



GOVERNMENT OF BERMUDA

Ministry of Health

Department of Health

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## How to use Your Personal Diabetes Passport

You can get your **Personal Diabetes Passport** from your physician, pharmacies, the Diabetes Education Centre at KEMH or the Bermuda Diabetes Association Resource Centre.

Although the physician and health professionals are experts on diabetes care, you the patient are the expert on your own life. Patients are in control of and responsible for the daily self-management of diabetes and to succeed, your self-management plan has to fit your goals, priorities, and lifestyle as well as your diabetes.

It is not easy living with a chronic disease and you need ongoing support with your self-management of diabetes. Good control of your diabetes requires a partnership between yourself and your physician and other health care professionals. You are the captain of the team and you will need to learn as much as you can about your diabetes and how to care for yourself. Don't be afraid to admit that you cannot cope or need additional support or help with aspects of your care.

The **Personal Diabetes Passport** is designed to help you manage your diabetes care. In the **Personal Diabetes Passport you will find** an overview of the screenings, tests or examinations you may undergo as part of your diabetes care.

In your passport you can:

1. **Record important contact information, your type of diabetes, the date of diagnosis and other diabetes related health issues you may have.**
2. **Find out how often these tests are required; however, this is determined by your physician and may vary according to your individual health status.**
3. **Ensure your individual results are recorded or indicate that tests have been completed. (NB: SMBG = Self-monitoring of blood glucose)**
4. **Have a record of all of your medications, dose and frequency of use.**
5. **Have answers to some of the most frequently asked questions about diabetes.**

When you get your **Personal Diabetes Passport** take the lead in your care. Take your **Passport** with you when you go to your doctor's appointments. Use the **Passport** to track your diabetes care and discuss your concerns with your physician or other health care professionals.

Ask questions and get answers from your health care providers. You need to know about:

1. **Which type of diabetes you have**
2. **Medications you take**
3. **About physical activity and blood glucose levels**
4. **The effects of food on your diabetes**
5. **About monitoring your diabetes**
6. **Other medications, medical problems and complications**