

Resources for People With Diabetes

Internet resources

Finding good, accurate diabetes information on the internet can be confusing. There are thousands of references to diabetes, diabetes treatments, diabetes foods, and diabetes supplies. Which website can you trust? A key way to judge reliability is to look at its address.

- A URL address that ends in .edu is a site sponsored by a university, medical school, or health care facility.
- Addresses ending in .gov are sponsored by a federal or state government agency.
- Addresses ending in .org usually belong to a nonprofit group, often professional or medical/scientific groups that focus on health information. However they may have some bias for a particular disease condition and participate in fundraising/donations.
- Web addresses ending in .com or .net belong to commercial or networks and are most likely selling or promoting a product, and are least likely to provide reliable, nonbiased information.



The internet can provide a vast amount of information to help you manage your diabetes. Use recommendations from a proven reliable source, such as the American Diabetes Association, when evaluating other websites. Remember; just because it's posted on the internet does not mean it is automatically true.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.

These materials were adapted from Life with Diabetes: A Series of Teaching Outlines by the Michigan Diabetes Research and Training Center, 5th Edition. American Diabetes Association, 2014.

Resources for People Diagnosed with Diabetes

American Diabetes Association

“We lead the fight against the deadline consequences of diabetes and fight for those affected by diabetes.”

Mailing address: American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311

Toll-free phone: 800-342-2383

Website: <http://www.diabetes.org/>

Online community support: <https://community.diabetes.org/home>

Email: askada@diabetes.org

Blog: www.diabetesstopshere.org

Facebook: American Diabetes Association

Instagram: [amdiabetesassn](https://www.instagram.com/amdiabetesassn)

Pinterest: American Diabetes Association

Twitter: [@AmDiabetesAssn](https://twitter.com/AmDiabetesAssn)

Youtube: American Diabetes Association

Academy of Nutrition and Dietetics

“The Academy of Nutrition and Dietetics is committed to improving the nation’s health and advancing the profession of dietetics through research, education, and advocacy.”

Mailing address: Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995

Toll-free phone: 800-877-1600

Phone: 312-899-0040

Website: <http://www.eatright.org/>

Email: nm@eatright.org

Facebook: Eat Right Nutrition

Google+: Eat Right

Pinterest: Kids Eat Right

Twitter: [@eatright](https://twitter.com/eatright)

Youtube: Eat Right

Centers for Disease Control and Prevention

“The Centers for Disease Control work 24/7 to protect America from health, safety, and security threats, both foreign and in the U.S.”

Mailing address: Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30329-4027

Toll-free phone: 800-232-4636

TTY/TDD: 888-232-6348

Website: <http://www.cdc.gov/index.htm>

Email: Form available on their website

Facebook: Centers for Disease Control

Flickr: Centers for Disease Control and Prevention

Google+: Centers for Disease Control and Prevention

Instagram: @cdcgov

LinkedIn: Centers for Disease Control and Prevention

Pinterest: Centers for Disease Control and Prevention

Tumblr: centers for disease control and prevention

Twitter: @CDCgov

Youtube: Centers for Disease Control and Prevention

Wisconsin Diabetes Prevention and Control

“The Wisconsin Diabetes Prevention and Control Program is dedicated to improving the health of people at risk for or with diabetes. We rely on our strong partnerships in the development, distribution, and implementation of resources.”

Mailing address: Wisconsin Diabetes Prevention and Control
Department of Health Services
1 West Wilson Street
P.O. Box 7850
Madison, WI 53707-7850

Phone: 608-267-9054

Website: <https://www.dhs.wisconsin.gov/diabetes/index.htm>

Email: geis.pamela@gmail.com

Twitter: @DHSWI

Youtube: DHSWI

DiabetesCare.net

“DiabetesCare.net is a one-stop educational resource for diabetes related news, interviews, blogs, and free-to-use tools, which provides strategies, tips, and beneficial information to help people with diabetes as well as the medical providers who care for them.”

“JDRF is the leading global organization funding Type 1 Diabetes research.”
(Formerly known as the Juvenile Diabetes Research Foundation)

Mailing address: JDRF
26 Broadway, 14th Floor
New York, NY 10004

Toll-free phone: 800-533-2873

Website: www.jdrf.org

Email: info@jdrf.org

Blog: <http://jdrf.org/blog/>

Facebook: JDRF

Google+: JDRF

Instagram: [jdrfadvocacy](https://www.instagram.com/jdrfadvocacy)

Linkedin: JDRF International

Pinterest: JDRF

Twitter: @JDRF

Youtube: JDRF

Shine365

“Shine365 is your source for health living information from Marshfield Clinic. Every day, you’ll find helpful ideas and advice on a wide variety of health topics to help you and your family live well.”

