

## My checks and targets

Test	Target	Frequency
Weight		
Height		
Waist circumference		
BMI		
HbA1c		
Cholesterol		
HDL cholesterol		
LDL cholesterol		
Blood pressure		
Kidney review		
Eye check-up		
Foot check-up		
Dental check-up		

Allergies: \_\_\_\_\_

## My diabetes medications

Name	Dose	Time taken	Date ceased

### I am also on:

- Blood pressure medication  
 Cholesterol medication

## My diabetes team

My team can support me on my journey with diabetes. They can provide ongoing support, offer expert advice and information, and explore the best option for me to manage my diabetes.

My team may include my:

- General practitioner
- Diabetes specialist or endocrinologist
- Practice nurse
- Diabetes educator
- Dietitian
- Exercise physiologist
- Dentist
- Optometrist or ophthalmologist
- Podiatrist
- Pharmacist

## Your National Diabetes Services Scheme (NDSS)

Call the **NDSS Helpline on 1800 637 700** or go to **ndss.com.au**

- Registration is free.
- Products for blood glucose checking and injections and pump consumables are subsidised.
- Speak to a diabetes educator, dietitian or exercise physiologist for information and advice about how to manage your diabetes.
- Book into a face-to-face or virtual program to learn about how to manage diabetes.
- Access information, videos, self-paced online learning programs and podcasts covering a wide range of diabetes topics.

## My diabetes record

My name: \_\_\_\_\_

Type of diabetes: \_\_\_\_\_

General practitioner: \_\_\_\_\_



## Your diabetes management and Annual Cycle of Care

The cycle of care is a checklist to assist you and your diabetes team keep your diabetes on track. It is important to keep track of your diabetes management changes as well as the results of your cycle of care.

Date	Weight (kgs)	WC (cms)	BP	HbA1c (mmol/mol or %)	Changes to treatment or management	Programs Referred or attended	Comments by doctor or health professional

## Cycle of Care results

Date	Weight (kgs)	Height (cms)	BMI	WC (cms)	BP	Lipids		Kidney review	Eye review	Foot review	Dental review	Lifestyle & smoking review	Medication review
						Cholesterol: Tgs:	HDL: LDL:						
						Cholesterol: Tgs:	HDL: LDL:						
						Cholesterol: Tgs:	HDL: LDL:						
						Cholesterol: Tgs:	HDL: LDL:						