

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>

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.

Short Videos about Diabetes	<ul style="list-style-type: none"> • What is Diabetes: www.youtube.com/watch?v=2TWelC6SHr8 • Healthy Coping: www.youtube.com/watch?v=-R2VICKWpbs • Healthy Eating: www.youtube.com/watch?v=ct3xk0Od6O8 • Being Active: www.webmd.com/diabetes/blood-sugar-coach-17/diabetes-plan/video-diabetes-get-moving • Setting S.M.A.R.T. Goals: www.youtube.com/watch?v=1-SvuFIQjK8 • Monitoring Your Blood Glucose: www.youtube.com/watch?v=qAZAWBjCqs • How to Inject Insulin with a Syringe: www.youtube.com/watch?v=9uSSBu-5eSY • How to Inject Insulin with a Pen: www.youtube.com/watch?v=GHVtiJ9xd6A • Sick Day Guidelines: www.youtube.com/watch?v=z0wDDr1f8Ak 	
Online Classes	<ul style="list-style-type: none"> • DISEASE MANAGEMENT Enlighten Together Online Health Training (cphatraining.com) 	
Websites with Information about Diabetes	<ul style="list-style-type: none"> • www.diabetes.org/ • www.niddk.nih.gov/health-information/diabetes • www.eatright.org/ 	
Web-based Support	<ul style="list-style-type: none"> • www.beyondtype2.org • www.diabetessisters.org • www.diatrife.org • myDiabetesHQ: find on YouTube or Facebook 	<ul style="list-style-type: none"> • www.tcoyd.org • www.beyondtype1.org • www.facebook.com/groups/dfwdiabetesandexercise
Local Diabetes Education Programs and Support Groups	<p>BSWH Self-Management Education & Support Class information at: 1-800-422-9567 or www.bswhealth.com/specialties/diabetes/pages/default.aspx</p> <p>Online Diabetes Support Class (2nd Saturday of each month): Baylor Scott & White Health - Online Diabetes Support Class (bswhealth.com)</p>	<p>American Diabetes Association Dallas branch serving North Texas 972-392-1181 www.diabetes.org/in-my-community/local-offices/dallas-texas/</p> <p>JDRF www.jdrf.org/dallas/</p>

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Meal Planning	<ul style="list-style-type: none"> • www.choosemyplate.gov/ • www.diabetesfoodhub.org/ • www.calorieking.com • 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) • www.verywellfit.com/recipe-nutrition-analyzer-4157076 (Nutrition info for your recipes) • www.Whisk.com
Mobile Apps (for iOS and Android)	<ul style="list-style-type: none"> • 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)	<ul style="list-style-type: none"> • 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/		
MEDICAL EQUIPMENT: 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/ 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 		

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