

Public Health Lab to offer at Employee Wellness Fair:

Offering **A1C screening for employees** can be a valuable wellness initiative because it helps identify blood sugar problems **before symptoms develop** and supports early intervention.

Here are the primary benefits for our employees:

- **Identifies prediabetes early.** Many people with prediabetes don't know they have it. Early detection gives employees the opportunity to make lifestyle changes that may delay or prevent type 2 diabetes.
- **Detects undiagnosed diabetes.** Some employees may have diabetes without realizing it. An elevated A1C can prompt follow-up with their healthcare provider for diagnosis and treatment.
- **Monitors existing diabetes.** Employees who already have diabetes can use the test to evaluate how well their blood sugar has been controlled over the previous 2–3 months.
- **Supports preventive health.** Early identification and management of elevated blood sugar can reduce the risk of complications such as heart disease, kidney disease, nerve damage, and vision problems.
- **Convenient screening.** Unlike a fasting glucose test, an A1C **does not require fasting**, making it easy to offer during workplace wellness events.

What is A1C?

An **A1C (Hemoglobin A1C or HbA1c)** is a blood test that measures your **average blood sugar (glucose) level over the past 2–3 months**.

What the test is used for

- **Diagnose prediabetes and diabetes**
- **Monitor diabetes treatment** to see how well blood sugar has been controlled over time
- **Assess the risk of diabetes-related complications**