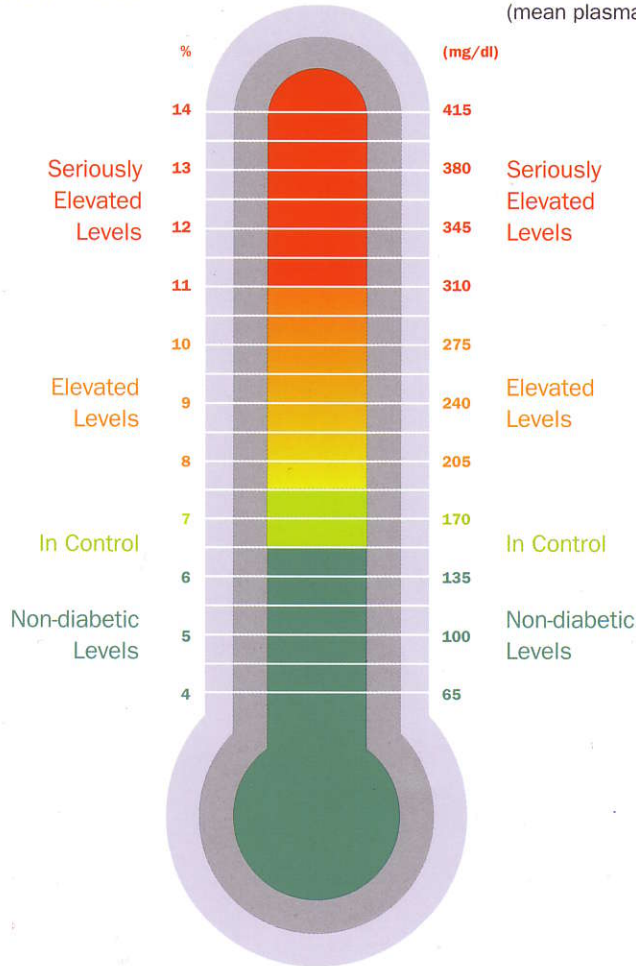


What Does Your A1CNow+ Value Tell You?



A1CNow+ Value

Average Blood Glucose
(mean plasma equivalent¹)



What Does Your A1CNow+ Value Tell You?

Your Average Glucose Value over

Patient name: _____

My A1C today is: _____

My next A1C goal is: _____

My long-term A1C goal is: _____

Next appointment: _____

Notes: _____

Ask For Your A1CNow+ Today.

- A1C correlates to your blood glucose giving you an average of your blood sugar level for the last 2-3 months with approximately 50% of the score coming from the last 30 days.⁽²⁾
- If your A1C is high, changes to your diet and exercise and possibly medications may help reduce your A1C, which could help reduce your risks. Speak with your doctor about changes appropriate for you.
- 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⁾



Metrika Inc., 510 Oakmead Parkway, Sunnyvale, CA 94085.

Toll Free: **1.877.METRIKA x5** fax **408.524.6595** www.metrika.com.

¹ Rohlfing, CL et/ al., Defining the Relationship Between Plasma Glucose and HbA1C, Diabetes Care 25:275-278, 2002.

² Burtis, CA, Ashwood ER. Tietz Textbook of Clinical Chemistry, 3rd Edition, WB Saunders Co., 1999.

³ Centers for Disease Control and Prevention, National diabetes fact sheet: general information and national estimates on diabetes in the United States, 2002, Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2003.