

How does it work?

Once you have enrolled, My Diabetes My Way takes information from your NHS diabetes record, collected from computer systems related to diabetes care such as:

- Your GP computer record
- Your hospital clinic computer record
- Other computer systems relevant to diabetes, such as the national retinopathy screening system

What information can I see?

The system links to useful explanations about your diabetes and its treatment. It shows blood test results, clinic letters (if they are on your hospital system), prescription information, foot and eye screening results and much more. See the picture for some examples. It is updated once a day so that it should be up to date.

Who can read it?

The record is sourced from SCI-DC, the NHS diabetes record used daily by healthcare professionals. When you are seen at a new clinic, or at an unfamiliar hospital or surgery, you could show it to staff there, even if you are away on holiday.

Is it safe?

It is very safe. It uses security systems like the ones used for Internet shopping. If you think someone may have discovered your password, you can change it at any time. Your information only goes to My Diabetes My Way at your request, and you can have all of your information removed if you change your mind. But if you don't want to use this system, it will not affect the records held by the NHS.

What does it cost?

It is free for patients. Early development was funded by The Scottish Diabetes Group who provide expert advice to the Scottish Government Health Directorate.

How do I join?

My Diabetes My Way Patient Access is only available within NHS Scotland. If you are interested in getting involved, you will need to go through the enrolment and sign-up process and have your identity verified by your doctor or practice nurse. We will then arrange for a username and password to be created using a system called the 'Citizen's Account'. This is a Scottish Government initiative aiming to allow secure electronic access to various public services.

What if I don't use the Internet?

Maybe you have a friend or family member that does? Most libraries now also provide free internet access and training on how to use internet browsers.

Why would I want access?

It allows you to keep track on the diabetes information recorded about you and can be used to remind you of agreed goals and targets. In the future we plan to allow you to send your home-recorded blood glucose and blood pressure results, etc to the NHS record.

Where can I find out more?

The following websites contain information on diabetes and the systems in place to support the project:

<http://www.mydiabetesmyway.scot.nhs.uk>

click the 'my diabetes' section to see examples of the types of data that will be available

<http://www.diabetesinscotland.org.uk/>

has information about diabetes in Scotland and SCI-DC.

Your information cannot be accessed by anyone other than you or your health care professionals.

*mydiabetes * myway*
... the interactive diabetes website



Information for Patients

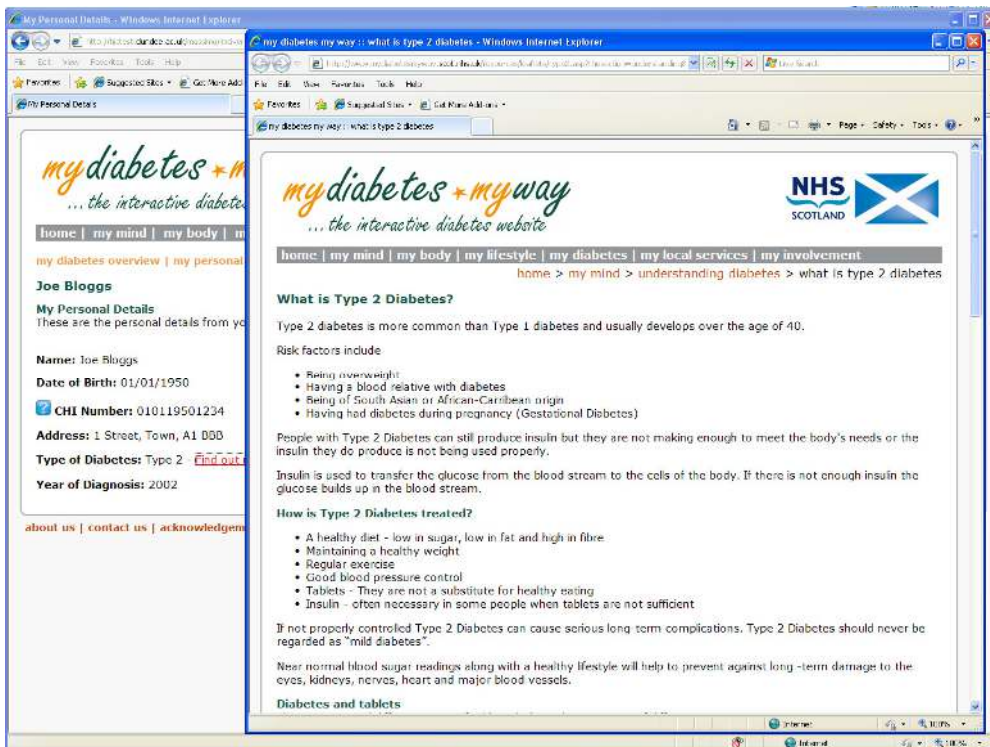
Would you like to:

- Find out your latest results?
- Read online information about your diabetes and treatment?
- Read letters about you from hospital clinics?
- Contribute to your healthcare record?
- Find any other information about diabetes?

If you answered YES to any of these questions, you should take a look at My Diabetes My Way:

www.mydiabetesmyway.scot.nhs.uk

Individualised online information for people with diabetes



*mydiabetes * myway*
... the interactive diabetes website

- Links from your personal information to leaflets and videos relevant to your diabetes
- Simple descriptions of all tests shown and why they are recorded
- Latest results and all historical data recorded electronically
- Helpful tables and graphs of your information
- Descriptions of agreed goals and targets

- Information about your diabetes diagnosis and treatment
- Lifestyle and blood test information
- Eye and Foot screening results
- Medication recorded on your GP computer system
- Clinical 'diary' of diabetes appointments
- Clinic letters and clinical comments

*mydiabetes * myway*
... the interactive diabetes website

