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# Premier $\alpha$

Blood Glucose Monitoring System



Meets ISO15197:2013(2015) accuracy standards

 **NIPRO**

## Blood Glucose Conversation 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

## Targets for blood glucose control

	Excellent (Ideal Range)	Good (Well controlled)	Needs Improvement	Poor (Unacceptable)
Before Meal (mmol/L)	4.0 - 6.0	6.1 - 8.0	8.1 - 10.0	>10.0
2 Hours after a Meal (mmol/L)	5.0 - 7.0	7.1 - 10.0	10.1 - 13.0	>13.0
*HbA1c	4.5 - 6.4%	6.5 - 7.0%	7.1 - 8.0%	>8.0%

## What are your other targets?

Test	Ideal Target for Diabetics	Recommended Frequency
Fasting blood glucose	4.0 - 8.0mmol/L	-
Blood Cholesterol**	Less than 2.6mmol/L	-
HbA1c*	Less than 8.0%	Once every 3 - 6 months
Blood Pressure	Less than 130 / 80mmHg	Once every 3 - 4 months
Body Mass Index(BMI)***	18.5 - 22.9kg / m <sup>2</sup>	Once every 3 - 4 months

\*HbA1c - A blood test showing how well your blood glucose level has been controlled in the past 2 to 3 months.

\*\*Cholesterol level refers to LDL or "bad" cholesterol that clogs up blood vessels causing reduced blood flow to important organs.

\*\*\*BMI = Weight(kg)/[Height(m) x Height(m)]