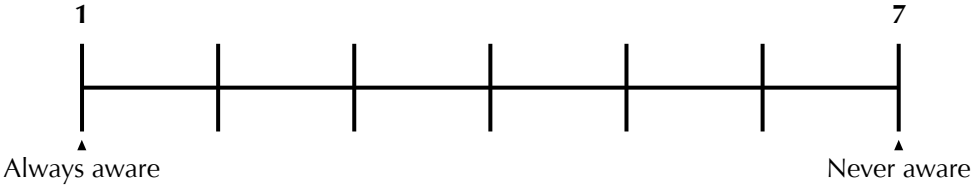
Gold score[6]

A score of ≥4 suggests impaired hypoglycaemia awareness;
≤2=normal awareness;
3=borderline.

"Do you know when your hypos are commencing?"