

# Diabetes National Resource Information List



## **American Diabetes Association**

Information on diabetes, nutrition and recipes, weight loss and fitness, prevention, news and research plus living with diabetes support and free e-newsletters.

[www.diabetes.org](http://www.diabetes.org)

## **American Diabetes Association Food & Fitness**

Recipes, cookbooks, food tracking, meal planning, fitness management and weight loss ideas.

[www.diabetes.org/food-and-fitness](http://www.diabetes.org/food-and-fitness)

## **American Diabetes Association toll-free number**

Call the 800 Call Center for general information and local information & events.

**1-800-DIABETES (1-800-342-2383)**

## **National Diabetes Education Program Web site**

Information on diabetes, pre-diabetes, prevention, control and resources. Click *Publications* for a publication list and/or free downloads.

[www.ndep.nih.gov](http://www.ndep.nih.gov)

## **National Diabetes Education Program**

**toll-free number** for information and materials about diabetes prevention and management.

**1-888-693-6337**

## **National Diabetes Information Clearinghouse Web site**

Information on all aspects of diabetes including treatment and complications plus a special section for those newly diagnosed with diabetes.

[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

## **National Diabetes Information Clearinghouse toll-free number**

Talk to an information specialist about diabetes resources.

**1-800-860-8747**

## **Centers for Disease Control Web Site**

Frequently asked questions, news and information plus a listing of state-based programs.

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

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**Arkansas  
BlueCross BlueShield**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[arkansasbluecross.com](http://arkansasbluecross.com)



**Health Advantage**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[healthadvantage-hmo.com](http://healthadvantage-hmo.com)



**BlueAdvantage  
Administrators of Arkansas**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[blueadvantagearkansas.com](http://blueadvantagearkansas.com)

### **Healthfinder**

Enter *diabetes* in the search box and find links to Diabetes information, and educational material that can be downloaded or ordered.

[www.healthfinder.gov](http://www.healthfinder.gov)

**U.S. Food and Drug Administration** enter *diabetes* in search for information on the safety and effectiveness of diabetes drugs, biological products, medical devices, food and dietary supplements.

[www.fda.gov](http://www.fda.gov)

### **MedlinePlus Web Site**

Type *diabetes* in the search box. Contains *Interactive Tutorials* and information to download, print or order.

[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)

Being overweight, lack of exercise and smoking can cause diabetes complications. The following resources include information to help you make healthy lifestyle choices. Please consult your doctor before starting any exercise program.

### **National Heart, Lung and Blood Institute "Aim for a Healthy Weight" Web Site**

Select *Information for Patients and the Public* for a body mass calculator, dining-out ideas, portion control and menu planning.

[www.nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)

### **The President's Council on Physical Fitness and Sports**

Contains information on beginning a fitness program, including a fitness log; tips on how to get fit for different age groups and varying beginning levels of fitness. Publications on healthy living and activities are available.

[www.fitness.gov](http://www.fitness.gov)

### **American Heart Association Start!**

All-in-one information to help you walk more, eat better and live a longer, healthier life. Recipes, resources and on-line fitness planners and trackers.

[www.startwalkingnow.org](http://www.startwalkingnow.org)

### **Freedom from Smoking**

Sign up for the on-line Freedom from Smoking Program that includes quit smoking preparation and support after you quit.

[www.ffsonline.org](http://www.ffsonline.org)

### **Smokefree.gov**

Information and professional assistance that helps support both your immediate and long-term needs as you become, and remain, a nonsmoker. Get immediate assistance through an online step-by-step guide plus local, state and national telephone quitlines, instant messaging service and publications which may be downloaded, printed or ordered.

[www.smokefree.gov](http://www.smokefree.gov)  
**1-800-QUIT-NOW**  
**1-800-784-8669**

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*The Diabetes Education Program is for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you need. You, as the member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in the Diabetes Education Program.*