

[Doctor or Clinic Name]
[Address]
[City, State, Zip Code]
[Phone Number]

[Date]

Patient Name: [Patient Name]
Date of Birth: [DOB]

Dear [Patient Name],

We are writing to provide you with the results of your recent blood work. Your Hemoglobin A1C level was **[Result]%**.

An A1C level of 6.5% or higher is used to diagnose diabetes. Your current result is elevated and indicates that your blood sugar levels have been higher than the target range over the past three months. Managing your A1C is important to prevent long-term health complications.

To help manage your glucose levels, we recommend the following steps:

- Schedule a follow-up appointment to discuss a personalized treatment plan.
- Review your current medications and dosages.
- Focus on a balanced diet low in refined sugars and processed carbohydrates.
- Incorporate regular physical activity, such as walking, into your daily routine.
- Monitor your blood sugar levels at home as directed.

Please call our office at [Phone Number] to schedule an appointment at your earliest convenience. If you are experiencing symptoms such as extreme thirst, frequent urination, or blurred vision, please contact us immediately.

Sincerely,

[Provider Name/Signature]
[Title/Clinic Name]