

Remember that **you** are the most important member of your diabetes care team

Together with your GP and Practice Nurse, and the resources described in this leaflet, you have all you need to **control your diabetes successfully.**

### Your diabetes education checklist

- Have you read the **Diabetes UK** information pack?
- Has your GP or Practice Nurse registered you with **Mapmydiabetes**?
- Have you attended **First Steps**?
- Have you attended **X-PERT Diabetes**?
- Have you logged on to your **Mapmydiabetes** account

# Taking control of your diabetes

It is **important** that you take control of **your** diabetes by **learning** how to self-manage your condition

these options are available if your GP is in Worcestershire

# 1

## FINDING OUT YOU HAVE DIABETES

- Your GP or Practice Nurse will give you advice and support
- You will be provided access to **Mapmydiabetes**
- Your GP or Practice Nurse will refer you to **First Steps**

# 2

## NEXT STEP: FIRST STEPS



- Attend a 2 ½-hour group education session led by a diabetes nurse or dietitian
- Learn more about your diabetes and receive an education handbook
- Find out about what options are available in Worcestershire to help you manage your diabetes

# 3

## CHOOSE HOW TO MANAGE YOUR DIABETES

- Choose the option that best suits your learning needs and your lifestyle
  - **X-PERT Diabetes**
  - **Mapmydiabetes**
  - **Self-directed learning**
  - **Individual support**

## X-PERT Diabetes

- A group education programme to teach you how to improve control of your diabetes and meet others with diabetes
- 2 ½ hours each week for 6 weeks
- Choice of times and venues available



## Mapmydiabetes

- Online support for diabetes self-management
- Structured education and learning resources available anywhere, anytime
- View your health data and set goals
- Tools for healthy eating and exercise
- Connects you to your GP or Practice Nurse

## Self-directed learning

- Books, Internet, Apps
- **Local Information**  
[www.worcsacute.nhs.uk/diabetes](http://www.worcsacute.nhs.uk/diabetes)
- **Information pack from Diabetes UK**  
[www.diabetes.org.uk](http://www.diabetes.org.uk)  
Tel: 0345 1232399

## Individual support

- From your GP or Practice Nurse
- As well as your regular review (at least once a year), your GP or Practice Nurse is available to discuss any concerns