

High A1C Patient Letter

VERY CARING MEDICAL CENTER
999 SUGAR-LOWERING AVENUE
NEW YORK, NY 00000

JUNE 27, 2009

BETTY PATIENT
123 BE WELL STREET
BRONX, NY 11111

Dear BETTY PATIENT,

We want to let you know the result of your last A1C test. This test tells you and your doctor how high your blood sugar has been in the last 3 months.

Blood test	Your test result	Your test date	How often should I get this test?
A1C	10.2	JUNE 20, 2009	EVERY 3 MONTHS

Why am I getting this letter?

You are getting this letter because your A1C is too high. We want to work with you to lower it. A lower A1C can reduce your chances of having heart, kidney, eye, and foot problems.

What should my A1C be?

For most people, the A1C should be under 7. Your doctor can tell you what your A1C should be.

What should I do now?

First, take your medicine as written on your medicine bottle. If you are not sure how to take your medicine, talk with your doctor or pharmacist.

Second, take this letter to your next doctor's visit and ask:

- o What medicines am I taking?
- o How can I make better food choices?
- o What type of exercise can I do?

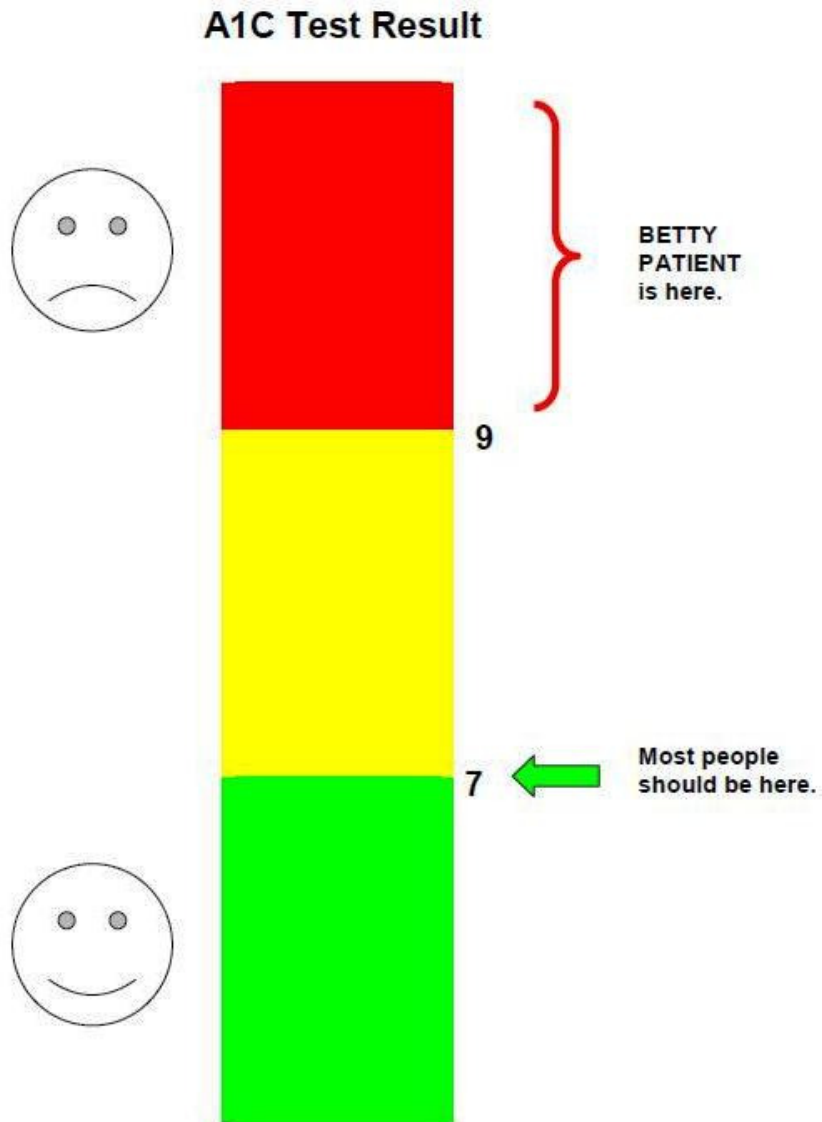
If you do not have an appointment scheduled with your doctor who takes care of your diabetes, make an appointment to get care for your diabetes and have your A1C checked. You can call 555-123-4567 or a doctor of your choice. If you do not have a doctor, call your health plan or 311 and ask how you can find one.



