

Go for your regular check up to detect and prevent complications

Assessment/Test	Frequency	Possible Complications
 <ul style="list-style-type: none">• Weight and height (BMI)• Blood pressure• HbA1c (blood sugar)• Stress, emotional well-being	<p>At least every 3 to 6 months depending on your condition</p>	<p>Kidney Failure Blindness Amputation Heart attack Stroke</p>
 <ul style="list-style-type: none">• Lipid profile (cholesterol)• Kidneys• Eyes• Feet	<p>At least once a year depending on your condition</p>	