

## DIABETES RESOURCES FOR PATIENTS

These resources can help you to keep learning about and managing your diabetes.

- **Most resources are free unless noted. Some resources require you to create an account.**
- The National Library of Medicine has a 16-minute video you may find helpful to better understand health information you find on the internet: <https://medlineplus.gov/webeval/webeval.html>

The information in this document was accurate at the time of writing.  
If information has changed, please let us know so that we can update the handout.

<b>Short Videos about Diabetes</b>	<ul style="list-style-type: none"> <li>• <b>What is Diabetes:</b> <a href="http://www.youtube.com/watch?v=2TWelC6SHr8">www.youtube.com/watch?v=2TWelC6SHr8</a></li> <li>• <b>Healthy Coping:</b> <a href="http://www.youtube.com/watch?v=-R2VICKWpbs">www.youtube.com/watch?v=-R2VICKWpbs</a></li> <li>• <b>Healthy Eating:</b> <a href="http://www.youtube.com/watch?v=ct3xk0Od6O8">www.youtube.com/watch?v=ct3xk0Od6O8</a></li> <li>• <b>Being Active:</b> <a href="http://www.webmd.com/diabetes/blood-sugar-coach-17/diabetes-plan/video-diabetes-get-moving">www.webmd.com/diabetes/blood-sugar-coach-17/diabetes-plan/video-diabetes-get-moving</a></li> <li>• <b>Setting S.M.A.R.T. Goals:</b> <a href="http://www.youtube.com/watch?v=1-SvuFIQjK8">www.youtube.com/watch?v=1-SvuFIQjK8</a></li> <li>• <b>Monitoring Your Blood Glucose:</b> <a href="http://www.youtube.com/watch?v=qAZAWBJfCqs">www.youtube.com/watch?v=qAZAWBJfCqs</a></li> <li>• <b>How to Inject Insulin with a Syringe:</b> <a href="http://www.youtube.com/watch?v=9uSSBu-5eSY">www.youtube.com/watch?v=9uSSBu-5eSY</a></li> <li>• <b>How to Inject Insulin with a Pen:</b> <a href="http://www.youtube.com/watch?v=GHVtiJ9xd6A">www.youtube.com/watch?v=GHVtiJ9xd6A</a></li> <li>• <b>Sick Day Guidelines:</b> <a href="http://www.youtube.com/watch?v=z0wDDrIf8Ak">www.youtube.com/watch?v=z0wDDrIf8Ak</a></li> </ul>	
<b>Online Classes</b>	<ul style="list-style-type: none"> <li>• <a href="http://cphatraining.com">DISEASE MANAGEMENT   Enlighten Together   Online Health Training (cphatraining.com)</a></li> </ul>	
<b>Websites with Information about Diabetes</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.diabetes.org/">www.diabetes.org/</a></li> <li>• <a href="http://www.niddk.nih.gov/health-information/diabetes">www.niddk.nih.gov/health-information/diabetes</a></li> <li>• <a href="http://www.eatright.org/">www.eatright.org/</a></li> </ul>	
<b>Web-based Support</b>	<ul style="list-style-type: none"> <li>• <a href="http://www.beyondtype2.org">www.beyondtype2.org</a></li> <li>• <a href="http://www.diabetessisters.org">www.diabetessisters.org</a></li> <li>• <a href="http://www.diatrube.org">www.diatrube.org</a></li> <li>• myDiabetesHQ: find on YouTube or Facebook</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.tcoyd.org">www.tcoyd.org</a></li> <li>• <a href="http://www.beyondtype1.org">www.beyondtype1.org</a></li> <li>• <a href="https://www.facebook.com/groups/dfwdiabetesandexercise">www.facebook.com/groups/dfwdiabetesandexercise</a></li> </ul>
<b>Local Diabetes Education Programs and Support Groups</b>	<b>BSWH Self-Management Education &amp; Support Class information at:</b> 1-800-422-9567 or <a href="http://www.bswhealth.com/specialties/diabetes/pages/default.aspx">www.bswhealth.com/specialties/diabetes/pages/default.aspx</a>  <b>Online Diabetes Support Class (2<sup>nd</sup> Saturday of each month):</b> <a href="http://BaylorScottWhiteHealth.com">Baylor Scott &amp; White Health - Online Diabetes Support Class (bswhealth.com)</a>	<b>American Diabetes Association</b>  <b>Dallas branch</b> serving North Texas 972-392-1181 <a href="http://www.diabetes.org/in-my-community/local-offices/dallas-texas/">www.diabetes.org/in-my-community/local-offices/dallas-texas/</a>  <b>JDRF</b> <a href="http://www.jdrf.org/dallas/">www.jdrf.org/dallas/</a>