This is a service provided through the New York City Health Department and participating facilities. All information is confidential and is only shared with your health care facility. If you do not want to continue to receive letters, call 311 and ask for the Diabetes Program or go online, www.nyc.gov/health/diabetes.



If you have diabetes, know and control your A1C



The red arrow shows your A1C. Most people should be in the green. Every point matters.

Ask your doctor at your next appointment how you can bring down your A1C to a level right for you.

Overdue Letter

VERY CARING MEDICAL CENTER
999 SUGAR-LOWERING AVENUE
NEW YORK, NY 00000

DECEMBER 27, 2009

BETTY PATIENT
123 BE WELL STREET
BRONX, NY 11111

Dear BETTY PATIENT,

We want to let you know your last A1C blood test was on APRIL 20, 2009. This test tells you and your doctor how high your blood sugar has been in the last 3 months.

Blood test	Your last test result	Your last test date	How often should I get this test?
A1C	10.2	APRIL 20, 2009	EVERY 3 MONTHS

Why am I getting this letter?

You are getting this letter because your last A1C was high and was more than 8 months ago.

What should my A1C be?

For most people, the A1C should be under 7. Your doctor can tell you what your A1C should be. A lower A1C can reduce your chances of having heart, kidney, eye, and foot problems.

What should I do now?

If you have not had a more recent A1C test, make an appointment with your doctor to get care for your diabetes and have your A1C checked. You can call 555-123-4567 or a doctor of your choice. If you do not have a doctor, call your health plan or 311 and ask how you can find one.



This is a service provided through the New York City Health Department and participating facilities. All information is confidential and is only shared with your health care facility. If you do not want to continue to receive letters, call 311 and ask for the Diabetes Program or go online, www.nyc.gov/health/diabetes.



Note: All patient information in this letter is fictitious

VERY CARING MEDICAL CENTER
999 SUGAR-LOWERING AVENUE
NEW YORK, NY 00000

27 DE DICIEMBRE 2009

BETTY PATIENT
123 COMIENDO BIEN STREET
BRONX, NY 11111

Estimado/a BETTY PATIENT,

Queremos informarle que su última prueba de sangre A1C se realizó el 20 DE ABRIL 2009. Esta prueba le dice a usted y a su médico cuán alta ha estado su azúcar en la sangre en los últimos 3 meses.

Prueba de sangre	Resultado de su última prueba	Fecha de su última prueba	¿Con qué frecuencia debería hacerme esta prueba?
A1C	10.2	20 DE ABRIL DE 2009	CADA 3 MESES

¿Por qué estoy recibiendo esta carta?

Usted está recibiendo esta carta porque su última prueba A1C salió alta y la misma tuvo lugar hace más de 8 meses.

¿Cuál debería ser mi A1C?

Para la mayoría de las personas, el A1C debería estar por debajo de 7. Su médico puede decirle cuál debería ser de A1C. Un A1C más bajo puede reducir sus probabilidades de tener problemas del corazón, de los riñones, de los ojos, y de los pies.

¿Qué debo hacer ahora?

Si usted no ha tenido una prueba A1C más reciente, haga una cita con su médico para obtener cuidado para su diabetes, y hacerse la prueba de A1C. Puede llamar al 555-123-4567 o al médico de su preferencia. Si no tiene un médico, llame a su seguro de salud o al 311 y pregunte cómo puede conseguir uno.



Este es un servicio prestado a través del Departamento de Salud de la Ciudad de Nueva York y de los centros participantes. Toda la información es confidencial y sólo se comparte con su establecimiento de salud. Si no desea seguir recibiendo cartas, llame al 311 y pregunte por el Programa de Diabetes o visite www.nyc.gov/health/diabetes.



For English, please turn over.