

Diabetes Care

National resources for diabetes



blueprint



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.

diabetes.org

American Diabetes Association toll-free number

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

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

National Diabetes Education Program

Find information on diabetes, pre-diabetes, prevention, control and resources.

ndep.nih.gov

National Diabetes Information Clearinghouse

Talk to an information specialist toll free about diabetes resources.

800-860-8747

Centers for Disease Control

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

cdc.gov/diabetes

My Plate

Provides information and resources about diet and exercise. Also includes recipes and tips to manage weight and diabetes.

myplate.gov

Healthfinder

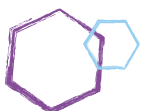
Enter diabetes in the search box and find links to diabetes information and educational material

healthfinder.gov

U.S. Food and Drug Administration

Enter diabetes in the search box for information on the safety and effectiveness of diabetes drugs, biological products, medical devices, food and dietary supplements.

fda.gov



MedlinePlus

Find information by entering diabetes in the search box.

nlm.nih.gov/medlineplus

National Heart, Lung and Blood Institute "Aim for a Healthy Weight"

Find a body mass (BMI) calculator, dining-out ideas, portion control and menu planning.

nhlbi.nih.gov/health/educational/lose_wt/

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.

fitness.gov

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.

smokefree.gov
1-800-QUIT-NOW
1-800-784-8669



Visit with your primary care provider (PCP) for more information about diabetes management. To find a provider or view your benefits, visit blueprintportal.com.



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