

Your target HbA1c: weighing it up

Make a mark on each of the lines to show how you feel about these statements. The more you agree with the statement on the left, the further to the left you should put your mark. The more you agree with the statement on the right, the further to the right you should put your mark. You and your diabetes team can use this to help decide the best target HbA1c for you.

Thinking about things like driving, having severe hypos would not be a problem for me*

Thinking about things like driving, having severe hypos would be a big problem for me*

I'm not concerned about the chance of getting side effects from medicines

Getting side effects from medicines would be a big problem for me

I'm willing to take more medicines if I need to

I do not want to take any more medicines

I do not have any health issues apart from my diabetes

I have lots of health issues as well as my diabetes

Thinking about my age and my health overall, my quality of life in the long term is important to me

Thinking about my age and my health overall, my quality of life in the shorter-term is more important to me



*Hypos might also be a problem for you for other reasons, such as if you operate machinery, if you are at risk of falling, or if you find it difficult to recognise the warning symptoms of a hypo.