

15 Healthcare Essentials

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Getting the care you need

When you have diabetes, you're entitled to certain checks, tests and services every year. We call these the 15 Healthcare Essentials – these will help you manage your diabetes and they're all free.

Take this list to your GP and start ticking the things off you've already got an appointment for. You won't have all of these on the same day. Talk to your GP about the things you still need help arranging.

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| 1 Blood glucose test (HbA1c test) <input type="checkbox"/> | 9 Group education course <input type="checkbox"/> |
| 2 Blood pressure check <input type="checkbox"/> | 10 Care from diabetes specialists <input type="checkbox"/> |
| 3 Cholesterol check (for blood fats) <input type="checkbox"/> | 11 Free flu jab <input type="checkbox"/> |
| 4 Eye screening <input type="checkbox"/> | 12 Good care if you're in hospital <input type="checkbox"/> |
| 5 Foot and leg check <input type="checkbox"/> | 13 Support with any sexual problems <input type="checkbox"/> |
| 6 Kidney tests <input type="checkbox"/> | 14 Help to stop smoking <input type="checkbox"/> |
| 7 Advice on diet <input type="checkbox"/> | 15 Specialist care if you're planning to have a baby <input type="checkbox"/> |
| 8 Emotional and psychological support <input type="checkbox"/> | |

My action plan

- I'll ask my GP to help me get the things I haven't ticked
- I know how to help manage things myself too, in between yearly checks
- I'll get more info from www.diabetes.org.uk/15-healthcare-essentials