

my diabetes + my way



Efficiently Manage Your Diabetes Online

- ★ Quickly access all the information you need
- ★ Easily find out if your diabetes is on-track
- ★ Enjoy more control over your health



MyDiabetesMyWay
www.mydiabetesmyway.scot.nhs.uk

My Diabetes My Way. Access your diabetes health records online

An easy-to-use service that helps you manage living with diabetes anywhere you can access the Internet.

★ Convenient access

My Diabetes My Way can advise you how to improve your self-care in-between clinic appointments. At any time that suits you, you can check up-to-date personalised information in your NHS diabetes record.

★ Manage your diabetes

My Diabetes My Way can help motivate you. You can become an expert in your condition and learn how to make changes to benefit your health.

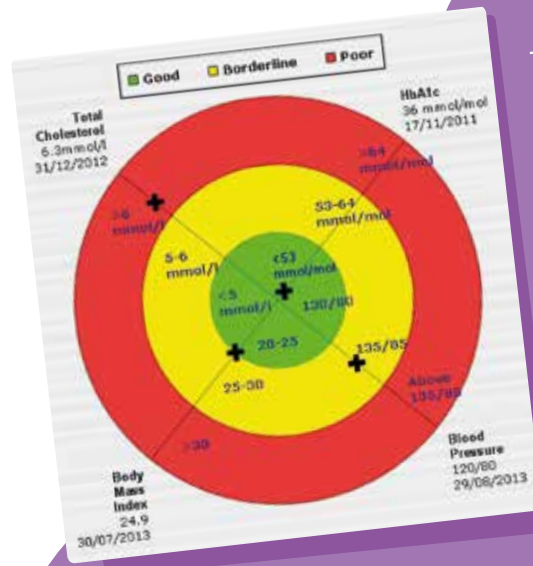
★ Reach your goals

My Diabetes My Way allows you to set and monitor goals, and record blood glucose, weight and blood pressure results. You can then discuss progress during clinical consultations.

★ Secure and free

The My Diabetes My Way service, which is exclusive to NHS Scotland, complements the face-to face care you receive. It uses industry-standard security and is completely free to use.

TO GET STARTED, FOLLOW THE INSTRUCTIONS OVERLEAF



Test results and measurements explained



Contribute to your healthcare record



Monitor your agreed goals and targets

mydiabetes*myway
...my electronic diabetes record

my details | my lifestyle | my results | my eyes | my feet |

ARCHIBALD MACKIE

My Test Results

My target chart:

- HbA1c: 36.0 mmol/mol (5.4%) on 17/11/2011
- Blood Glucose: 14.0 mmol/L on 12/06/2014
- Blood Pressure: 180/70 mmHg on 24/03/2014
- Total Cholesterol: 4.5 mmol/L on 29/11/2013
- HDL Cholesterol: 1.50 mmol/L on 31/01/2012
- LDL Cholesterol: 1.2 mmol/L on 30/01/2012
- Triglycerides: 1.3 mmol/L on 29/01/2012
- Creatinine: 88.0 umol/L on 17/11/2011
- Albumin/Creatinine Ratio: 50.0 mg/mmol
- eGFR: [no result]



Learn about diabetes; watch videos and read articles



www.mydiabetesmyway.scot.nhs.uk

Features

- ★ Links to leaflets and videos relevant to your diabetes
- ★ Information about your diabetes diagnosis and treatment
- ★ Latest results and all historical data recorded electronically
- ★ Simple explanations of all tests and why they're recorded
- ★ Helpful tables and graphs of your information
- ★ Medication recorded on your GP computer system
- ★ Ask questions and request feedback on your diabetes
- ★ And more....

Get Started Today:

Visit the **website**:

www.mydiabetesmyway.scot.nhs.uk

Click '**Register**' then follow the instructions.

On completion of your registration, user account details will be sent to you by the '**myaccount**' service along with further instructions.

Need help? Please email us:
mydiabetesmyway@nhs.net

mygovscot
myaccount



Not an Internet user?

Perhaps a friend or family member can help you. Also, most libraries now provide free Internet access and training on how to use Internet browsers.

Is it safe?

Yes. Very safe. Your records are protected by security systems like those used for Internet banking, and access is granted only to you and your healthcare team.

What is 'myaccount'?

'myaccount' is a Scottish Government initiative, which gives you **secure electronic access to various public services**. It's also the gateway to *mydiabetesmyway*.