

With proper blood sugar control, you can lower your health risks, feel better and be healthier.³

KNOW *both* YOUR *numbers*

Ask your doctor about using GLYCO^{MARK} as a complementary test to A1C and steps you can take to improve your blood sugar control.

Glyco^{MARK}



Date	A1C	GLYCO ^{MARK}

The GLYCO^{MARK} test:

- a non-fasting blood test
- can be drawn at the same time as other lab tests
- reimbursed by most federal, state and private payors

For more information, ask your doctor and view the GLYCO^{MARK} patient video at www.GLYCO^{MARK}.com.



Glyco^{MARK}

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The GLYCO^{MARK} test is FDA cleared for professional use to provide quantitative measurement of 1,5-anhydroglucitol (1,5-AG) in serum or plasma. The GLYCO^{MARK} test is intended for intermediate-term monitoring of glycemic control in patients with diabetes. It is not intended to be used to diagnose disease or identify patients that will experience complications of diabetes or the likelihood of experiencing complications.

¹American Diabetes Association. Medical Management of Type 1 Diabetes, 7th edition. 2016. ²American Diabetes Association. Medical Management of Type 2 Diabetes, 7th edition. 2012. ³Stratton IM, et al. BMJ. 2000 Aug 12; 321(7258): 405-12. ⁴McGill, et al. Diabetes Care 2004 Aug; 27(8): 1859-1865. ⁵Erlinger TP, Brancati FL. Diabetes Care. 2001 Oct;24(10):1734-8. ⁶Dungan KM, et al. Diabetes Care 2006 Jun; 29(6): 1214-1219. ⁷American Diabetes Association. Diabetes Care 2015 Jan; 38(Supplement 1): S33-S40.

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If you have diabetes...

KNOW *both* YOUR *numbers*

A1C AND Glyco^{MARK}



The **GLYCO**MARK test is a simple, non-fasting blood test that is clinically proven to detect harmful **high blood sugars** and **blood sugar swings** over the prior 1 – 2 weeks.^{1,2}

GLYCO

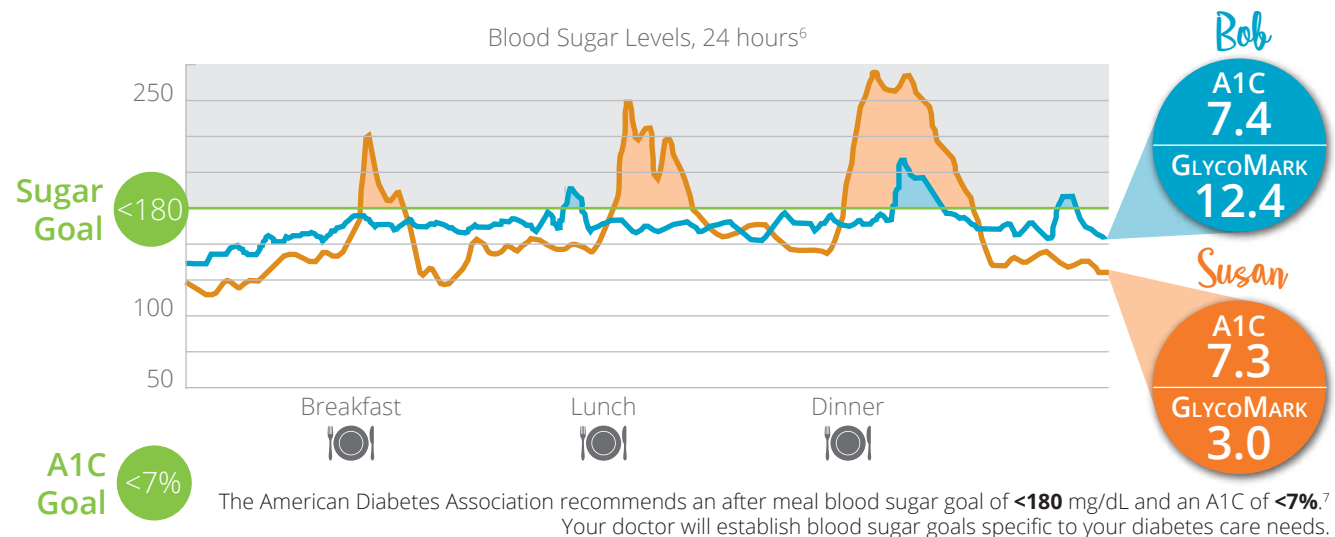
MARK Result:

≥ 10 = **STABLE** blood sugar control*

< 10 = **UNSTABLE** blood sugar control*



Why is knowing GlycoMark Important? **Bob**[†] and **Susan**[†] have a similar “good” A1C, but **Susan** is experiencing harmful blood sugar swings that put her health at risk. **Susan**’s recent high blood sugar swings are not detected with A1C, but are detected by GlycoMark (<10).*



sugar = glucose

High blood sugars and blood sugar swings put your health at risk.³ Your doctor will check your **A1C every 3 to 6 months** to detect high blood sugar levels.

Because A1C is a **3-month average**, a **high A1C** means you have had high blood sugars for several months. However, A1C cannot detect **recent changes** in blood sugar levels⁴ nor alert you to dangerous **blood sugar swings**, which occur in nearly **40%** of patients with a “good” A1C.⁵

By adding GLYCOMARK to your lab workup, your doctor can **more thoroughly evaluate** your blood sugar control and **track** if recent treatment changes (medication, meal planning, exercise, lower stress) are helping to make your blood sugar levels more stable.

GLYCOMARK can also be measured more often than A1C. Ask your doctor if more frequent measurements are desired and about steps you can take to improve blood sugar control.⁴

EVALUATE YOUR BLOOD SUGAR CONTROL

GLYCOMARK Normal Result: ≥ 10 $\mu\text{g}/\text{mL}$ *

TRACK CHANGES IN LOW GLYCOMARK RESULTS

HIGHER	NO CHANGE (LOW)	LOWER
More stable blood sugar. Keep up the great work!	Reassess with your doctor. Discuss follow-up.	Talk to your doctor about treatment alternatives. Discuss follow-up.

*Normal GlycoMark results are lower in females than in males

[†]Not actual patient names.