

Do you have a long term health  
needs?

**Have you heard about Care  
Planning?**

Care planning gives you the opportunity to have  
more information and be more involved in your  
health care.

# So what does this mean for me?

**Your annual review will happen over two separate appointments. The First Appointment:**

- You will be asked to attend the surgery to have all your checks and measurements done with a Healthcare Assistant.
- Shortly after this your test results will be sent to you. This will give you the chance to be able to think about what the results mean to you and what you might like to discuss at your care planning appointment.

# Your Results

**Your Diabetes Results**

The purpose of this leaflet is to help you know what your results mean, and to help you consider your options to reduce the future chances of complications.

**Diabetes Control/HbA1c:** Glucose (sugar) travels around your body in your blood. The levels of blood glucose in your blood over the last few weeks can be measured and can show your future risk of developing complications. This test is called HbA1c. The higher the number, the higher the risk. (This is not the same as your blood glucose finger prick level)

6.5	7.0	7.5	7.7	8.0	8.3	8.5	8.7	9.0	9.5% or more
48	53	58	61	64	67	69	72	73	80 mmol/mol or more

**Best levels:** Between 6.5%-7.0% / 48-53 mmol/mol is associated with your lowest risks of complications for the future.

You can help reduce your HbA1c by:

- taking or adjusting insulin
- taking medication
- being more active
- eating smaller portions
- losing weight
- eating less fat (especially saturated fat)

© Year of Care

**Diabetes Care Planning Results Letter**

Name: Maureen.....

Your Appointment: .....

Please bring this to your appointment as it will be used to record what you decide to do to manage your diabetes over the next year and what you would like to discuss at your review.

These are some of the things which people ask about. Circle any which are most relevant to you?

Your mood

- Medical check-ups
- Taking medication
- Avoiding sugary foods
- Monitoring glucose levels
- Healthier eating
- Pregnancy & Conception
- Eating the right amount
- Giving up smoking
- Alcohol within limits
- Foot care
- Regular physical activity
- Sexual Health

What aspects of your diabetes would you like to discuss?

*Confused about my tablets*

Some of the things you might want to think about before your appointment include:

- Medical check-ups
- Taking medication
- Getting support
- Monitoring your health
- Healthier eating
- Driving
- Your mood
- Feeling lonely
- Giving up smoking
- Alcohol
- Future health
- Regular physical activity

# Second Appointment: Care planning

- You will be able to discuss your results and talk about what is important to you.
- By the end of the appointment you will have a plan that has been agreed jointly.

