

# HGB Levels Chart

Hemoglobin Levels	Interpretation
Below 12 g/dL	Low (Anemia)
12 - 16 g/dL	Normal
Above 16 g/dL	High (Polycythemia)

## Instructions:

### 1. Record Date:

### 2. Patient Information:

- Name:
- Age:
- Gender:
- Medical History:

### 3. Hemoglobin Levels: Insert Hemoglobin Value (g/dL) in the corresponding date row.

Date	Hemoglobin Level (g/dL)

### 4. Interpretation:

- Review of Chart:
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- Consultation with the Patient:
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- Determining Interventions:
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**Notes:**

- **Normal Range Considerations:**

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- **Diet and Lifestyle Factors:**

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- **Follow-Up Plan:**

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