

Understanding Your A1C Blood Test

Dear [Patient's Name],

Your recent A1C blood test results are essential for managing your diabetes effectively. The A1C test measures your average blood glucose levels over the past 2 to 3 months, providing a comprehensive view of your blood sugar management.

What Does Your A1C Result Mean?

The A1C result is expressed as a percentage. Here's how to interpret your result:

- **Normal:** Below 5.7% - You are not diabetic.
- **Prediabetes:** 5.7% to 6.4% - Increased risk for diabetes.
- **Diabetes:** 6.5% or higher - Indicates diabetes.

Importance of Monitoring

Regular A1C testing helps in:

- Assessing how well your diabetes management plan is working.
- Adjusting medications or lifestyle choices if necessary.

Next Steps

If your result is above your target range, please schedule an appointment to discuss adjustments to your treatment plan and lifestyle strategies.

Thank you for taking an active role in your health management.

Sincerely,
[Your Name]
[Your Title/Position]
[Your Clinic Name]