

DIABETES HEALTH CHECKS

What are diabetes health checks?

Regular diabetes health checks - sometimes called your **yearly or annual review** – are part of your routine NHS treatment.

Diabetes can cause other complications that can become serious if not picked up and monitored or treated in the early stages. It's important to get all your health checks so you can get the treatment you need to keep you healthy.

If you don't think you're getting the checks you should be, speak to your healthcare team.

Which checks should I be getting?

Your healthcare professional should do a blood test to check your:

- **HbA1c** - your average blood sugar levels for the past three months.
- **Cholesterol levels** - how much fat is in your blood.
- **Kidney function** - how well your kidneys are working.

You should be asked to provide a **urine sample** that is sent to the lab to check for signs of **kidney disease**.

At the appointment you should also have:

- A **foot check** which may be done every one or two years if your last check showed no problems.
- Your **weight and height** measured to work out your Body Mass Index (BMI).
- Your **blood pressure** measured.

Your healthcare team will also ask if you **smoke**, so you can be offered help to stop.

You should also be invited to a diabetic eye check. This is not the same as a sight test at the optician. If your last diabetic eye check was clear, it may be safely offered once every two years rather than once a year.

Find out more about health checks

Speak to one of our trained advisors on 0345 123 2399.

Or go to our website:

diabetes.org.uk/health-checks

Or read our Easy Read guide:

diabetes.org.uk/check-ups-easy-read

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