



## Do you have Diabetes?

**Have you had your Diabetes Annual Review and Care Processes checked in the last 12 months?**

Diabetes Care Planning is the process that puts **YOU** firmly in the driving seat of **YOUR** diabetes care.

Each year you need to be seen by a Health Care Professional to check your eight care processes (HbA1c, Cholesterol, Kidney Function, BP, BMI {weight/height}, Smoking Status, Urine, Foot Check).

These are important to reduce the risks associated with diabetes: blindness, kidney failure, nerve damage & amputation.

**Your car needs an annual MOT and so do you... get it done now!!**

**Contact your GP surgery to book an appointment or contact the NEEDS team on 0345 241 3313**

Contact NEEDS on:  
0345 2413313 / 01473 344930  
[www.diabetesneeds.org.uk](http://www.diabetesneeds.org.uk)

**NEEDS is the local NHS service for adults living with diabetes in North East Essex.**