Blog: www.shine365.marshfieldclinic.org

Children with Diabetes

“Being diagnosed with diabetes is a life-changing event, and raising a child is an exciting and ongoing challenge made even more demanding when managing a chronic illness.”

Mailing address: Children with Diabetes
8216 Princeton-Glendale Road PBM 200
West Chester, OH 45069-1675

Website: www.childrenwithdiabetes.com

Blog: <http://www.childrenwithdiabetes.com/people/blogs.htm>

Facebook: Children with Diabetes

Pinterest: Diabetes in Children Twitter: @kidsdiabetes

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National Institute of Diabetes and Digestive and Kidney Diseases

“The National Institute of Diabetes and Digestive and Kidney Diseases conducts, supports, and coordinates research on many of the most serious diseases affecting public health. The NIDDK is part of the National Institutes of Health, the medical research agency of the United States.”

(Formerly the National Diabetes Information Clearinghouse)

Mailing address: 1 Information Way
Bethesda, MD 20892--3560

Toll-free phone: 800-860-8747

Website: www.niddk.nih.gov

Email: Form available on their website

Facebook: National Institute of Diabetes and Digestive and Kidney Diseases

Twitter: @NIDDKgov

Youtube: National Diabetes Education Program

Lions Clubs International

Mailing address: 300 West 22nd Street
Oak Brook, IL 60523-8842

Phone: 630-571-5466

Website: <http://www.lionsclubs.org/EN/index.php>

Email: Form available on their website

Blog: lionsclubs.org/blog/

Facebook: Lions Clubs International

Flickr: [lionsclubsorg](https://www.flickr.com/photos/lionsclubsorg/)

Instagram: [lionsclubs](https://www.instagram.com/lionsclubs)

Linkedin: [Lions Clubs International](https://www.linkedin.com/company/lions-clubs-international)

Twitter: [@lionsclubs](https://twitter.com/lionsclubs)

Youtube: [Lions Clubs International](https://www.youtube.com/user/LionsClubsInternational)

American Heart Association

“The American Heart Association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke.”

Mailing address: American Heart Association
7272 Greenville Avenue
Dallas, TX 75231

Toll-free phone: 800-242-8721

Website: <http://www.heart.org/HEARTORG/>

Email: Form available on their website

Facebook: American Heart Association

Google+: American Heart Association

Instagram: @american_heart

Pinterest: American Heart Association

Tumblr: American Heart Association

Twitter: @HeartNews Youtube: American Heart Association

National Amputation Foundation, Inc.

“Whether your loss was a result of trauma or disease, we understand how you feel. We all had the same questions – will I ever walk again, will I drive a car, participate in sports, can I wear a prosthetic? And we all had to begin the process of learning to rebuild our lives, going on to becoming full and productive people after our amputation.”

Mailing address: National Amputation Foundation, Inc.
40 Church Street
Malverne, NY 11565

Phone: 516-887-3600

Website: <http://www.nationalamputation.org/>

Email: amps76@aol.com

Facebook: Facebook: National Amputation Foundation, Inc.

The Foundation for Peripheral Neuropathy

“The Foundation for Peripheral Neuropathy is the leading national nonprofit organization providing neuropathy patient support, education, advocacy, and the promotion of research into the causes of and cures for peripheral neuropathies.”

Mailing address: The Foundation for Peripheral Neuropathy
485 Half Day Road, Suite 350
Buffalo Grove, IL 60089

Toll-free phone: 877-883-9942

Website: <http://www.foundationforpn.org/>

Email: Form available on their website

Facebook: The Foundation for Peripheral Neuropathy

Linkedin: The Foundation for Peripheral Neuropathy

Diabetic Neuropathies: The Nerve Damage of Diabetes

<http://www.niddk.nih.gov/health-information/health-topics/Diabetes/diabeticneuropathies-nerve-damage-diabetes/Pages/diabetic-neuropathies-nerve-damage.aspx>

Financial Resources

2-1-1 Wisconsin

“The mission of 2-1-1 Wisconsin is to connect everyone in Wisconsin with quick and easy access to community-based health and human services information and resources.”

Mailing address: 211 Wisconsin Administrative Office
2509 Atwood Avenue
Madison, WI 54136

Toll-free phone: 211

Phone: 920-560-3304

Website: <http://www.211wisconsin.org/index.html>

Partnership for Prescription Assistance

“The mission of Partnership for Prescription Assistance is to increase awareness of patient assistance programs and boost enrollment of those who are eligible.”

