

# IT'S TIME TO **CHECK YOUR NUMBER**

Here is your friendly reminder to check your HbA1c!

## **What is my HbA1c?**

HbA1c is a measurement of your average blood glucose levels over three months. The CDC has determined that a normal A1c is below 5.7%. With a result up to 6.4%, you are considered to be living with pre-diabetes. If your HbA1c is 6.5% or higher, you are considered to be living with diabetes.

## **It's never been easier to get your number.**

At ProSciento, we can test your HbA1c at no cost as part of clinical research study pre-screening.

