

## 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

SCAN THE QR CODE  
to access the website



# My Diabetes My Way. Access your diabetes health records online

An easy-to-use, free 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 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.

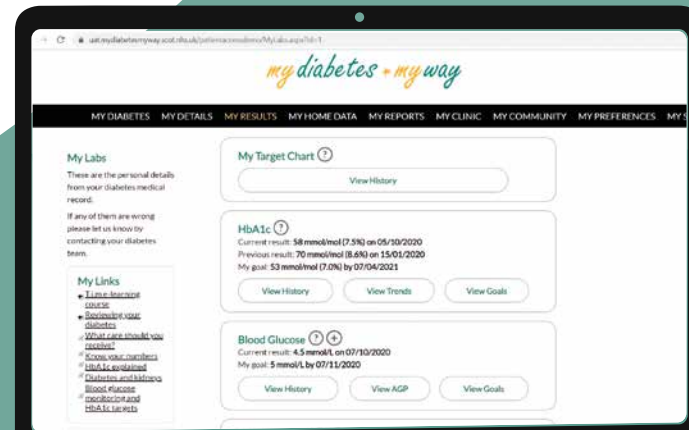
## ★ Reach your goals

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

## ★ Secure and free

The My Diabetes My Way service, complements the face-to-face care you receive. It uses industry-standard security and is completely free to use. Available online, and also as an app for your mobile phone or tablet.

TO GET STARTED, FOLLOW THE INSTRUCTIONS OVERLEAF



Monitor your agreed goals and targets



Contribute to your healthcare record

Test results and measurements explained



Learn about diabetes; watch videos, read articles and complete online courses

"It is great to be able to view all of my results so that I can be more in charge of my diabetes"



[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)

## Key features

- ★ Record your home data to contribute to your record
- ★ Links to leaflets and videos relevant to your diabetes
- ★ Information about your diabetes diagnosis and treatment
- ★ Latest results and all historical data recorded electronically



## Website, and apps for mobiles and tablets

Available via our website and mobile app. Access the full service on your normal web browser, or download our app for quick access to your clinical data.



## Get Started Today

1. Visit the **website**:

[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk)

2. Click **'Register'** then follow the instructions.
3. 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:  
[mydiabetes.myway@nhs.scot](mailto:mydiabetes.myway@nhs.scot)

**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*.

*My Diabetes My Way* is free to use for all people with diabetes who are living in Scotland.

The service is funded by the Scottish Government and supported by the Scottish Diabetes Group who provide expert advice to the Scottish Government Health Directorate.

[www.mydiabetesmyway.scot.nhs.uk](http://www.mydiabetesmyway.scot.nhs.uk) ✉ [mydiabetes.myway@nhs.scot](mailto:mydiabetes.myway@nhs.scot)



**NHS**  
SCOTLAND

Service developed and maintained by the University of Dundee for NHS Scotland.