

# People with diabetes can live an active and healthy life

About one in three Aboriginal and Torres Strait Islanders will develop diabetes but there is something you can do about it.

If you have diabetes, eating well, being more active and managing your health can help you live a long and healthy life.

You can also get plenty of support through your doctor, health worker and services like the NDSS.

## What is the NDSS?

The National Diabetes Services Scheme (NDSS) is a service set up by the Australian Government to help people manage diabetes. It is free to join if you have a Medicare card.

It provides products, like free pen needles and discounts on diabetes management products, and provides support to help people manage their diabetes.

If you have any type of diabetes, join the NDSS and carry your NDSS card with you when you travel.

## How do I get the NDSS card?

To join the NDSS you must fill out the NDSS form and have it signed by a doctor or Credentialed Diabetes Educator.

Visit your local health centre and ask to join the NDSS.

You can also contact:

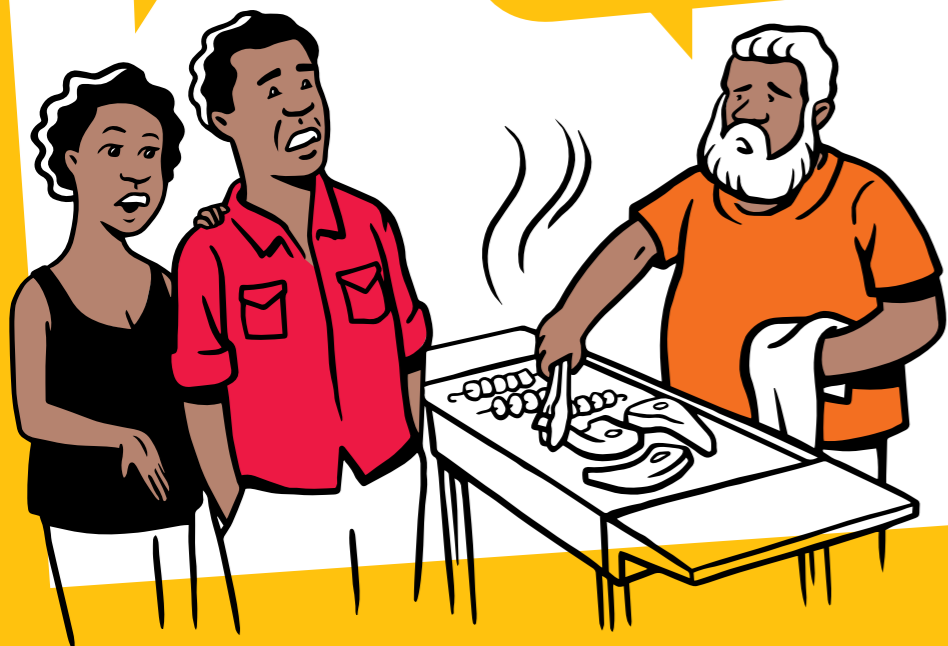
**Fight diabetes  
in your community  
with the NDSS**



1

Heard you have diabetes Bob.

Yeah the doctor told me I had it. It runs in the family and our community.



It's the National Diabetes Services Scheme. The doc helps you join and get the free NDSS card. You get cheaper products and lots of good advice about living healthy.

3



2

So what will you do now?

The doc told me I should join the NDSS

What's the NDSS?



4

What about when you travel?

No worries, I can use the card all over the country.



5

About 1 in 3 in our community will get diabetes and there are too many of us not getting help. By joining the NDSS I get support to keep enjoying life.

And because the NDSS helps doctors understand diabetes in our communities, other people can get help too. Join the NDSS and help fight diabetes.

