

Two essential tests that help you stay on top of your diabetes



Hemoglobin A1c (HbA1c) Test

What is it?



It checks a protein in your blood called hemoglobin for glucose, or sugar. Too high a percentage of hemoglobin with glucose attached can indicate that you are at risk for type 2 diabetes or that you already have it.

Why should I care?



Lowering your HbA1c level can prevent or delay health problems like heart disease, kidney problems, blindness and nerve damage.

How long does it take?



A few minutes.

How to prepare



No preparation is necessary for the screening.

What to expect



This is the same as any other blood test. You'll need to remove any clothing covering your arms, and the technician will draw your blood.

Other than a slight pinch, it's painless.

When will I receive results?



The blood will go to a lab to be tested, or it will be tested on-site. In a few days, your provider will share the results with you.



Kidney Function Test

What is it?



It checks for extra protein in your urine and then compares that level to the amount found in a normal waste product. A high number is a sign your kidneys are not working properly, which could indicate poorly controlled diabetes.

Why should I care?



Kidney damage can lead to kidney failure. People with early kidney disease don't usually experience symptoms. Regular tests help them get the care they need to prevent or reverse damage.

How long does it take?



A few minutes, unless you're asked to take a 24-hour test.

How to prepare



No preparation is necessary other than to make sure you're well hydrated, but tell your doctor about any medications or supplements you take.

What to expect



You'll be given a container and directions on how to collect your urine. In some cases, you'll be asked to do so over a 24-hour period.

When will I receive results?



For one test, you'll get the results right on the spot. The other goes to a lab, and your provider will share the results with you in a few days.