

Get your whole story—now!

Frequent glucose testing is an important part of controlling your diabetes. However, a more long-term picture is also necessary to determine your overall control. A1C testing gives you an average of your blood glucose levels for the last two to three months.

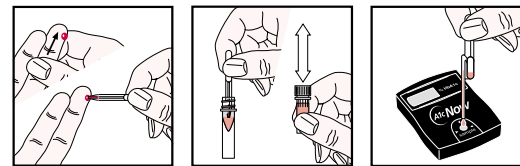
Knowing your A1C level can help you determine whether your diabetes program is working. More importantly, it can help reduce your risk of diabetes complications. Testing your A1C level is fast, easy and accurate with A1cNow™, the first A1C monitor designed for home use.



Take control of your diabetes with A1cNow.™

Introducing A1cNow—the only A1C test that gives you immediate, accurate results at home.

- **Fast**—test in only 8 minutes
- **Easy**—fingerstick with 3 simple steps



- **Accurate**—similar to lab results
- **Economical**—no test strips required
- **Disposable**—just use it once and throw it away
- **Accessible**—no prescription required

Current A1C level:	Target A1C level:
%	%
Date:	By date:

Studies show that if you can decrease your A1C by a small amount, you'll improve your chances of staying healthy.^{1,2}

To purchase A1cNow or for more information, please call 1-877-A1C-4-YOU (1-877-212-4968) or visit www.A1cNow.com.



1. DCCT. *N Engl J Med.* 1993;329:977-986. 2. *Diabetes Care.* 1998;21:2180-2184. 3. *Diabetes Care.* 2001;24(suppl.1):S37. 4. *Diabetes Care.* 2002;25:275-8.
©2002 Metrika, Inc. A1cNow is a trademark of Metrika, Inc. P/N 90146 Rev. C

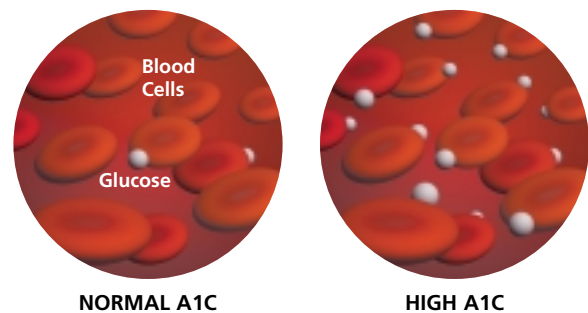
Glucose testing is only half the story...



A1cNow™ —the natural companion to regular blood glucose testing.

What is hemoglobin A1c (A1C)?

Hemoglobin is a protein found inside red blood cells. It's what makes red blood cells red. Hemoglobin attaches to sugars in the blood, such as glucose, forming A1C.



What does the A1C test measure?

Glucose is constantly entering your bloodstream and attaching to hemoglobin. Once attached, it stays attached and lives for approximately two to three months before being replaced with fresh cells containing fresh hemoglobin. The A1C test measures your average blood glucose level during this time. If your blood glucose was high last week but is back to normal this week, your red blood cells will still carry the "memory" of the previous week's high level.

How can A1C testing help reduce my risk of complications?

The A1C test shows you whether your average blood glucose is close to normal or too high. Glucose levels that remain high over a long period of time may cause significant damage to large and small vessels, which may, in turn, increase your risk for complications. Studies show that keeping your A1C within the American Diabetes Association's recommended range

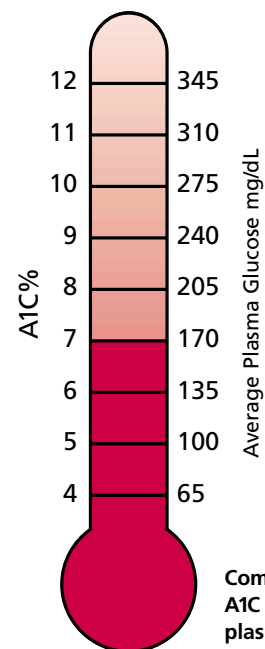
of 7% or lower can delay or help prevent serious diabetes-related complications such as kidney disease, blindness and nerve damage.^{1,2}

How often should I test my A1C level?

Since your A1C level is a good sign of your overall glucose control, its measurement should be a regular part of your diabetes care. Try to test at least every three months or as often as your healthcare professional recommends.³

If I'm already testing my glucose levels regularly, do I still need an A1C test?

Your regular blood glucose test tells you whether your blood glucose is too high, too low or just right—at the time of testing. This short-term measurement can fluctuate widely.



Comparison of A1C levels to average plasma glucose levels⁴

The A1C test, on the other hand, measures the amount of glucose in your blood over a longer period of time, approximately three months. It's the best way to determine if your blood glucose is really under control. When combined with regular blood glucose testing, your A1C result will give you a more complete picture of your overall blood glucose control.

What is the quickest, easiest way to obtain an A1C test?

In the past, an A1C test was done in the lab, and the results were sent to the physician. Patients had to wait several days, even weeks, for their results. Now, you have the freedom to test at home, with A1cNow. It's an easy-to-use, single-use, disposable A1C test that provides immediate, lab-accurate results in just eight minutes.

More importantly, you can share this information with your doctor right away, and together, make any necessary changes to your diet, exercise and medication to better control your diabetes.

