



## NEWLY DIAGNOSED – TYPE 2 DIABETES

The diagnosis of diabetes can come as a shock and you may be wondering what should I do now?

The following checklist provides you with the people, places and paperwork to help you understand and manage your condition.

### ✓ **Doctor or GP**

You will see your doctor first. He/she will be the central person to help you look after your diabetes. Your doctor may refer you, using an Enhanced Primary Care Plan (EPC), to other health professionals who can provide guidance and support to you and your family, they include:

- Credentialed Diabetes Educator (CDE)
- Endocrinologist (If T1, T2 wishing to fall pregnant or T2 with complications)
- Dietitian
- Exercise physiologist
- Psychologist or counsellor
- Podiatrist

Your doctor will also commence your Annual Cycle of Care screening: [http://diabetesnsw.com.au/wp-content/uploads/2014/12/Your-diabetes-annual-cycle-of-care\\_blue.pdf](http://diabetesnsw.com.au/wp-content/uploads/2014/12/Your-diabetes-annual-cycle-of-care_blue.pdf)

### ✓ **NDSS**

It is important you register with the NDSS (National Diabetes Services Scheme). Registration (by GP or CDE only) with NDSS is free and open to all Australians who are diagnosed with diabetes, and provides you with access to free or discounted education sessions and products. Visit <https://www.ndss.com.au/registration>

### ✓ **Pharmacist**

A pharmacist at your local NDSS Access Point can give advice about your medicine and possible side effects. Most pharmacies are NDSS Access Points, this means they sell diabetes related products.

### ✓ **Optometrist**

Make an appointment to have your eyes checked to make sure diabetes has not caused any damage.

### ✓ **Private health insurance**

Ask your private health insurer whether your current level of insurance covers what you will need to look after your diabetes, such as referrals to other health professionals

### ✓ **Roads and Maritime Services (RMS), or equivalent in your state or territory**

It is essential you notify the RMS of your diabetes diagnosis for insurance purposes. For further information call 132212

### ✓ **Diabetes Supplies**

If you plan on testing your blood glucose levels at home and need diabetes supplies such as a blood glucose meter, test strips, lancets (needles to prick your finger) or a sharps disposal container visit your local pharmacy or <https://www.diabetesshop.com>

### ✓ **Group Education Events**

These events help you develop skills and knowledge in a peer support setting. Sessions are delivered in major cities, regional and rural areas. Visit [www.diabetesnsw.com.au/events](http://www.diabetesnsw.com.au/events)

### ✓ **More Information**

Visit or call:

- <https://diabetesnsw.com.au/useful-tools/information-sheets/>
- <https://diabetesnsw.com.au/type-2-diabetes/your-healthcare-team/>
- Diabetes NSW help line 1300 342 238
- <https://www.ndss.com.au>