

## HOW DO I GET THE NDSS CARD?

To get the NDSS card you must fill out the NDSS form. Ask your doctor or health professional to help you, visit [ndss.com.au](http://ndss.com.au) or call the NDSS Helpline on **1300 136 588**.

## WHAT IS THE NDSS?

The National Diabetes Services Scheme (NDSS) is funded by the Australian Government to support people living with diabetes and is run by Diabetes Australia.

[ndss.com.au](http://ndss.com.au)  
NDSS Helpline  
**1300 136 588**



Versions of this brochure are available in Arabic, simplified Chinese, traditional Chinese, Turkish and Vietnamese on the NDSS website or ordered through the NDSS Helpline 1300 136 588.

**ndss**

**d** diabetes  
australia

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# LIVE WELL WITH DIABETES AND THE NDSS CARD

[ndss.com.au](https://ndss.com.au)

**NDSS Helpline 1300 136 588**

The National Diabetes Services Scheme is an initiative of the Australian Government administered with the assistance of Diabetes Australia.

# PEOPLE WITH DIABETES CAN LIVE AN ACTIVE AND HEALTHY LIFE.

If you have any type of diabetes, the National Diabetes Services Scheme (NDSS) card will help you get free and discounted products and services.

The NDSS card helps you save money at the pharmacy by giving you cheaper diabetes products. It also gives you free access to a range of support services from Diabetes Australia, such as information in your language to help you live well with diabetes.

## IS THE NDSS CARD FOR ME?

The NDSS card is free if you have any type of diabetes: type 1, type 2 or gestational diabetes, and have a Medicare card.

You can get the NDSS card even if you don't need medicine to manage your diabetes.



# WHY REGISTER FOR THE NDSS CARD?

## Save Money

You can get cheaper urine testing strips, pen needles and insulin syringes. People with type 1 diabetes, gestational diabetes and type 2 diabetes who are using insulin can also get cheaper blood glucose testing strips. If you have type 2 diabetes and do not use insulin, talk to your doctor about getting cheap blood glucose testing strips if you need them.

Some people can get insulin pump consumables and continuous glucose monitoring products. Talk to your doctor or call the NDSS Helpline on 1300 136 588 to find out more.

## Get Support

- A diabetes NDSS Helpline **1300 136 588** is available for advice and information.
- Group support programs are a chance to meet other people with diabetes and share stories.
- There are services delivered by the NDSS in each state. These may include classes or information to help you manage diabetes.
- Booklets and fact sheets about living better with diabetes are available in different languages.