

- 5 seconds test time
- Test strips are good until expiry date*
- Least painful** lancing system



0.6µl blood sample
500 test memory
Made in U.S.A



1-2µl blood sample
350 test memory
Made in Germany

* With proper handling & storage

** Data on file

ACCU-CHEK® ExtraCare



Accu-Chek ExtraCare
Contact: 6272 9200

Accu-Chek ExtraCare
Customer Service:

298 Tiong Bahru Road
#11-01/06 Central Plaza
Singapore 168730
(above Tiong Bahru MRT station)

Operating Hours:







Monday to Friday, 9am to 5pm
Closed on weekends, public holidays,
Christmas eve, New Year's eve and
eve of Chinese New Year.

ACCU-CHEK®

Blood Glucose Conversion Table (mmol/L to mg/dL)

mmol/L	mg/dL	mmol/L	mg/dL	mmol/L	mg/dL
0.6	11	8.5	153	16.5	297
1.0	18	9.0	162	17.0	306
1.5	27	9.5	171	17.5	315
2.0	36	10.0	180	18.0	324
2.5	45	10.5	189	18.5	333
3.0	54	11.0	198	19.0	342
3.5	63	11.5	207	19.5	351
4.0	72	12.0	216	20.0	360
4.5	81	12.5	225	20.5	369
5.0	90	13.0	234	21.0	378
5.5	99	13.5	243	21.5	387
6.0	108	14.0	252	22.0	396
6.5	117	14.5	261	22.5	405
7.0	126	15.0	270	23.0	414
7.5	135	15.5	279	23.5	423
8.0	144	16.0	288	24.0	432

*Target of glycaemic control (mmol/L)

	Ideal 	Optimal 	Suboptimal 	Unacceptable 
 Before food 空腹或饭前	4.0-6.0	6.1-8.0	8.1-10.0	> 10.0
 2 hours after food 两小时饭后	5.0-7.0	7.1-10.0	10.1-13.0	> 13.0

*What are your targets?

Test	Ideal target for Diabetics
Fasting (before food) blood glucose	4.0 - 8.0 mmol/L
HbA1c*	Less than 7.0 %
Blood pressure	Less than 130/80 mmHg
LDL cholesterol**	Less than 2.6 mmol/L
Body mass index	18.5 - 22.9 kg/m ²

HbA1c - simple lab test that shows the average amount of glucose in your blood over the past 2-3 months.*

*LDL cholesterol** - know as the 'bad' cholesterol that clogs up your blood vessels, reducing the blood flow to important organs.*

*How often should I test?

Type 1	Type 2 (Insulin-treated)	Type 2 (Non-insulin -treated)
3 to 4 times daily	2 to 3 times a day on 2 to 3 times a week	Sufficient to facilitate reaching glucose targets

*Reference: MOH Clinical Practice Guidelines Diabetes Mellitus (3/2006) and HPB
Note: The above are not meant to replace any medical advice