

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

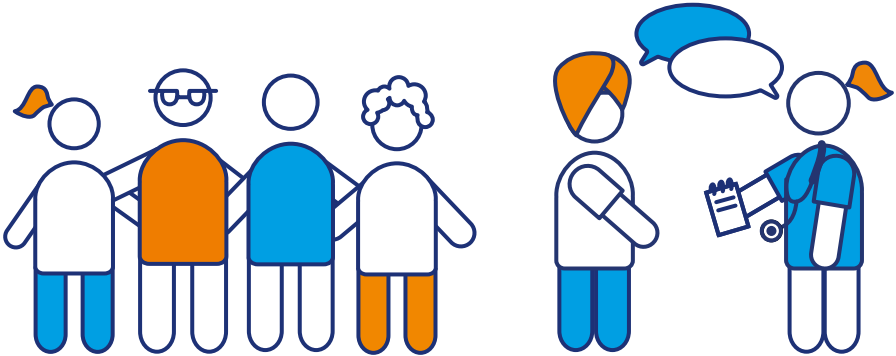


If your HbA1c is “a little”
over 48, it is a **big deal.**

Know your levels. Know your risk.

be in the
know

Keeping your HbA1c **below 48** drastically reduces your risk of complications.



It's not always easy to bring your levels down, but we've got tips to help you get closer to your target.

The best bit? Our advice is tailored to you.

You can find out more at:

www.diabetes.org.uk/bitk-hba1c