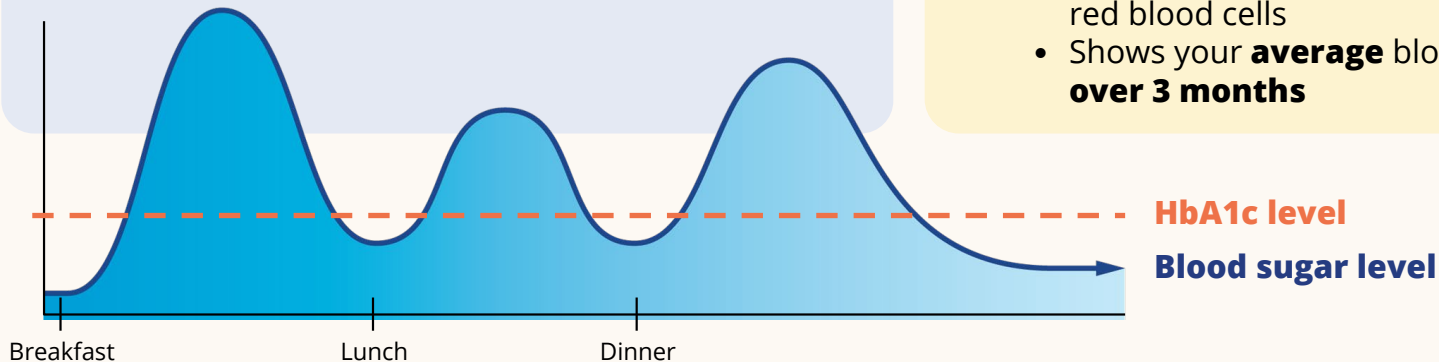


Different ways to test your blood sugar level

Done at home using a glucometer

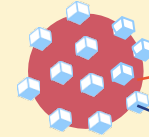
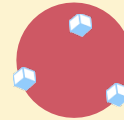
What is blood sugar level?

- **"At the moment"** level of sugar (glucose) in your blood



Done at the clinic

Normal
HbA1c



High HbA1c
Red blood cell
Sugar

What is HbA1c?

(Glycosylated haemoglobin)

- **Sugar** (glucose) **attached to protein** in red blood cells
- Shows your **average** blood sugar level **over 3 months**