

# HbA1c

Glycated Haemoglobin (HbA1c) is a laboratory test routinely used to monitor the progress of diabetes.



## GLYCATED HAEMOGLOBIN

*(also called Glycosylated Haemoglobin, Haemoglobin A1c or HbA1c)*

Haemoglobin is found in your red blood cells and it helps carry oxygen to all your body tissues. HbA1c forms when glucose circulating in your blood binds to haemoglobin.

## WHAT DOES HBA1C MEASURE?

As the HbA1c changes slowly, the value at any time reflects the average blood glucose over the months prior to when the sample was collected. At present, this is regarded as the best laboratory test for assessing how well you have managed your diabetes in the last 2-3 months.

## WHAT IS A NORMAL RESULT?

Treatment goals for each patient vary and your doctor has probably told you the target range of HbA1c values that you should aim for. Ideally a person with diabetes has an HbA1c level that is close to or within the target range.

## HOW OFTEN SHOULD YOU BE TESTED?

Most doctors recommend this test every 3-6 months.

## ARE THERE FEES INVOLVED?

Medicare will provide a rebate for up to 4 tests in any 12 month period (6 tests if pregnant) **only if the patient is known to the laboratory to have diabetes.**

To be eligible, your doctor must indicate to us on the request form that you have established diabetes. Otherwise, you may receive an account and incur an out-of-pocket expense.

**For further information, please speak with your doctor.**

Please consider your individual circumstances and consult your healthcare professional if you have any questions relating to the information contained in this brochure. This brochure contains general educational information only. It is not intended or implied to be a substitute for professional medical advice or treatment and is presented for the sole purpose of disseminating information. \*Prices, where displayed, are correct at time of printing and are subject to change without notice.

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