



# Goals of Diabetes



## Future Health

Managing glucose levels is really important and keeping them in target range helps protect against future health problems.

I'm aiming for an HbA1c of 48mmol/mol or less, which isn't easy, but it protects against future problems.

I have annual blood pressure, blood and urine checks to help monitor the effect of having diabetes, and I go to eye checks to check for any damage in my eyes.



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Resource last reviewed November 2025

