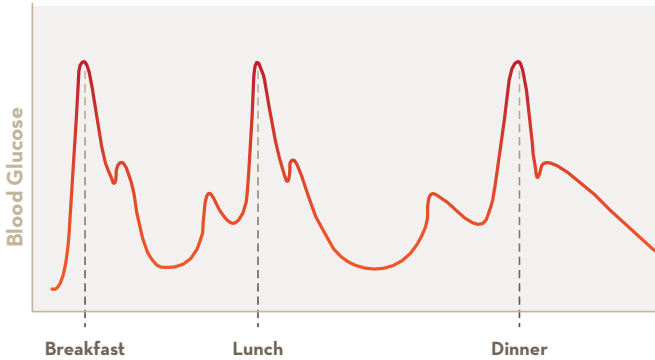


Diabetes Check

What is Blood Sugar (Glucose) Level?

It's a measurement of the amount of sugar floating in the blood.

High blood sugars = **MORE** sugar floating in the blood.



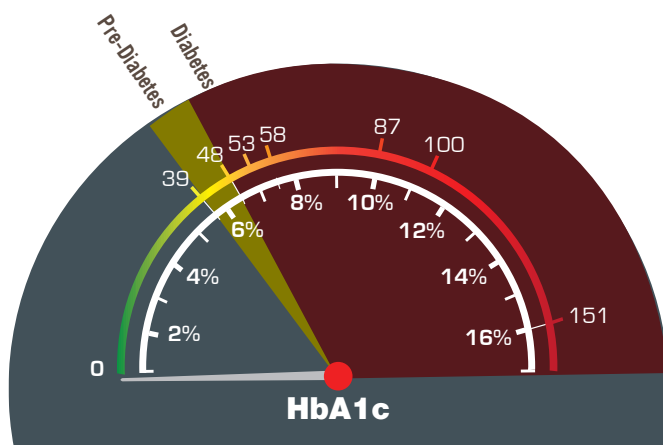
Your value:

Your goal:

What is HbA1c?

It's a measurement of the amount of blood sugar attached to the Haemoglobin part of your red blood cells.

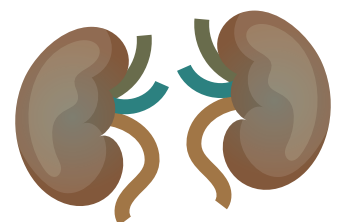
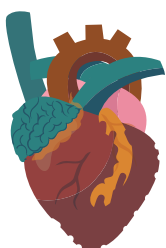
High blood sugars for a long time = **MORE** sugar stuck to Haemoglobin.



Your value:

Your goal:

Untreated diabetes can seriously affect your heart, eyesight, feet and kidneys.



It's never too late to make positive changes to your lifestyle!

Eating well and keeping active can improve long term health and help to maintain good kidney function

