

# HbA1c TEST

## LONG TERM BLOOD SUGAR TEST AND LIFESTYLE ASSESSMENT

---



---

### PRODUCT HIGHLIGHTS

A combined test and questionnaire offering an overall lifestyle assessment to raise self-awareness by measuring your long-term blood sugar level in the context of your current lifestyle.

The results from the test along with your answers to the lifestyle questions allow you to evaluate how your current diet and overall habits affect your body's ability to control blood sugar levels, and what implications a normal or elevated value might have on your long-term health.

Based on the comprehensive results, you will receive personalized recommendations on how supplementation, diet, exercise and other lifestyle choices can support your future health. We also offer guidance on what to do if you have elevated long-term blood sugar levels.

### KEY BENEFITS

---

- ▶ **Measurement of long term blood sugar levels**
- ▶ **Lifestyle assessment**
- ▶ **Includes a type 2 diabetes risk assessment**
- ▶ **Personal recommendations on how to improve your health status**
- ▶ **Track your progress**
- ▶ **Anonymous and clinically accurate test results from an independent and certified laboratory**

## TAKING CONTROL STARTS WITH A TEST

Measuring long-term blood sugar through The Hemoglobin A1c (HbA1c) test is one of the most important tests you can do to monitor how your current diet and lifestyle is supporting your long-term health. The test measures the average blood sugar (blood glucose) in the body over the past three-months, something that is greatly affected by the diet and lifestyle choices we make on a daily basis. Keeping average blood sugar at a normal level is essential, where elevated levels indicate that the body's ability to control blood sugar through the use of insulin might be impaired and warrants action. This is because elevated blood sugar levels can lead to the development of type 2 diabetes and over time damage many of the body's systems, such as the eyes, the nerves, and the blood vessels.

The good news is that we have our health in our own hands and according to WHO (World Health Organization), to help prevent type 2 diabetes and its complications, people should:

- *achieve and maintain a healthy body weight;*
- *be physically active – doing at least 30-minutes of regular, moderate-intensity activity on most days. More activity is required for weight control;*
- *eat a healthy diet, avoiding sugar and saturated fats; and*
- *avoid tobacco use – smoking increases the risk of diabetes and cardiovascular disease.*

Changes in the body's ability to control blood sugar is a slow process and even though a HbA1c test might give a good result today, one's diet and lifestyle choices might still be indicating that this might change long-term.

This is why we have introduced our own HbA1c Test for you to get a clear starting point for your health journey. It measures both your long-term blood sugar level today, and take into account how your current diet and lifestyle supports your future health.

## THE ZINZINO HBA1C TEST

The test is divided into two main parts. First, the actual measurement is performed using an easy at-home, laboratory analyzed self-test for analyzing the long-term blood sugar level (HbA1c) found in capillary blood obtained from a fingertip using the Dried Blood Spot (DBS) technique. This technique is science proven to be as accurate as a venous blood sample when the long-term blood sugar level is analyzed. All it requires is a few drops of blood on a Whatman filter paper and it takes less than a minute to complete.

The blood will then be analyzed by VITAS Analytical Services in Norway, one of the world's leading laboratories within the area. The result will be displayed, after about 10-20 days, on the [zinzinotest.com](http://zinzinotest.com) website using your personal, anonymous test ID.

This measurement provides vital information regarding your current body's ability to control blood sugar, because knowing your current levels will empower you to make positive choices, and take positive actions. In order to know which actions to take, the second part of the test is a lifestyle assessment.

When logging in with the test ID, you will be asked to fill out a detailed questionnaire to perform the lifestyle assessment. This will provide the context, because information without context is often meaningless. The Zinzino lifestyle assessment will enhance your understanding of yourself, your health status, how your

current lifestyle is shaping your future health, and most importantly guide you towards a brighter and healthier you in the years to come. To do this we combine your test result with your lifestyle assessment and score you how your current lifestyle is supporting the following areas for you to track over time:

- Overall health status
- HbA1c test analysis
- Risk of developing type 2 diabetes  
(taken from validated risk assessment questions)
- Metabolism
- Immune function
- Brain function
- Gut function
- Bone & Joints

## WHAT WE MEASURE

The Hemoglobin A1c test that we are using to measure the long-term blood sugar level is a measurement of the amount of A1c hemoglobin proteins that have glucose attached. The higher the amount of blood glucose (blood sugar) on average, the more glucose there is attached. It is represented as a unit of measurement in mmol/mol (millimoles per mole) which has been the standard measurement for blood sugar levels since 2009. The result is then categorized in one of 4 different categories:

Normal range	< 34 mmol/mol
Monitor closely range	34 – < 38 mmol/mol
Prediabetic range	38 – < 47 mmol/mol
Diabetic range	> 47 mmol/mol

**OBS!** When being in a normal or monitor closely HbA1c range, the validated risk assessment of developing type 2 diabetes is presented, whereas if the levels are in the prediabetic range or above, the risk assessment is not presented since it is already advised to warrant action.

