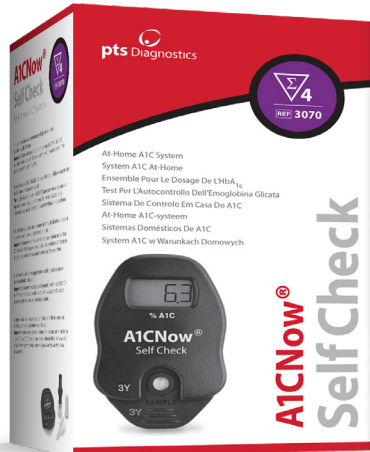


# Diabetes Control: A1c Home Test



*Your Kit includes A1c tests to measure the sugar in your blood (blood sugar) at home.*

## Why is it Important to Follow My Blood Sugar?

Many health problems happen when blood sugar levels are too high. To stay in control, people with diabetes are often asked to check their blood sugar before and after each meal. They also get blood tests in their doctor's office to check sugar levels over time. The test in your Kit is like the test in the doctor's office. It is called an A1c test. It tells you how well your blood sugar is controlled over the past 2-3 months (90 days). It looks at sugar on cells that carry oxygen and hemoglobin. It lets you know if your diabetes treatment plan is working.

The test only takes a few minutes and is easy to do. You will see results on the screen of the little black A1c device. High numbers mean higher levels of sugar in your blood. Your provider and care team will talk with you about what numbers to aim for. They will teach you how to lower your A1c levels. They will work with you to set goals, like lowering your A1c below 7%.

## Patient Care Kit Item

Your Kit includes one (1) A1CNow® Self Check Kit. It has enough supplies for four (4) blood tests to be done over many months. One test should be used at a time. You will learn when to take the test. Usually, you will do the test during one of your monthly video visits with your health care team. You will likely do this test about every three months.

Your A1CNow® Self Check box includes:

- Instruction Sheet.
- Monitor or Analyzer: the small black device where you place the blood sample. This will be used four (4) times –about 3 months apart.
- Four (4) Shaker pouches. Each with a shaker body, blood collector, and lancet to prick your skin.
- Four (4) Test Cartridge pouches.
- Finger stick supplies (if needed): alcohol swabs, gauze pads, extra lancets, and Band-Aids.

This box should be kept at room temperature (64-77°F). It should be kept away from direct sunlight. If you can't find a good place that's out of the sun, you may refrigerate the box. If you refrigerate, please remove the Analyzer (small black reading device), 1 shaker pouch, and 1 test cartridge at least one hour before testing. Test supplies must be room temperature when you do the test.

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## Instructions

- ✓ Your A1c kit includes a 'Quick Reference Guide' with instructions and helpful pictures.
- ✓ You will use one (1) A1c test at your first visit. Health center staff will help you do it the right way. They will show you how to write the results in your log.
- ✓ After the first visit, a health center staff member will schedule one virtual visit with you each month. Every three months or so, you will use the A1c Kit during one of your video visits.
- ✓ Continue your regular fingerstick to keep track of daily blood sugar levels, as directed.
- ✓ Some important things to know about this A1c test:
  - The entire test process, from beginning to end, should take less than 10 minutes.
  - Use the Shaker pouch to start your test.
  - You must put your blood sample in the Analyzer within 2 minutes. Do not move or pick up the Analyzer until the test is complete!
  - As soon as your blood sugar reading is shown on screen, write it down. The monitor will not save the reading after 15 minutes. Record the number before the machine turns off.