Diabetes RESOURCES

**Apps**
- BeatDi - https://www.beatapp.com/
- BG Monitor (Androd) - https://www.bg-monitor.com/
- Carb King - http://www.carbking.com/
- DiabetesM - https://www.diabetes-m.com/
- Diabetes Tracker by MyNetDiary (Monthly Fee) - https://www.mynediary.com/diabetes.html
- Foodcuate - https://www.foodcuate.com/
- Glooko - https://www.glooko.com/
- Glucose Buddy - https://www.glucosebuddy.com/
- Giucioso - https://www.giucioso.com/
- Health2sync - https://www.health2sync.com/
- LoseIt - https://www.loseit.com/
- MyNetDiary CalorieCounter - https://www.mynetdiary.com/
- mySugr: Diabetes Tracker Logger (Monthly Fee – includes test strips, monitor, BG monitor Blue tooth results to app, personal coach) - https://mysugr.com/
- MapMyWalk - https://www.mapmywalk.com/
- OneDrop (Monthly fee, includes test strips, monitor, BG monitor, personal coach) - https://onedrop.today/
- SparkQuote (free, inspiring quote for the day)
- Sugar Sense - http://sugarsmkn.health/2017/06/16/sugar-sense/

**Diabetes, General Health and Other**
- American Diabetes Association www.diabetes.org 1-800-342-2383
- Cornerstones for Care – Your Diabetes, Your Way @ https://www.cornerstones4care.com/
- Diabetes Local: www.diabeteslocal.org
- American Association of Diabetes Educators – Information for people with diabetes & Diabeteseducator.org/DiabetesEducation/PWD_Web_Pages/
- Diabetes Life - dlife www.dlife.com
- Diabetes.midd.nh.gov
- Diabetesnet.com
- Diabetes Monitor - www.diabetesmonitor.com
- Diabetes Research and Wellness Foundation
- Diabetes Sisters: www.diabetesisters.org, Kay Mober (757-640-3708) and Sally Elleston (757-617-3828) are co-leaders of Chesapeake group.
- Affordable Prescription Medications: Check Walmart.com, Target.com, Walgreens, CVS, Harris Teeter, etc.
- Family Health 101 Lectures at Chesapeake Regional Healthcare – Classes and Events Calendar @ https://chesapeakeregional.com/classes-and-events-calendar
- Chesapeake Care Clinic – 2145 S. Military Hwy, Chesapeake - 757-565-5700
- Chesapeake Health Department - 748 North Battlefield Blvd, Chesapeake, VA 23323 - 757-382-8600
- Diabetes Forecast Magazine - www.diabetesforecast.org/ or 1-800-DIABETES
- Diabetic Living www.diabeticlevingonline.com
- Diabetes Self-Management Magazine - 1-800-234-0923 or www.diabetesselfmanagement.com/Magazine/
- Insulin Affordability Solutions - https://www.insulinaffordability.com/ or 1-833-808-1234
- Medic Alert Foundation - 1-888-633-4278 or www.medicalert.org/. Good quality diabetes identification
- Quit Now Virginia - 1-800-QUITNOW or www.vdh.virginia.gov/LHD/chronicdisease/quitnowvirginia.htm
- Partnership for Prescription Assistance - 1-888-477-2669 or www.pparx.org
- Senior Services of Southeastern VA - 757-461-9481 or www.ssseva.org
- TuDiabetes - A Community of People Touched by Diabetes @ https://tudiabetes.org/

**Emotional Support**
- Anxiety and Depression Association of America - www.adda.org, - 240-685-1001
- Depression and Bipolar Support Alliance - 800-826-3632 - www.dbsalliance.org
- National Alliance on Mental Illness (NAMI) - depression, bipolar and other support - 800-950-6266, www.nami.org
- National Suicide Prevention Lifeline - 800-273-8255

**Exercise**
- 24 Hour Fitness - https://www.24hourfitness.com/ - 800-234-0240
- Anytime Fitness - https://www.anytimefitness.com/
- Planet Fitness - https://www.planetfitness.com/
- YMCA - http://www.ymca.net/

**Nutrition**
- Academy of Nutrition and Dietetics - https://www.eatright.org/
- Calorie King - http://www.calorieking.com/
- Choose My Plate - www.choosemyplate.gov
- Cooking Light - www.cookinglight.com
- Food Network - https://www.foodnetwork.com/search/Diabetes/
- Fooducate - https://www.fooducate.com/
- Lose It! Weight Loss that Fits - https://www.loseit.com/
- My Healthy Weigh - https://chesapeakeregional.com/classes/my-healthy-weigh
- Overeaters Anonymous [support group] - https://oa.org/
- Personalized Calorie Level - http://www.calculator.net/calorie-calculator.html