

Understand your sugar report without fear

Name _____ Date _____

Your practical task

Organise results and agree a testing plan with your clinician.

Latest fasting result and date

Latest HbA1c and date

My agreed targets and next review

Check your understanding

Write True or False beside each statement. This is not a diagnostic test.

1. One home meter reading confirms new diabetes. _____
2. HbA1c always requires fasting. _____
3. Diagnostic ranges and care targets are different. _____

Health education for adults and families, mainly about type 2 diabetes. Do not change medicines yourself. Type 1 diabetes, pregnancy, children and complex illness need individual medical care.

Seven-day record

Record what you could do and any barriers.

Date/ time	Before/after food	Glucose mg/dL	Symptoms/notes

My review

What did I learn and what support do I need?

My next small step and review date

Answers 1. False; 2. False; 3. True

Continue structured learning

[CR-DM499 · Diabetes: A Full Explanation to a Common Man](#)

<https://learn.globalselfhealthcare.org/courses/cellureva-diabetes-remission>

Sources: [NIDDK Diabetes tests and diagnosis](#) · [NIDDK The A1C test](#)