

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 assess health information found on the internet: <https://medlineplus.gov/webeval/webeval.html>

<h3 style="text-align: center;">Resources</h3> <p style="text-align: center; font-size: small;">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.</p>			
Online Information about Diabetes and Pre-Diabetes	<ul style="list-style-type: none"> • https://extensiononline.tamu.edu/courses/health.php (Texas A&M Agrilife Extension) • https://yourdiabetesinfo.org/healthsense/ (Diabetes Health Sense) • www.diabetes.org (American Diabetes Association) • www.diabetes.niddk.nih.gov (National Diabetes Information Clearinghouse) • www.eatright.org (Academy of Nutrition and Dietetics) • www.dlife.com (The Diabetes Health Company) • https://www.bswhealth.com/qualityalliance/ Click on Patient Tools for handouts 		
Help with Meal Planning	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • www.choosemyplate.gov • www.diabetesfoodhub.org/ • www.calorieking.com • Consider a meal delivery service with healthy choices such as Home Chef, Hello Fresh or Sun Basket </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • www.bd.com/resource.aspx?IDX=23566 (Fast Food Guide) • https://www.verywellfit.com/recipe-nutrition-analyzer-4157076 (Nutrition info for your recipes) </td> </tr> </table>	<ul style="list-style-type: none"> • www.choosemyplate.gov • www.diabetesfoodhub.org/ • www.calorieking.com • Consider a meal delivery service with healthy choices such as Home Chef, Hello Fresh or Sun Basket 	<ul style="list-style-type: none"> • www.bd.com/resource.aspx?IDX=23566 (Fast Food Guide) • https://www.verywellfit.com/recipe-nutrition-analyzer-4157076 (Nutrition info for your recipes)
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Mobile Apps (for iOS and Android)	<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 (Many of these books are available at the Library or Half Price Books)	<ul style="list-style-type: none"> • Diabetes Burnout: What to do When you Can't Take it Anymore • The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed • Psyching out Diabetes, A Positive Approach to your Negative Emotions • 101 Tips for Coping with Diabetes • 10 Steps to Living Better with Diabetes 		

Web-based Support	<ul style="list-style-type: none"> • www.beyondtype2.org • www.diabetessisters.org • www.tcoyd.org • www.diabeteswhattoknow.com • www.diatrife.org • www.beyondtype1.org • www.facebook.com/groups/dfwdiabetesandexercise 	
Local Diabetes Education Programs and Support Groups	BSWH Self-Management Education and Support Class information at: 1-800-422-9567 or www.bswhealth.com/specialties/diabetes/pages/default.aspx	American Diabetes Association Dallas branch serving North Texas 972-392-1181 www.diabetes.org/in-my-community/local-offices/dallas-texas/ JDRF www.jdrf.org/dallas/
Write in Local Program/Group Contact Information below: <hr/>		
QUESTIONS ABOUT:		
MEDICAL EQUIPMENT: www.diabetesforecast.org/consumerguide or call the 800 number on the back of your meter		
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/ www.cdc.gov/diabetes/ndep/people-with-diabetes/emergency.html		
TRAVEL: www.diabetes.org/airportsecurity www.tsa.gov/travel/special-procedures www.diabetes.org/living-with-diabetes/treatment-and-care/when-you-travel.html		
DRIVING: www.nhtsa.gov and search for diabetes		
MEDICAL ID: www.n-styleid.com or www.medicalert.org		
MEDICATIONS: <ul style="list-style-type: none"> • Information about medications: www.drugs.com • Choosing supplements: www.usp.org/verification-services/verified-mark 		

BSWH Diabetes Education 2020

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