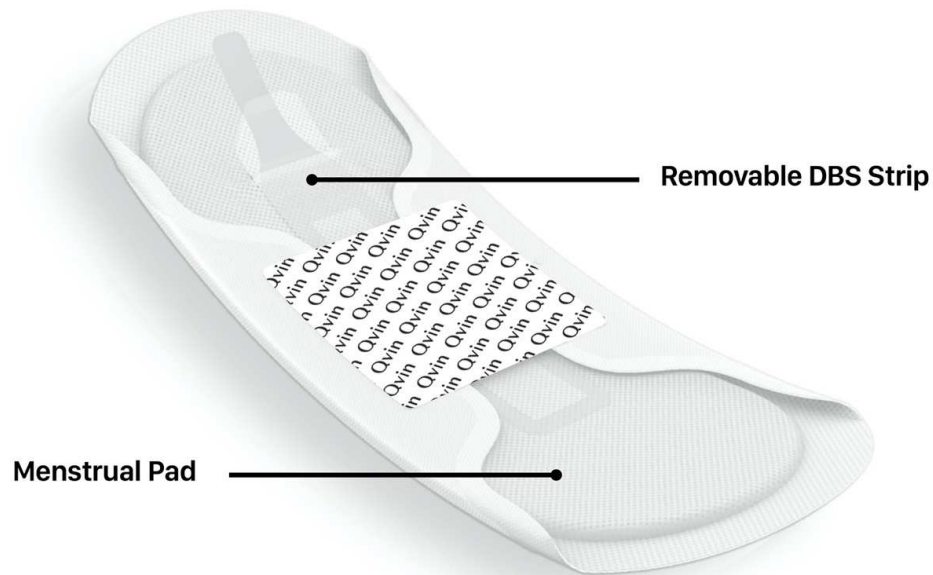


SUPPLEMENTAL ONLINE CONTENT

Supplementary Figure 1. Composition of the QPad. The QPad is a modified menstrual pad made from 100% organic cotton with an embedded, removable dried blood spot (DBS) strip.

Supplementary Table 1. Mean menstrual and systemic blood levels of HbA1c

Supplementary Table 2. Correlation and regression analysis for HbA1c levels in menstrual and systemic blood, by diabetes status



Supplementary Figure 1. Self-collection of menstrual blood specimens was achieved with the QPad® (Qurasense, Palo Alto CA), a modified conventional organic-cotton menstrual pad containing a removable, dried blood spot (DBS) strip. The device enables non-invasive acquisition and stabilization of menstrual blood specimens and was developed with medical grade materials that are commonly used for *in vitro* medical devices and that are FDA, CE or WHO-prequalified.

Supplementary Table 1. Mean menstrual and systemic blood levels of HbA1c

	OVERALL	DIABETIC
Systemic Blood, %	6.50 (1.89)	8.02 (2.06)
Menstrual Blood, %	6.53 (2.05)	8.14 (2.29)
Mean Difference, %	0.036	0.121
95% Confidence Interval of Difference	-0.133 – 0.061	-0.336-0.096
P-value	0.471	0.272

Supplementary Table 2. Correlation and regression analysis for HbA1c levels in menstrual and systemic blood, by diabetes status

	HEALTHY	TYPE 1 DM	TYPE II DM
Pearson Correlation			
Correlation Coefficient	0.65	0.94	0.91
95% Confidence Interval	0.52-0.75	0.86-0.97	0.84-0.95
P-value	<0.001	<0.001	<0.001
Linear Regression			
Coefficient	0.54	0.72	0.86
Standard Error	0.06	0.06	0.06
P-value	<0.001	<0.001	<0.001