Toll-free phone: 888-477-2669

Website: <https://www.pparx.org/>

Email: Form available on their website

Blog: <https://www.pparx.org/blog>

Facebook: Partnership for Prescription Assistance Twitter: @pparx

Together Rx Access®

“With Together Rx Access®, uninsured Americans gain access to immediate savings on prescription products right at their neighborhood pharmacies AND resources that help people take care of what’s most important—their health.”

Mailing address: Together Rx Access, LLC
One Outlet Lane
Bald Eagle Court
Lock Haven, PA 17745

Toll-free phone: 800-444-4106

Website: www.togetherrxaccess.com

Facebook: Together Rx Access

Twitter: @TRxA

Youtube: Together Rx Access

Magazines

Diabetes Forecast Magazine (published monthly)

“Diabetes Forecast, published by the American Diabetes Association, is the premier consumer magazine website for people living with diabetes or prediabetes. The website reaches highly engaged people who are actively seeking ways to live healthier, happier, and longer while managing their condition.”

Subscription included with American Diabetes Association membership - also sold on magazine stands.

Website: www.diabetesforecast.org

Diabetes Health

“Diabetes Health is the essential resource for people living with diabetes—both newly diagnosed and experienced--as well as the professionals who care for them.”

Mailing address: Diabetes Health
P.O. Box 1199
Woodacre, CA 94973--1199

Phone: 415-883-1990

Website: www.diabeteshealth.com

Email: Form available on their website

Facebook: Diabetes Health

LinkedIn: Diabetes Health Magazine

Twitter: @DiabetesHealth

Youtube: Diabetes Health TV

Diabetes Self-Management

“Diabetes Self-Management is a publisher of authoritative, reliable health information for a growing number of people with diabetes who want to know more about controlling and managing their diabetes. We publish a bimonthly magazine, a weekly newsletter, a number of books, and a blog.”

Phone: 855-367-4813

Website: <http://www.diabetesselfmanagement.com/>

Email: CustomerService@DiabetesSelf-Management.us

Blog: www.diabetesselfmanagement.com/blog/

Facebook: Diabetes Self-Management

Pinterest: Diabetes Self-Management

Twitter: @ManageDiabetes

Nutrition and Recipe Resources

Academy of Nutrition and Dietetics

The world's largest organization of food and nutrition professionals is dedicated to improving the public's health and nutrition. The nutrition section of the website states "Making the smart food and nutrition choices is a necessary part of everyone's daily life."

Website: <http://tinyurl.com/y9xn9c28>



American Diabetes Association

MyFoodAdvisor: Recipes for Health Living is a service that will send new recipes, cooking tips, and a meal plan every month. Register for free to gain access to exclusive recipes and meal plans.

Website: <http://tinyurl.com/ybgg96do>

Each month, an invitation email will be sent for Recipes for Healthy Living online to view:

- A new set of diabetes-friendly recipes
- A one-day diabetes meal plan that includes the recipes of the month
- Tips to adjust carbohydrates and calories in meal plans
- Videos that demonstrate how to prepare our recipes and other healthy foods
- A food or meal planning article plus quick tips for staying healthy when time is tight

American Heart Association

The oldest and largest voluntary organization dedicated to fighting heart disease and stroke also helps people understand the importance of healthy lifestyle choices. The nutrition area of the website has recipes, videos, and articles as well as tips and tools after providing an email address.

Website: <https://recipes.heart.org/>

Cornerstones4Care

This diabetes support program is tools and resources that each person can modify to fit their needs including healthy eating, being active, diabetes medicine, and tracking.

"Eating healthy is important for everyone, but it's even more important for people living with diabetes. As you learn more about food and its effect on your body, you'll better understand why healthy eating is an important part of your diabetes care plan. A little planning is all you need to get going or back on track."

Website: <http://tinyurl.com/ycullkcb>

Diabetes Forecast Magazine

Their Recipes & Food page includes a Recipe Finder. After signing up an email address, receive free health tips.

Website: <http://tinyurl.com/y9rtxgkq>

Recipes available include:

- Roasted Vegetable Enchilada Bake
- Winter Salad with Champagne Vinaigrette and Pomegranate
- Chicken Lettuce Wraps
- Avocado Cheese Toast
- Roasted Cauliflower with Tahini Sauce
- Chocolate-Dipped Strawberries

Diabetes Health Magazine

Diabetes Health Magazine offers a newsletter after providing an email address.

