

DIABETES RESOURCES FOR PATIENTS

The resources below are suggestions. Some websites require you to create an account.
This information was accurate at the time of writing. If information has changed, please let us know.

Online Diabetes Information	<ul style="list-style-type: none"> • www.ndep.nih.gov/resources/diabetes-healthsense/ (Diabetes Health Sense) • https://extensiononline.tamu.edu/courses/health.php (Texas A&M Agrilife Extension) • www.diabetes.org (American Diabetes Association) • www.dlife.com (The Diabetes Health Company) 	
Help with Meal Planning	<ul style="list-style-type: none"> • www.choosemyplate.gov • http://tracker.diabetes.org • www.eatright.org 	<ul style="list-style-type: none"> • www.bd/us/diabetes • www.caloriecount.com/cc/recipe • www.calorieking.com
Mobile Apps	<ul style="list-style-type: none"> • MyFitnessPal and Map My Fitness (Ability to track calories and activity) • CalorieKing Food Search (Nutrition information) • AADE Diabetes Goal Tracker (American Association of Diabetes Educators) 	
Books	<ul style="list-style-type: none"> • The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed • 10 Steps to Living Better with Diabetes • Diabetes Burnout: What to do When you Can't Take it Anymore 	
Support	<ul style="list-style-type: none"> • www.facebook.com/group/diabetesdialogue • www.facebook.com/groups/dfwdiabetesandexercise • www.healthjourneys.com (Guided imagery and affirmation on MP3 and CDs) 	
Diabetes Education Programs and Support Groups	<p>BSWH Education Programs and Support Group information: 1-800-422-9567</p> <p>North and Central Texas: https://www.bswhealth.com/specialties/diabetes/Pages/diabetes-education-and-support.aspx</p> <p>Central Texas: http://www.sw.org/diabetes/diabetes-classes</p>	<p>American Diabetes Association</p> <p>Austin branch serving Central Texas 512-472-9838 ctxinfo@diabetes.org</p> <p>Dallas branch serving North Texas 972-392-1181 northtexas@diabetes.org</p>
	<p>Local Program/Group Contact Information:</p> <hr/>	

QUESTIONS ABOUT:

MEDICAL EQUIPMENT: www.diabetesforecast.org/consumerguide or call the 800 number on the back of meter
MEDICAL ID: www.n-styleid.com or www.medicalert.org

COVERAGE of Diabetes Medications and Supplies:

Call the member services number on your insurance card or go to www.tdi.state.tx.us
 Many pharmacies offer prescription savings programs. Check with your pharmacist for details.

- www.needymeds.com or www.rxassist.org (sites provide information about programs)
- www.freemedicineprogram.org or call 800-921-0072 (provides help for free or at a reduced cost)

DISASTER PLANNING: <http://www.cdc.gov/diabetes/ndep/people-with-diabetes/emergency.html>
<http://www.diabetes.org/assets/pdfs/living/emergency-medical-advice-american-diabetes-association.pdf>

TRAVEL: www.diabetes.org/airportsecurity or <https://www.tsa.gov/travel/special-procedures>
<http://www.diabetes.org/living-with-diabetes/treatment-and-care/when-you-travel.html>

DRIVING: <http://www.nhtsa.gov> and search for diabetes

BSWH Diabetes Education 2018

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