



be in the
know

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

Understanding your levels can help prevent serious complications caused by diabetes.

Get to know your levels and your risk of complications by visiting our website for helpful tips.

The best bit? Our advice is tailored to you.

You can find out more at:

www.diabetes.org.uk/bitk-hba1c