

A woman with short grey hair, wearing a grey t-shirt, is holding a large, 3D blue number '15' in front of her. She is standing outdoors in a grassy area with trees in the background. The number '15' is the central focus of the image.

be in the  
**know**

# Do you have diabetes?

**Know your 15 healthcare essentials to manage your condition and reduce your risk of complications.**

Visit our website to learn about the services you're entitled to and how to prevent complications, like foot disease and retinopathy. The best bit? Our advice is tailored to you.

**You can find out more at:**

[www.diabetes.org.uk/bitk-15](http://www.diabetes.org.uk/bitk-15)