



Blood Sugar Lab Conversation Card™

Use these questions to understand how your blood sugar markers fit together.

Markers You May See



Fasting Glucose



Hemoglobin A1c



Fasting Insulin



HOMA-IR

Not every marker is appropriate or necessary for every person.

1 Ask What Each Result Shows



- ☐ What does each marker reflect?
- ☐ Which result matters most in my situation?
- ☐ Do the results tell a consistent story?
- ☐ Could anything have temporarily affected them?

2 Look Beyond One Number



- ☐ How do these compare with my previous results?
- ☐ Do my symptoms or family history change your concern?
- ☐ Do medications or health conditions affect the picture?
- ☐ Are related markers important to review?

3 Clarify the Next Step



- ☐ Should anything be repeated or monitored?
- ☐ When should it be checked again?
- ☐ What changes would have the greatest benefit?
- ☐ How will we know whether those changes are helping?

4 Know What to Watch For



- ☐ What symptoms should prompt me to call?
- ☐ Are there signs my blood sugar may be too high or low?
- ☐ Should I check anything at home?
- ☐ Who should I contact with questions?

My Results & Questions

Date: _____ Glucose: _____ A1c: _____ Insulin or HOMA-IR: _____

What I want to ask: _____



Gentle Reminder

Lab results need context. Your healthcare provider can interpret them alongside your symptoms, history and medications.

Martine's Midlife Wellness Tip

Bring earlier results if you have them. The direction over time may be more useful than one isolated number.