Finding help for diabetes can be hard, but UCI Health is here for you. This sheet has a list of places where you can get support for managing your diabetes and staying healthy



Key:

(4)	Promotion		Education		Classes		Management
	Nutrition	Ø	Research	ij	Support Groups	0	Treatment

UCI HEALTH RESOURCES

Scan QR for the website



UCI Health, Diabetes Center 💓 📋 🛟

- Complete care center for patients with diabetes. Offers: diagnosis, treatment, monitoring, and education.
- 949-824-8656
- https://www.ucihealth.org/medical-services/diabetes



UCI Health, Family Health Center - Santa Ana 🕝 📋 🗘

- Offers healthcare for the whole family. Diagnosis, treatment, and management of diabetes. Diabetes classes are available in Spanish.
- **657-282-6355**
- https://www.ucihealth.org/locations/santa-ana/family-health-center-santaana



UCI Health, Healthy Living Series Classes 🐷 📋

- A series of classes that teach you how to live well and improve your life and health.
- **** 714-456-7514
- https://www.ucihealth.org/events/health-classes/healthy-living-series



UCI Health, Nutrition Services 📋 🔘

- Get personalized advice, help with meals, and learn about food.
- **4.** 949-824-7000
- https://www.ucihealth.org/medical-services/susan-samueli-integrative-health-institute/nutrition



Disclaimer: This sheet does not include all diabetes resources. Ask your healthcare team for advice when making lifestyle changes. UCI Health doesn't endorse the external resources listed. Updated as of 06/01/2023.

GOVERNMENT RESOURCES 🏛





California Department of Public Health (CDPH): Diabetes Prevention

- State department responsible for public health in California. Supports many activities to prevent diabetes in California.
- 916-558-1784
- https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/ Pages/DiabetesPrevention.aspx





Centers for Disease Control and Prevention (CDC) - Diabetes

- A national public health agency. Has the latest national information and resources on prediabetes and diabetes prevention.
- **\$** 800-232-4636

♥ ■ Q

cdc.gov/diabetes





MyHealthfinder - Diabetes 🕨

- A website run by the U,S. Department of Health and Human Services. Gives advice based on condition or health status.
- https://health.gov/myhealthfinder/healthconditions/diabetes





National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) **№** Q

- Part of the National Institutes of Health (NIH) that researches many long-term diseases, including diabetes.
- **** 1-800-860-8747
- https://www.niddk.nih.gov/health-information/diabetes





Orange County - Healthy Living with Diabetes 📻 📔

- A free program created by Stanford University to help adults with type 2 diabetes or prediabetes
- 1-800-510-2020
- L https://www.officeonaging.ocgov.com/healthy-
- # aging/community-health-programs/healthy-living-diabetes



NONPROFIT & NOT-FOR-PROFIT ORGANIZATIONS





Association of Diabetes Care & Education Specialists 📢 💓 🔾

- Organization dedicated to improving diabetes care through education support.
- **L** 1-800-860-8747
- https://www.diabeteseducator.org/living-with-diabetes





American Diabetes Association 📢 🛍 📋 🔘

- A nonprofit that teaches the public about diabetes.
 Supports community services, research, education & promotion.
- **1-800-342-2383**
- # diabetes.org





Defeat Diabetes Foundation

- A foundation that supports preventing, identifying, and managing Type 2 diabetes.
- 877-391-5051
- L https://defeatdiabetes.org/get-healthy/diabetes-support-
- groups/





Diabetes Leadership Council (DLC) 📢 💓

- Organization aiming for judgment-free healthcare for diabetes patients.
- https://diabetesleadership.org/





Diabetes Patient Advocacy Coalition (DPAC) 📢 💓

- A group that promotes public policy to improve the health of all Americans with diabetes.
- diabetespac.org





Diatribe Foundation 📢 💓 🎎

- A foundation that works to improve the lives of people with diabetes or prediabetes and advocates for action.
- diatribe.org/foundation



Scan QR for the website



International Diabetes Federation

- A worldwide organization that works to improve diabetes care and education.
- https://www.idf.org/





Juvenile Diabetes Research Foundation (JDRF) 📢 💓 📋 🍥 🔾 🎎

- A global organization emphasizing Type 1 Diabetes research towards finding a cure.
- **1**-800-533-2873
- jdrf.org





Latino Diabetes Association 💓 🕝 🗎 💽

- An organization committed to delivering culturally appropriate diabetes education and management tools to underserved Latino communities.
- **323-837-9869**
- https://lda.org/





Latino Health Access

- An organization in Santa Ana, CA that delivers culturally appropriate health-related services and programming for Latino populations.
- 714-988-3346
- https://www.latinohealthaccess.org/chronic-disease-prevention-and-management





- A nonprofit organization in Orange that supports families with Type 1 diabetes through support groups and educational classes.
- **** 714-509-8330
- https://www.padrefoundation.org/





Riverside Free Clinic M 🗎

- A nonprofit organization that gives free health and wellness care to the Inland Empire while training future healthcare workers.
- https://sites.google.com/view/riverside-free-clinic-dmc/home





The Diabetes Link () ()

- A national nonprofit organization helping teens and young adults navigate their diabetes.
- https://thediabeteslink.org/



FORUMS & SUPPORT COMMUNITIES 🐯

Beyond Type 1 - English 📢 🗎 🎎

- An organization changing what it means to live with Type-1 diabetes through platforms, programs, resources, and grants,
- beyondtype1.org





Beyond Type 1 - Spanish / Español 📢 🗎 🍱

- Beyond Type 1 support and advocacy in Spanish.



