



HAVE YOU DONE YOUR HBA1C

Test This Year?

WHAT IS THE HBA1C TEST?

The **HbA1c (glycated hemoglobin)** test measures your **average blood glucose levels over the past 2–3 months**. It gives your healthcare team a clearer picture of how your treatment is working.

WHY IT'S IMPORTANT

- **Tracks long-term control** of your diabetes
- **Detects trends** that a finger-prick test might miss
- **Helps guide** treatment adjustments early
- **Prevents complications** like kidney damage, vision problems, or heart disease

HOW OFTEN SHOULD YOU GO?

- **Every 3 months.** This is covered from your Diabetes Care Plan

COVERED BY YOUR MEDICAL AID

- As part of your chronic benefit and managed care plan, the HbA1c test is **covered 4 times a year** at no additional cost to you.

DON'T WAIT — BOOK YOUR TEST TODAY!

- Speak to your doctor, clinic, or pharmacist about scheduling your next HbA1c blood test.



A REMINDER FROM YOUR WELLNESS TEAM

If you're living with diabetes, your HbA1c test is essential.

It's more than just a number — it's a key indicator of how well your blood sugar is being controlled over time.

Managed Care Support: **0860 103 454**

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