

# YOUR DIABETES CHECK-UPS MATTER

**When you have diabetes, you need regular health checks to tell you and your healthcare team how diabetes is affecting your body.**

These vital tests can spot changes to your average blood sugar levels, kidneys, heart, eyes and feet. And the results help you make decisions on how to manage your condition.

**To find out more call our helpline on 0345 123 2399 or go to [diabetes.org.uk/health-checks](https://diabetes.org.uk/health-checks)**

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.