



Diabetes RESOURCES



Apps

- Beat0 - <https://www.beatoapp.com/>
- BG Monitor (Android) - <https://www.bg-monitor.com/>
- Calorie King - <http://www.calorieking.com/>
- Carb Counting with Lenny - <http://www.lenny-diabetes.com/carb-counting-with-lenny.html>
- DiabetesConnect - <http://www.diabetesconnect.de/en/>
- DiabetesM - <https://www.diabetes-m.com/>
- Diabetes Online Communities - https://www.diabeteseducator.org/docs/default-source/legacy-docs/_resources/pdf/general/Social_Media_Handout.pdf
- Diabetes Tracker by MyNetDiary (Monthly Fee) - <https://www.mynetdiary.com/diabetes.html>
- Fooducate - <https://www.fooducate.com/>
- Glooko - <https://www.glooko.com/>
- Glucose Buddy - <https://www.glucosebuddy.com/>
- Glucosio - <https://www.glucosio.org/>
- Health2sync - <https://www.health2sync.com/>
- Loseit - <https://www.loseit.com/>
- MyNetDiaryCalorieCounter - <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/>
- MyFitnessPal - <https://www.myfitnesspal.com/>
- MapMyWalk - <https://www.mapmywalk.com/>
- One Drop (Monthly fee, includes test strips, monitor, BG monitor, personal coach) - <https://onedrop.today/>
- SparkQuote (free, inspiring quote for the day)
- Sugar Sense - <http://sugarlink.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.niddk.nih.gov
- Diabetesnet.com
- Diabetes Monitor - www.diabetesmonitor.com
- Diabetes Research and Wellness Foundation
- Diabetes Sisters - www.diabetessisters.org, Kay Mober (757-440-3720) and Sally Ellefson (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 -757-545-5700
- Chesapeake Health Department - 748 North Battlefield Blvd, Chesapeake, VA 23320 - 757-382-8600
- Diabetes Forecast Magazine - www.diabetesforecast.org/ or 1-800-DIABETES
- Diabetic Living www.diabeticlivingonline.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 - 1-888-633-4298 or www.medicalert.org/. Good quality diabetes identification
- National Diabetes Education Program - www.ndep.nih.gov
- National Institute of Diabetes and Digestive and Kidney Diseases - <https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>
- Quit Now Virginia - 1-800-QUITNOW or www.vdh.virginia.gov/LHD/richmondcity/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.adaa.org, - 240-485-1001
- Depression and Bipolar Support Alliance - 800-826-3632 - www.dbsalliance.org
- National Alliance on Mental Illness (NAMI) - depression, bipolar and other support - 800-950-6264, www.nami.org
- National Suicide Prevention Lifeline - 800-273-8255

Exercise

- 24 Hour Fitness - <https://www.24hourfitness.com/> - 800-224-0240
- Anytime Fitness - <https://www.anytimefitness.com/>
- Curves - <https://www.curves.com/> - 877-673-3144
- Lifestyle Center Gym Membership - <https://chesapeakeregional.com/programs-services/lifestyle-wellness/fitness-center> - 757-312-6131
- MOVE! Weight Management Program - <https://www.move.va.gov/>
- Planet Fitness - <https://www.planetfitness.com/>
- YMCA - <http://www.ymca.net/>

Nutrition

- Academy of Nutrition and Dietetics - <https://www.eatright.org/>
- American Diabetes Association - <http://www.diabetes.org/food-and-fitness/food/>
- Calorie King - <http://www.calorieking.com/>
- Choose My Plate - www.choosemyplate.gov
- Cooking Light - www.cookinglight.com
- Dash Diet - http://dashdiet.org/what_is_the_dash_diet.asp or <https://www.nhlbi.nih.gov/health-topics/dash-eating-plan>
- Food Network - <https://www.foodnetwork.com/search/Diabetes->
- Fooducate - <https://www.fooducate.com/>
- Lose It! Weight Loss that Fits - <https://www.loseit.com/>
- Mediterranean Diet - <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>
- Medline Plus - <https://medlineplus.gov/ency/article/007429.htm>
- My Healthy Weigh - <https://chesapeakeregional.com/classes/my-healthy-weigh>
- Nutrition.Gov - <https://www.nutrition.gov/subject/nutrition-and-health-issues/diabetes>
- Overeaters Anonymous (support group) - <https://oa.org/>
- Personalized Calorie Level - <http://www.calculator.net/calorie-calculator.html>
- Weight Watchers - <https://www.weightwatchers.com/us/>