- Beyond Type 2 English 📢 💓 📋 🎎
- An organization changing what it means to live with Type-2 diabetes through platforms, programs, resources, and grants,
- beyondtype2.org



BEYOND TYPE 2

Beyond Type 2 - Spanish / Español 📢 🕍 🖺 🎎

- Beyond Type 2 support and advocacy in Spanish.
- es.beyondtype2.org



		the website
Children with Diabetes*	 Children With Diabetes	
diabetes daily	 Diabetes Daily A forum connecting individuals with diabetes and has articles on education, research, and nutrition. 216-867-1177 diabetesdaily.com 	
<u>DiabetesSisters</u> ∗	Diabetes Sisters • A support group empowering women of all ages with education and the property with the control of the contr	
DIABUL MIA HELPL NE	 An advocacy group bringing awareness about the relationship between between and eating disorders. 425-985-3635 diabulimiahelpline.org 	
marin / Y health.	 Marin Health Type 1 and 2 Diabetes Support Group Free remote support groups that provide a safe space to talk about diabetes. 1-415-925-7370 https://www.mymarinhealth.org/events-calendar/event-details/?event=15424 	
TCOYD TAKING CONTROL OF YOUR DIABETES®	 Taking Control of Your Diabetes (TCOYD) An organization that gives resources and media to educate about diabetes. ■ □ □ □ ■ ** ■ ** ■ ** ■ ** ■ ** TCOYD.org 	

INSULIN, MEDICATION, & EQUIPMENT 🔊





American Diabetes Association - Insulin Help

- Find immediate assistance, medical devices, and local resources.
- **L** 800-342-2383
- https://insulinhelp.org/





Lilly Insulin Affordability Program

- Through the Lilly Insulin Value Program, all Lilly insulins are available for \$35 a month with commercial insurance or no insurance.
- 1-800-711-3813
- mattps://www.insulinaffordability.com/





One Touch

- A brand under LifeScan that creates diabetes products.
 Website contains basic information on diabetes basics testing, insulin therapy, and management.
- 1-800-663-5521
- https://www.onetouch.ca/
- Request free OneTouch Verio® branded meter:
- <u>https://www.onetouch.ca/offers</u>





SingleCare Diabetic Test Strips

- Free sign-up for a SingleCare drug coupon. Coupon for purchasing Blood Glucose Test strips at selected retail.
 - Contact pharmacy for exact pricing with coupon.
- **4.** 844-234-3057
- https://www.singlecare.com/prescription/blood-glucosetest





U.S. Food & Drug Administration - Diabetes

- Search and check with FDA for approved diabetes products and medicine.
- https://www.fda.gov/consumers/minority-health-and-health-equity-resources/diabetes



TRANSPORTATION RESOURCES 🛋 🚍

(OLDER ADULTS ONLY)





Senior Wheels Transportation Program

- For Anaheim residents, transportation within a 10 miles radius of the resident's home.
- More information: 714-765-4511
- <u>https://www.anaheim.net/1638/Senior-Wheels-Transportation-Program</u>





Orange County: Senior Non-Emergency Medical Transportation (SNEMT Progam)

- Low-cost transportation to and from medical appointments and other health-related trips.
- \$800-510-2020 OR 714-480-6450
- <u>https://www.officeonaging.ocgov.com/page/senior-non-emergency-medical-transportation-snemt-program</u>





Orange County Transit Authority (OCTA): ACCESS

- Service within ¾ mile of, and during the same hours as, the OC Bus service. \$3.60 for each one-way trip.
- € Eligibility: 714-560-5956
- Reservation: 877-628-2232
 - o TDD: 800-564-4232
- http://octa.net/Getting-Around/Bus/Access Service/Overview/





Age Well Senior Services: Non-Emergency Medical Transportation

- Rides to and from the doctor within South Orange County designated service area. All rides must be scheduled five (5) business days in advance.
- **4** 949-855-9766
- <u>https://agewellseniorservices.org/transportation/</u>





City of Irvine: TRIPS

- Low-cost, wheelchair-accessible transportation to Irvine seniors and adults with disabilities.
- **** 949-724-7433
- https://www.cityofirvine.org/senior-services/trips

