

DIABETES AWARENESS MONTH

Know Your Blood Sugar Numbers

Information is power



Ko-Kwel
Wellness Center

The A1C is a common, quick blood test done right inside the Ko-Kwel Wellness Center. It can tell you and your health care provider if you need to make changes to prevent diabetes or if current medications need adjustment to better manage blood sugar levels.

How often you need the A1C test depends on the type of diabetes you have, your treatment plan, and how well your diabetes is controlled.

Find out your numbers today. Call the Ko-Kwel Wellness Center for an appointment: (541) 888-9494, option 1.

NOVEMBER