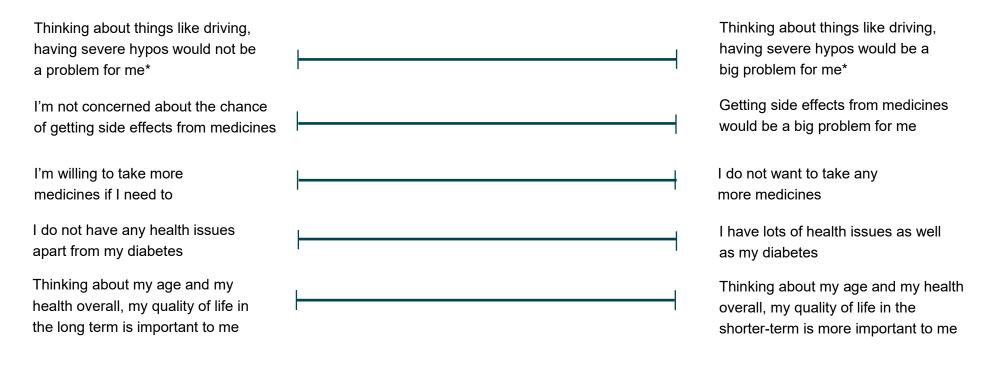
Your target HbA1c: weighing it up

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.



A lower target HbA1c is better

A higher target HbA1c is better

*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.