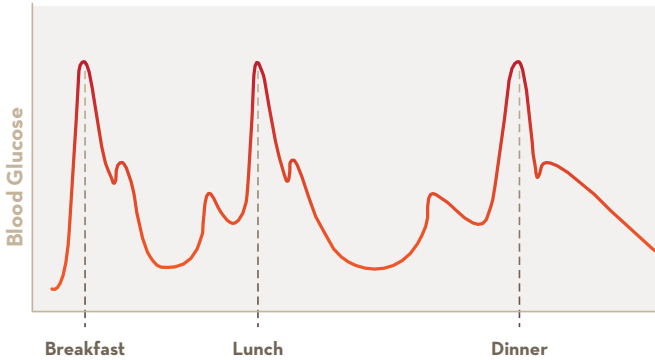


# Diabetes Check

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.



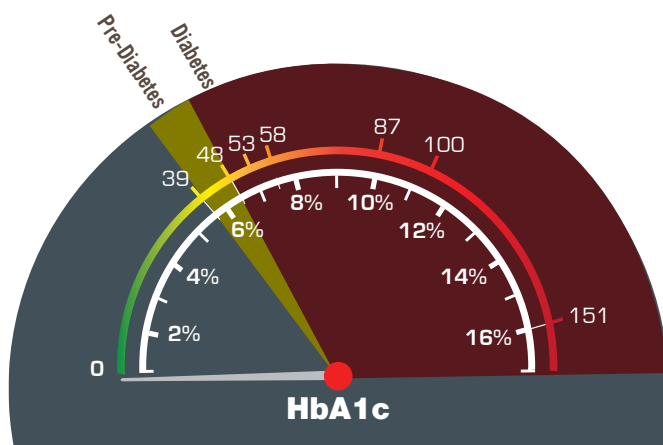
Your value: .....

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.

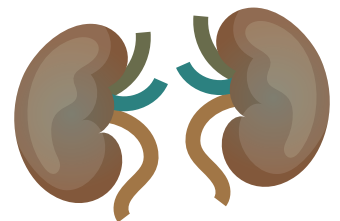
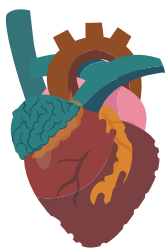
High blood sugars for a long time = **MORE** sugar stuck to Haemoglobin.



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

