008.

2 Calisti L, Tognetti S. Measure of glycosylated hemoglobin. Acta Biomed 2005; 76(Suppl 3): 59-62.

3 UKPDS 35. BMJ 2000; 321:405-12.

