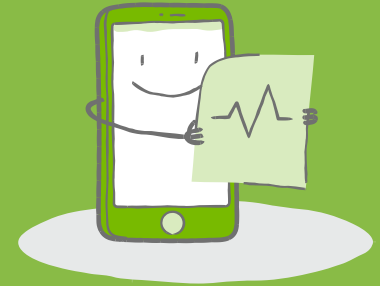


HbA1c – The full story

• What is the HbA1c result?

The term HbA1c refers to glycated hemoglobin. It's the percentage of hemoglobin to which glucose (sugar) is bound. HbA1c is also referred to as hemoglobin A1c or simply A1c.*



• How does the HbA1c test results work?

A certain amount of sugar in your blood sticks to your red blood cells and can't be unstuck. It's there for the life of the cell, which is, on average, about 8-12 weeks. Those red blood cells in your body are constantly recycled, and by checking your HbA1c value every 8-12 weeks**, you get to see a fresh new grouping of them. So, a higher blood sugar for a longer time means more sugar on more cells – which means a higher HbA1c.†



• Why should I look at my HbA1c result?

Keeping an eye on your HbA1c can make a big difference, as even small improvements have shown great reductions in the likelihood of complications.‡

• How can I estimate my HbA1c?

You don't even have to crunch any numbers. We do it all for you (along with average and average standard deviation) in the mySugr app!



From now on, the top right of your graph will display your estimated HbA1c – assuming you've logged enough blood glucose values. How many values do you need? An approximate average of 3 BG's per day over 7 days.

Without enough data, the estimated HbA1c level is not displayed. The progress bars around the circle fill as you log more BG's. Keep feeding mySugr data, and you'll have your estimated HbA1c in no time. Enter more values and mySugr can do a better job estimating.



With the estimated HbA1c feature we hope we've made it easier to know where you are so you can get where you'd like to be.

Cheers!

Download the
mySugr app now!



*<https://www.accu-chek.ca/en/when-why-how-test/what-a1c>
**Tests of Glycemia in Diabetes, American Diabetes Association, Diabetes Care 2004 Jan; 27(suppl 1): s91-s93.
†<http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/a1c/>
‡Primary Sources: American Diabetes Association. Source Reference: Nathan, D.M. et al DCCT/EDIC 30th Anniversary Symposium - Contributions and Progress American Diabetes Association, 2013.

