#### & Boone Health

## Free A1C Health Screenings and BP checks

### provided by Boone Health Community Wellness

# Fayette, MO



#### **HOW TO PREPARE FOR YOUR SCREENING:**

- **o** Drink plenty of fluids
- Cold hands shake arms and/or run hands under warm water

A1C: Blood test for type 2 diabetes and prediabetes. Measures average blood glucose, or blood sugar levels over the past 3 months.

- Instant results
- Fingerstick



Funding provided by: