



Congratulations on making this step to self managing your **Type 2 Diabetes using Insulin**. This resource pack provides you with information about Healthy Living NT and information to help you understand and manage your diabetes.

### **Introduction to Healthy Living NT**

- Privacy Statement
- Client Education Services
- HLNT Memberships
- Consumer Charter
- Product Outlets
- Evaluation Form
- Information Sheet List

### **Important Information**

- Diabetes and Driving
- Driving and recent severe Hypoglycaemia
- ❖ Alcohol
- ❖ Fear of Hypoglycaemia
- ❖ Glycaemic Index
- ❖ Food Choices for People with Diabetes
- ❖ Alternative Sweeteners
- ❖ Physical Activity
- ❖ Healthy Snacks
- ❖ Concern about starting Insulin
- ❖ Your Diabetes Annual Cycle of Care
- ❖ Travel
- ❖ Managing Hypoglycaemia
- ❖ Insulin
  - Storage of Insulin
  - Glycaemic Index for Carbohydrate
  - Source of Carbohydrate
  - Free Foods
  - What is a Serve of Fruit/Veg
  - What is a Serve of Meat/Dairy

### **Recommended additional Information – available on request or website**

- Safe Sharps Disposal
- Flying with Syringes, Needles and Diabetes supplies
- ❖ Hints for Healthy Cooking
- ❖ Diabetes Related Complications
- ❖ Eating Out
- ❖ Diabetes and Distress
- ❖ Diabetes and Anxiety
- ❖ Managing Sick Days for Type 2 Diabetes
- ❖ Understanding Food Labels
- ❖ Healthy Meal Ideas

We have also included a copy of the *Territory Way* magazine. If you would like to receive this on a regular basis please see our information on membership.

If you have any questions regarding the contents of this information pack, or need further advice and support, we encourage you to contact us in Darwin on (08) 8927 8488, or Alice Springs on (08) 8952 8000 to make an appointment with the Diabetes Nurse Educator and/or Dietitian, or visit our website at [www.healthylivingnt.org.au](http://www.healthylivingnt.org.au)

Regards

The Healthy Living NT Team

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Healthy Living NT  
is the trading name of the  
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