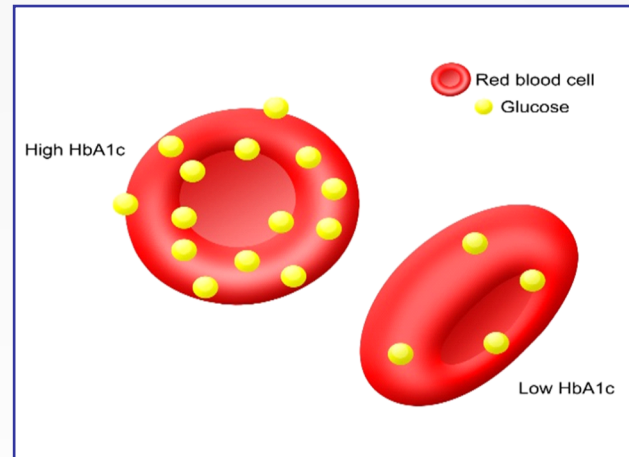
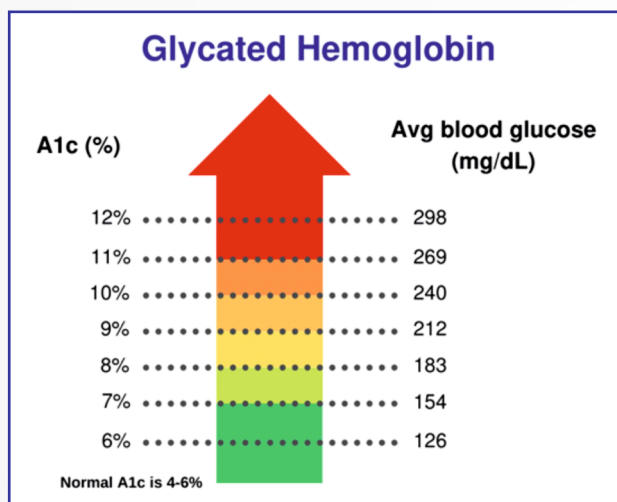


The HbA1c test-also known as the haemoglobin A1C or A1C test-is a simple blood test that measures your average blood sugar levels over the past 3 months.

It measures the percentage of your red blood cells that have sugar-coated haemoglobin.



When you should get HbA1c Test?



Perform the A1C test at least two times a year in patients who are meeting treatment goals (and who have stable glycaemic control)

Perform the A1C test quarterly in patients whose therapy has changed or who are not meeting glycaemic goals.

Point-of-care testing for A1C provides the opportunity for more timely treatment changes.

Achieving numbers is very important for everyone, start getting quarterly report card of your sugar levels.

Let's **Aarambh** your Next Quarter with clear picture of past performance

Initially it may look difficult but this is a new way of life which is Safe, Simple and Successful way to manage diabetes well.

Reference:

- <https://www.cdc.gov/diabetes/managing/managing-blood-sugar/a1c.html>
- Diabetes Care 2020;43(Supplement_1):S66-S76