Website: <http://tinyurl.com/ybaouvot>

A quick search of some of the recipes revealed:

- Tomato Mozzarella Basil Salad
- Health Summer Pasta Salad Recipes
- Peanut Butter Cups
- Flavorful Soft Tacos
- Bacon-Wrapped Pork Loin

Joslin Diabetes Center

Joslin's Healthy Plate is an interactive guide

Website: <http://tinyurl.com/yaw9x9kf>

Diabetes Identification

American Medical ID

“American Medical ID® serves the medical community and the public at large by offering quality medical IDs that, in a medical emergency, allow medics or other medical professionals to give prompt, precise treatment.”

Mailing address: 949 Wakefield, Suite 100
Houston, TX 77018

Toll-free phone: 800-363-5985

Website: www.americanmedical-id.com

Email: Form available on their website

Facebook: American Medical ID

Instagram: @AmericanMedicalID

Pinterest: American Medical ID

Twitter: @medicalbracelet

Youtube: American Medical ID

Lauren’s Hope

“Our ever-expanding line of medical ID bracelets, necklaces, anklets, charms, bag tags, and more is always on-trend, made to the highest quality, and guaranteed to meet your needs and expectations.”

Mailing address: Lauren’s Hope
4823 NW Gateway Avenue
Riverside, MO 64150

Toll-free phone: 800-360-8680

Website: <https://www.laurenshope.com/>

Email: info@laurenshope.com

Blog: www.blog.laurenshope.com/medical-id-jewelry-blog

Facebook: Lauren’s Hope Medical ID Bracelets

Instagram: laurenshopeid

Pinterest: Lauren’s Hope

Twitter: @LaurensHopeID

Youtube: Lauren’s Hope Medical ID

LifeAlert®

“LifeAlert is a personal emergency response and home medical alert system company that saves lives from catastrophic outcomes using a unique technology to provide superior home audio monitoring protection.”

Mailing address: 16027 Ventura Boulevard, Suite 400
Encino, CA 91436-2747

Toll-free phone: 877-830-3543

Free Brochure: 800-360-0329

Information: 800-920-3410

Website: www.lifealert.com

Twitter: @Life_Alert

MedicAlert Foundation

“The mission of MedicAlert Foundation® is to protect and save lives by serving as the global information link between members and emergency responders during medical emergencies and other times of need.”

Mailing address: MedicAlert Foundation
2323 Colorado Avenue
Turlock, CA 95382

Toll-free phone: 800-432-5378

Website: www.medicalert.org

Email: Form available on their website

Facebook: MedicAlert Foundation

Twitter: @MedicAlert

Youtube: MedicAlert Foundation

Supplies

Medicool®

“Medicool manufactures and distributes patented travel cases that can keep insulin and other temperature sensitive injectible medications cool.”

Mailing address: 20460 Gramercy Place
Torrance, CA 90501

Toll-free Phone: 800-433-2469

Phone: 310-782-2200

FAX: 310-427-7273

Website: www.medicool.com/diabetes/

Email: questions@medicool.com

Pump Wear

“Pump Wear specializes in diabetes insulin pumps and diabetes accessories for kids, teens, and adults.”

Mailing address: P.O. Box 633
Latham, NY 12110

Toll-free phone: 866-470-7867

Website: <http://www.pumpwearinc.com/>

Blog: pumpwearinc.blogspot.com

Facebook: Pump Wear Inc.

Google+: Pump Wear Inc.

Pinterest: Pump Wear Inc.

Twitter: @pumpwear

Youtube: pumpwear

Group Medical Supply, LLC

“Group Medical Supply’s mission is to help people improve their quality of life by providing superior products at affordable prices.”

Mailing address: Group Medical Supply,
LLC 3955 Annapolis Lane North, Suite 200
Plymouth, MN 55447

Toll-free phone: 855-868-6024

Website: www.insulincase.groupmedicalsupply.com

Blog: blog.groupmedicalsupply.com

Exercise

Diabetes Exercise and Sports Association

“The Diabetes Exercise & Sports Association exists to enhance the quality of life for people with diabetes through exercise and physical fitness.”

Mailing address: Diabetes Exercise and Sports Association
310 West Liberty, Suite 604
Louisville, KY 40202

Toll-free phone: 800-898-4322

Website: <http://www.diabetes-exercise.org/index.html>

Email: desa@diabetes-exercise.org

Vision

The Office for the Blind and Visually Impaired in Wisconsin

“Rehabilitation services are provided by the Office for the Blind and Visually Impaired to help individuals who are blind or visually impaired to achieve their own goals of independent living.”

