

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Subject: Your Hemoglobin A1C Test Results

Dear [Patient Name],

We are writing to provide you with the results of your recent blood test performed on [Date of Test].

Your Hemoglobin A1C result is: [Result Value]%

This result falls within the range (5.7% to 6.4%) that indicates **prediabetes**. This means your blood sugar levels are higher than normal, but not yet high enough to be classified as type 2 diabetes.

Prediabetes is a serious health condition, but it is also an opportunity to make changes that can prevent or delay the onset of type 2 diabetes. Many people can reverse prediabetes through lifestyle adjustments, such as:

- Adopting a healthy, balanced diet.
- Increasing physical activity to at least 150 minutes per week.
- Aiming for modest weight loss, if applicable.

We would like to discuss these results with you in more detail and create a personalized plan for your health. Please contact our office at [Phone Number] to schedule a follow-up appointment.

Sincerely,

[Provider Name/Signature]

[Practice Name]