## HOW DOES IT WORK?

### 1. Take your test

Start by simply pricking your finger and putting 1–2 drops of blood on a filter paper.

### 2. Activate your test

Register your test by entering your test ID and filling out the lifestyle questionnaire. All data is anonymous.

### 3. Wait for the analysis

Vitas Analytical Services has more than 25 years of experience with cutting-edge knowledge and technology, which guarantees that they analyze your sample independently and protect your privacy.

### 4. Get your results

Your results are accessible and shown in our easy-to-understand graphics within 10-20 days.

### 5. Start your journey

Benefit from a clear starting point for your journey to better health. Gently modify and/or maintain your dietary and lifestyle choices for better health for life.

### 6. Track your progress

Long-term blood sugar is sensitive to choices you make with regards to diet and activity on a daily basis. Such that, your results will change based on the choices you make. We recommend that you actively monitor these values based on your personal test recommendations to ensure that the choices you are making are the best choices for your health.

## INDEPENDENT LABORATORY

Vitas is a GMP-certified chemical analysis contract laboratory and recognized as a leading player within modern use of dried blood spot testing. They have 25+ years' experience in providing high quality, custom chromatographic analytical service based on cutting-edge knowledge and technology. It originates from the Department of Nutrition, Institute of Basic Medical Sciences, University of Oslo, the largest department of nutrition in Europe.

## CERTIFIED TEST KIT

The Zinzino Dried Blood Spot Test is certified to comply with the European regulation 98/79/EB on in vitro diagnostic (IVD) medical devices. This means the test and all its components are in compliance with applicable laws and regulations, and so the Kit has the CE mark on it.

## TAKING THE TEST

**1.** Zinzino Test is an approved in vitro diagnostics product for personal blood sample collection at home.

**- First wash your hands with soap and rinse well with warm water and dry them.**

**2.** Take out the **sample card** from the paper envelope.

Save the envelope for later use.

Tear off the **SAVE** part on the sample card and take a picture of the test ID. You can **only** see **your** test result with your anonymous test ID. Place the card with the two circles facing up on the table.

**3. Stimulate blood flow** by making big circles with your arm or shaking the hand downwards for 20 seconds.

**4.** Take out the single-use lancet. Remove the transparent safety cap and the lancet is ready to use.

Use the alcohol wipe to clean the tip of your finger (middle finger is recommended).

Place the lancet against the **lower** part of the fingertip facing the collection paper on the table. Push the top of the lancet towards the finger until you hear a click. The lancet will automatically make a small prick in the finger.

**5.** Do not touch the filter paper with your fingers.

**6.** Fill one circle at a time with blood. Squeeze your finger gently and wait for a drop of blood to fall inside the circle by itself. If one drop of blood does not cover the circle, allow one more drop from your finger to drip immediately.

Leave the **sample card** in a horizontal position at room temperature for at least 10 minutes for the samples to dry well.

**7.** Insert the **sample card** back into the paper envelope. Then place the paper envelope into the metal bag and **close it**.

**IMPORTANT:** Do not remove desiccant packet inside the metal bag.

**8.** Place the closed metal bag into the big envelope with the laboratory address on it. **NOTE!** You **must** put the correct amount of postage stamps on the envelope before you put in the mail box.

Register your test code on [www.zinzinotest.com](http://www.zinzinotest.com). This is the web page where you can see your test result later. It takes 10-20 days until your result is ready.

**IMPORTANT:** Keep the **SAVE** part of the card. You can **only** see **your** test result with your anonymous test ID.

**9.** The next step is to answer the lifestyle questionnaire by logging in with you anonymous test-ID. To be able to answer all the questions you will need to have access to a measurement tape, and previous Balance and/or Vitamin D test-IDs.

**10.** How to measure your waist:

- Place a tape measure around your middle, just above the belly button.
- Make sure it's pulled tight, but isn't digging into your skin.
- Breathe out naturally and take your measurement.
- Take your measurement again, just to be sure.

## TIP!

If you do not have a tape measure, use a lace as you would the tape measure and measure the lace with a yardstick.