Mailing address: The Office for the Blind and Visually Impaired in Wisconsin
Department of Health Services
One West Wilson Street
PO Box 7851
Madison, WI 53703

Toll-free phone: “Call 888-879-0017 to find regional resources in your county”

Phone: 608-266-1865

TTY/TDD: 888-701-1251

Website: <https://www.dhs.wisconsin.gov/blind/index.htm>

Email: DHSwebmaster@dhs.wisconsin.gov

Twitter: @DHSWI

Youtube: DHSWI

Wisconsin Council for the Blind

“Our mission is to promote the dignity and independence of the people in Wisconsin who are blind and visually impaired by providing services, advocating legislation, and educating the general public.”

Mailing address: Wisconsin Council for the Blind
754 Williamson Street
Madison, WI 53703

Toll-free phone: 800-783-5213

Phone: 608-255-1166

FAX: 608-255-3301

Website: www.wcblind.org

Email: info@wcblind.org

Facebook: Wisconsin Council of the Blind and Visually Impaired

Twitter: @TheCouncilWI

American Council of the Blind

“The American Council of the Blind strives to increase the independence, security, equality of opportunity, and the quality of life for all blind and visually-impaired people.”

Mailing address: American Council of the Blind
1703 North Beauregard Street, Suite 420
Alexandria, VA 22201

Toll-free phone: 800-424-8666

Website: www.acb.org

Email: info@acb.org

Facebook: American Council of the Blind

Twitter: @acbnational

American Printing House for the Blind, Inc.

“The American Printing House for the Blind is the world’s largest nonprofit organization creating educational, workplace, and independent living products and services for people who are visually impaired.”

Mailing address: American Printing House for the Blind, Inc.
1839 Frankfort Avenue
P.O. Box 6085
Louisville, KY 40206-0085

Toll-free phone: 800-223-1839

Phone: 502-895-2405

Website: <http://www.aph.org/>

Email: info@aph.org

Blog: www.fredshead.info

Facebook: American Printing House for the Blind

Google+: American Printing House for the Blind

Pinterest: American Printing House for . . .

Twitter: [@APHfortheBlind](https://twitter.com/APHfortheBlind)

Youtube.com: American Printing House for the Blind

National Eye Institute

“The National Eye Institute was established by Congress in 1968 to protect and prolong the vision of the American people.”

Mailing address: National Eye Institute Information Office
31 Center Drive
Bethesda, MD 20892-2510

Phone: 301-496-0417

Website: <https://nei.nih.gov>

Email: 2020@nei.nih.gov

Facebook: National Eye Institute

Flickr: [nationaleyeinstitute](https://www.flickr.com/photos/nationaleyeinstitute/)

Linkedin: National Eye Institute

Pinterest: National Eye Institute, NIH

Twitter: [@NatEyeInstitute](https://twitter.com/NatEyeInstitute)

Youtube: National Eye Institute, NIH

National Library Service for the Blind and Physically Handicapped

“Through a national network of cooperating libraries, the National Library Service administers a free library program of braille and audio materials circulated to eligible borrowers in the United States by postage-free mail.”

Mailing address: National Library Service for the Blind and Physically Handicapped
Library of Congress
Washington, DC 20542-4962

Toll-free phone: 800-424-8567

Phone: 202-707-5100

TYT/TDD: 202-707-0744

Website: www.loc.gov/nls/

Email: nls@loc.gov

Facebook: National Library Service for the Blind and Physically Handicapped

National Amputation Foundation, Inc.

“Whether your loss was a result of trauma or disease, we understand how you feel. We all had the same questions—will I ever walk again, will I drive a car, participate in sports, can I wear a prosthetic? And we all had to begin the process of learning to rebuild our lives, going on to becoming full and productive people after our amputation.”

Mailing address: National Amputation Foundation, Inc.
40 Church Street
Malverne, NY 11565

Phone: 516-887-3600

Website: <http://www.nationalamputation.org/>

Email: amps76@aol.com

Facebook: Facebook: National Amputation Foundation, Inc.

Sexual and Urologic Problems of Diabetes

“Troublesome bladder symptoms and changes in sexual function are common health problems as people age. Having diabetes can mean early onset and increased severity of these problems. Sexual and urologic complications of diabetes occur because of the damage diabetes can cause to blood vessels and nerves.”

National Kidney Foundation

“The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention, and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk.” Local offices are listed on their website.

Mailing address: National Kidney Foundation
30 East 33rd Street
New York, NY 10016

Toll-free phone: 800-622-9010

Phone: 855-653-2273

Website: <https://www.kidney.org/>

Email: info@kidney.org

Facebook: National Kidney Foundation Inc.

Instagram: [nationalkidneyfoundation](https://www.instagram.com/nationalkidneyfoundation)

LinkedIn: National Kidney Foundation

Twitter: [@nkf](https://twitter.com/nkf)