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There are some vital care checks and support that **everyone** with diabetes should receive called **"Essential Care Processes"**. These checks may be carried out at your clinic, your GP practice or elsewhere. If you are unsure ask your team!

This sheet can help you and your healthcare team discuss priorities, personal targets and agree a plan of action to help address your individual needs as part of your annual care planning review.

	Date Completed	Outcome / Re-check Date	How do I feel about the Result/Outcome ?
HbA1c (Measures blood glucose control)			  
Blood Pressure (Early detection/reducing risk of diabetes related complications)			  
Digital Retinal Screening (Checks eye health and early detection of diabetic eye problems)			  
Foot screening (Checks foot health & early detection of any feet/ lower leg problems)			  
Urine Albumin/Creatinine (Urine test to check kidney function)			  
Serum Creatinine (blood test to check kidney function)			  
Serum Cholesterol (blood test to check levels of certain fats in the blood)			  
Weight & Body Mass Index (Maintaining a healthy weight BMI is important to long term health)			  
Smoking History (Your team can provide support & advice to help reduce your risk of developing diabetes related complications)			  
Annual Refresher Training Refreshing your knowledge and pump skills will help you get the best out of your Insulin Pump.			  

If you have not received any of these checks within the last 12 months please ensure you discuss this with your diabetes team.