In an effort to provide guidelines for healthcare providers, the American Diabetes Association (ADA) recommends that patients maintain tight glycemic control. This is known to be associated with fewer complications and a longer life span of red blood cells. However, achieving and maintaining tight control can be challenging for many patients. The ADA emphasizes the importance of close monitoring and regular assessment of glycemic control to optimize outcomes.

The A1CNow® System offers a simple and accurate method for measuring glycated hemoglobin (HbA1c), which is a key indicator of long-term glycemic control. This test provides a quantitative measure of the percentage of hemoglobin that is glycated with glucose over the past 90 days. This allows healthcare providers to assess the effectiveness of treatment strategies and make informed decisions about management plans.

### Materials Required but Not Supplied
- Product insert (1)
- 2-45°C dilution kit (5 per monitor)
- A1CNow® test cartridge (76 per dilution kit)
- Blood Collection System
- Test tube or syringe
- 1-2 mL volume
- Hemoglobin (less than 20% hematocrit), not packed cell volume (PCV).

### Procedure
1. **Prime Monitor:** Insert a Test Cartridge and a new Sample Dilution Kit.
2. **Prepare Sample:** Venous blood samples are stable for up to 8 hours at room temperature (18-28°C) for up to 1 week when refrigerated at 2-8°C.
3. **Collect Sample:** Venous blood should be collected into heparin tubes (NGSP) certified laboratory using an NGSP reference control kit.
4. **Add Sample to Monitor:** Add sample to A1CNow® Test Cartridge. The A1CNow® Monitor self-activates upon insertion of the Test Cartridge. The crystal display appears after 5 minutes. Having no switches or buttons, the A1CNow® Monitor is easy to use by patients who do not speak English.
5. **Remove and Reinsert Monitor as Required:** The Monitor temperature is below 18°C and the Test Cartridge is packed with a self-heating element. The Monitor temperature is maintained at 32°C. The Test Cartridge temperature is typically about 1°C lower than the Monitor temperature. The Test Cartridge remains in the Monitor until a result is displayed. The Test Cartridge is not removed from the Monitor unless the result is displayed, or the Monitor is turned off for 2 minutes. The Test Cartridge remains in the Monitor for at least 2 minutes after sample addition before the result appears.
6. **Remove and Discard Test Cartridge after 2 Minutes:** The Test Cartridge remains in the Monitor for at least 2 minutes after sample addition before the result appears.
7. **Review the Procedure and Re-Test the Control Material:** Review the procedure and re-test the control material to ensure accurate results.
8. **Monitor Accuracy:** The expected normal range for %A1C using the A1CNow® System, with the NGSP-Certified Method is the Tosoh A1c 2.2 Plus method, is 4.5% to 6.0%.
9. **Performance:** The expected normal range for %A1C using the A1CNow® System, with the NGSP-Certified Method is the Tosoh A1c 2.2 Plus method, is 4.5% to 6.0%.

### Interpretation
The interpretation of A1C results is critical. It enables health professionals to identify patients who are not achieving their glycemic goals and to adjust treatment plans accordingly. The ADA recommends that healthcare providers use A1C levels as a primary tool in assessing the effectiveness of diabetes management.

### Conclusion
In summary, the A1CNow® System offers a user-friendly and accurate method for measuring glycated hemoglobin. Its ability to provide results quickly and easily makes it a valuable tool for healthcare providers and patients alike. By leveraging the A1CNow® System, healthcare professionals can better monitor and manage diabetes, ultimately improving patient outcomes and quality of life.