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<b>Meal Planning</b>	<ul style="list-style-type: none"><li>• <a href="http://www.choosemyplate.gov/">www.choosemyplate.gov/</a></li><li>• <a href="http://www.diabetesfoodhub.org/">www.diabetesfoodhub.org/</a></li><li>• <a href="http://www.calorieking.com">www.calorieking.com</a></li><li>• Meal delivery service with healthy choices such as Home Chef, Hello Fresh or Sun Basket</li></ul>	<ul style="list-style-type: none"><li>• <a href="http://www.bd.com/resource.aspx?IDX=23566">www.bd.com/resource.aspx?IDX=23566</a> (Fast Food Guide)</li><li>• <a href="http://www.verywellfit.com/recipe-nutrition-analyzer-4157076">www.verywellfit.com/recipe-nutrition-analyzer-4157076</a> (Nutrition info for your recipes)</li><li>• <a href="http://www.Whisk.com">www.Whisk.com</a></li></ul>
<b>Mobile Apps (for iOS and Android)</b>	<ul style="list-style-type: none"><li>• MyFitnessPal and Map My Fitness (Can track calories and activity)</li><li>• Calorie King Food Search (Nutrition information)</li><li>• BD Diabetes Care</li></ul>	
<b>Books</b> (Many of these books are available at the Library or Half Price Books)	<ul style="list-style-type: none"><li>• Bright spots and Landmines: The Diabetes Guide I Wish someone Had Handed Me, by Adam Brown. It is available to download free through diaTribe.org</li><li>• Diabetes Burnout: What to do When you Can't Take it Anymore (William Polonsky)</li><li>• The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed (Gretchen Becker)</li><li>• Diabetes Meal Planning and Nutrition for Dummies (Toby Smithson)</li><li>• The Now Effect (Elisha Goldstein)</li></ul>	
<b>QUESTIONS ABOUT:</b>		
<b>DIABETES TECHNOLOGY:</b> <a href="https://diabeteswise.org/">https://diabeteswise.org/</a>		
<b>MEDICAL EQUIPMENT:</b> <a href="https://consumerguide.diabetes.org/">https://consumerguide.diabetes.org/</a> or call the 800 number on your equipment		
<b>COVERAGE of Diabetes Medications and Supplies:</b> Call the member services number on your insurance card and work with your healthcare team		
<b>DISASTER PLANNING:</b> <a href="http://www.diabetesdisasterresponse.org/">www.diabetesdisasterresponse.org/</a> <a href="http://www.cdc.gov/diabetes/ndep/people-with-diabetes/emergency.html">www.cdc.gov/diabetes/ndep/people-with-diabetes/emergency.html</a>		
<b>TRAVEL:</b> <a href="http://www.diabetes.org/airportsecurity">www.diabetes.org/airportsecurity</a> <a href="http://www.tsa.gov/travel/special-procedures">www.tsa.gov/travel/special-procedures</a> <a href="http://www.diabetes.org/living-with-diabetes/treatment-and-care/when-you-travel.html">www.diabetes.org/living-with-diabetes/treatment-and-care/when-you-travel.html</a>		
<b>DRIVING:</b> <a href="http://www.nhtsa.gov">www.nhtsa.gov</a> and search for diabetes		
<b>MEDICAL ID:</b> <a href="http://www.n-styleid.com">www.n-styleid.com</a> or <a href="http://www.medicalert.org">www.medicalert.org</a>		
<b>MEDICATIONS:</b> <ul style="list-style-type: none"><li>• <b>Information about medications:</b> <a href="http://www.drugs.com">www.drugs.com</a></li><li>• <b>Choosing supplements:</b> <a href="http://www.usp.org/verification-services/verified-mark">www.usp.org/verification-services/verified-mark</a></li></ul>		

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