

# EXi



diagnostics made easy

# Take charge of your health today with EXi and A1cNow Self Check



BHR in partnership with EXi are here to help you record and track your HbA1c results and take charge of your health today. EXi is an NHS approved, certified medical device that specialises in personalised exercise prescriptions based on your existing health condition.

HbA1c gives you a picture of your glucose levels over the past 2-3 months. The A1cNOW Self Check puts your health in your hands by allowing you to carry out a HbA1c test at home, with accurate results in 5 minutes. The kit contains everything you need to carry out a test every 3 months, and monitor your control for a whole year on the EXi app.

Buy Online

[www.a1cnow-selfcheck.co.uk](http://www.a1cnow-selfcheck.co.uk)

Order by telephone

024 7637 7210

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