

We are contacting you to let you know that in the next **two months**, your access to National Diabetes Services Scheme (NDSS) diabetes products will no longer be available\*.

You can still access information on our website [ndss.com.au/after-gestational](https://ndss.com.au/after-gestational) to help you look after your health into the future.

We know you have probably been very busy, but now is a good time to bring your health back into focus. This is especially true because women who have had gestational diabetes are more likely to develop type 2 diabetes.

The booklet called [Life after gestational diabetes](#) is available on our website. This provides information on steps you can take to reduce your diabetes risk and keep you and your family healthy.

**The National Gestational Diabetes Register will continue to support you.** The Register will send you and your general practitioner (GP) reminders each year to have a diabetes check, which will show if your blood glucose levels are in the healthy range.

**To update your details, your GP's details**, or if you no longer wish to receive communications from the Register, please visit [ndss.com.au/gdm-update](https://ndss.com.au/gdm-update). If you decide to opt-out, you and your GP will no longer receive reminders about diabetes checks or important health information from the Register.

If you have any questions, please contact us via email on [info@ndss.com.au](mailto:info@ndss.com.au) or call the NDSS Helpline on **1800 637 700**.

Yours sincerely,

**Jan Ridd**

Executive General Manager, National Diabetes Services Scheme  
Diabetes Australia

*\*If you are diagnosed with diabetes and need access to NDSS products and services, your health professional will need to complete a new NDSS Registration Form at [ndss.com.au/forms](https://ndss.com.au/forms).*