## Diabetes Resources for Patients

These resources can help you to keep learning about and managing your diabetes.

- **Most resources are free unless noted. Some resources require you to create an account.**
- The National Library of Medicine has a 16-minute video you may find helpful to better understand health information you find on the internet: [https://medlineplus.gov/webeval/webeval.html](https://medlineplus.gov/webeval/webeval.html)

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The information in this document was accurate at the time of writing. If information has changed, please let us know so that we can update the handout.
# Meal Planning

- [www.choosemyplate.gov/](http://www.choosemyplate.gov/)
- [www.diabetesfoodhub.org/](http://www.diabetesfoodhub.org/)
- [www.calorieking.com](http://www.calorieking.com)
- Meal delivery service with healthy choices such as Home Chef, Hello Fresh or Sun Basket

# Mobile Apps (for iOS and Android)

- MyFitnessPal and Map My Fitness (Can track calories and activity)
- Calorie King Food Search (Nutrition information)
- BD Diabetes Care

# Books (Many of these books are available at the Library or Half Price Books)

- Bright spots and Landmines: The Diabetes Guide I Wish someone Had Handed Me, by Adam Brown. It is available to download free through diaTribe.org
- Diabetes Burnout: What to do When you Can’t Take it Anymore (William Polonsky)
- The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed (Gretchen Becker)
- Diabetes Meal Planning and Nutrition for Dummies (Toby Smithson)
- The Now Effect (Elisha Goldstein)

# QUESTIONS ABOUT:

**DIABETES TECHNOLOGY:** [https://diabeteswise.org/](https://diabeteswise.org/)

**MEDICAL EQUIPMENT:** [https://consumerguide.diabetes.org/](https://consumerguide.diabetes.org/) or call the 800 number on your equipment

**COVERAGE of Diabetes Medications and Supplies:**
Call the member services number on your insurance card and work with your healthcare team

**DISASTER PLANNING:**
- [www.diabetesdisasterresponse.org/](http://www.diabetesdisasterresponse.org/)

**TRAVEL:** [www.diabetes.org/airportsecurity](http://www.diabetes.org/airportsecurity)
- [www.tsa.gov/travel/special-procedures](http://www.tsa.gov/travel/special-procedures)

**DRIVING:** [www.nhtsa.gov](http://www.nhtsa.gov) and search for diabetes

**MEDICAL ID:** [www.n-styleid.com](http://www.n-styleid.com) or [www.medicalert.org](http://www.medicalert.org)

**MEDICATIONS:**
- Information about medications: [www.drugs.com](http://www.drugs.com)
- Choosing supplements: [www.usp.org/verification-services/verified-mark](http://www.usp.org/verification-services/verified-mark)