

**IF YOU HAVE DIABETES MAKE AN APPOINTMENT WITH  
YOUR DOCTOR OR YOUR NURSE**

**FOR YOUR FREE CHECK.**

**THEY WILL CHECK:**

- your weight
- your feet
- your general health
- your blood pressure
- your plan to stay well
- that your blood and urine tests are up-to-date
- that your eye checks are up-to-date



## TIPS FOR STAYING HEALTHY



- Eat healthy food
- Keep physically active
- Have regular health checks
- Check your feet regularly
- Eat at regular times
- Stay a healthy weight
- Be smokefree

Reprinted December 2005. Code 1147

