

# Diabetes Resources

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*Taking care of your diabetes can seem complicated, especially at first. There's a lot you need to know and do. Resources such as community groups, websites, and mobile apps can help a lot. This handout lists some of the best tools to help you with your diabetes care. Ask your provider to circle one or two items that best fit your situation and needs.*



## Electronic applications to help manage diabetes

- **MyNetDiary:** Helps you learn and self-manage your diet, exercise, blood glucose, and medications.
  - Website: [mynetdiary.com](http://mynetdiary.com)
  - Mobile apps: \$9.99
- **MySugr:** Record food intake, blood glucose, and activity, and estimate HbA1c based on your results.
  - Website: [mysugr.com](http://mysugr.com)
  - Mobile app: FREE
- **Diabetes App and Diabetes App Lite:** Track changes in blood sugar levels, carb intake, weight, insulin injections, medicines, and activity; share data with your doctor. Includes a food database of over 200,000 food items.
  - Mobile app: \$6.99
  - Mobile app lite: FREE
- **Glucose Buddy:** Enter glucose numbers, carbohydrate consumption, insulin dosages, and activities — then view data online.
  - Website: [glucosebuddy.com](http://glucosebuddy.com)
  - Mobile app: FREE
- **OnTrack Diabetes:** Helps manage your insulin, blood glucose, food, activity, weight, and HbA1c. Set reminders to help keep you on track. Android only.
  - Mobile app: FREE
- **dLife:** Track blood glucose levels, exercise, and food intake. Includes information about managing diabetes, recipes, exercise tips, videos, blogs, podcasts, and more. iPhone only.
  - Website: [dlife.com](http://dlife.com)
  - Mobile app: FREE
- **Dbees.com:** Manage your insulin, insulin pump, medicines, and diet. You can even send reports directly to your doctor.
  - Website: [dbees.com](http://dbees.com)
  - Mobile app: FREE
- **Track3:** Record and track your blood glucose levels and insulin injections. Plan meals and activity and manage medicines.
  - Website: [track3.com](http://track3.com)
  - Mobile app: FREE
- **Diabetes Insulin Calculator:** Can help improve blood sugar by calculating insulin dose based on your food intake. Android only.
  - Mobile app: FREE
- **Insulin Calculator:** Simple calculator to help figure the correct insulin dose. Android only.
  - Mobile app: FREE

## Carbohydrate counting and nutrition

- **Academy of Nutrition and Dietetics:** Learn about nutrition how to make simple changes for better health.
  - Website: [eatright.org](http://eatright.org)
- **American Diabetes Association:** Get tips for eating out, quick meals and snacks, meal planning, and more.
  - Website: [diabetes.org](http://diabetes.org)
- **ChooseMyPlate:** Learn how to eat healthier by following the simple “choose my plate” guidelines created by the USDA.
  - Website: [choosemyplate.gov](http://choosemyplate.gov)
- **Go Meals:** Linked with the Calorie King nutrition information, helps you track activity and blood glucose readings.
  - Website: [gomeals.com](http://gomeals.com)
  - Mobile app: FREE
- **Calorie Counter by FatSecret:** An Android application to help track your meals, exercise and weight.
  - Website: [fatsecret.com](http://fatsecret.com)
  - Mobile app: FREE
- **MyFitnessPal:** Information for over 4 million foods, including items from most fast food and chain restaurant menus.
  - Website: [myfitnesspal.com](http://myfitnesspal.com)
  - Mobile app: FREE
- **SparkPeople:** Track your food and activity, analyze and build recipes, and check the nutrition in your favorite foods.
  - Website: [sparkpeople.com](http://sparkpeople.com)
  - Mobile apps: FREE
- **Weight Watchers:** This fee-for-service weight loss coaching program helps you set goals, provides recipes, guidance from leaders, and 24/7 online chat support.
  - Website: [weightwatchers.com](http://weightwatchers.com)
  - Mobile apps: FREE
- **Restaurant Nutrition for Android:** Information for over 250 restaurants and 60,000 food items. Gluten free menu indicator.
  - Mobile app: free
- **Lose It:** Set food and exercise goals and track your progress. Syncs with wireless scales, wearable trackers and other applications. Android and iOS.
  - Website: [loseit.com](http://loseit.com)
  - Mobile app: \$39.99/year
- **Calorie Count:** Enter a recipe and see the nutrition facts label. Over 250,000 foods in the database.
  - Website: [caloriecount.com](http://caloriecount.com)
  - Mobile app: FREE
- **MapMyFitness:** Enter or discover training routes in your area, whether you are walking, running, or bicycling. Get workout ideas and share your successes on social media.
  - Website: [mapmyfitness.com](http://mapmyfitness.com)
  - Mobile app: FREE

### Other websites

- **Diabetesforecast.org:** Information on living with diabetes, managing blood glucose, and wellness. \$12.00/year.
- **Diabeteshealth.com:** Free information on type 1 and type 2 diabetes, monitoring, products, nutrition, fitness and coping with diabetes.
- **Diabetesselfmanagement.com:** Weekly updates on the latest diabetes treatments, helpful tips, delicious recipes, and resources.
- **Diabeticlivingonline.com:** Free online magazine that provides information on living well with diabetes, recipes, weight loss, and fitness.

## Places to learn more about diabetes

Organization	Link	Phone or other
Intermountain Healthcare	<a href="http://intermountainhealthcare.org/">intermountainhealthcare.org/</a> (search "diabetes")	<a href="http://intermountainhealthcare.org/">intermountainhealthcare.org/</a> (search "diabetes + locations")
American Diabetes Association — Utah	<a href="http://diabetes.org">diabetes.org</a> (search Utah)	801-363-3024
Joslin Diabetes Center	<a href="http://joslin.harvard.edu">joslin.harvard.edu</a>	
Juvenile Diabetes Research Foundation (JDRF)	<a href="http://jdrf.org">jdrf.org</a>	801-530-0660 <a href="mailto:utah@jdrf.org">utah@jdrf.org</a>
Barbara Davis Center for Childhood Diabetes	<a href="http://barbaradaviscenter.org">barbaradaviscenter.org</a>	303-724-6837
National Institutes of Health	<a href="http://health.nih.gov">health.nih.gov</a>	
National Institute of Diabetes and Digestive and Kidney Diseases	<a href="http://niddk.nih.gov">niddk.nih.gov</a>	
Centers for Disease Control and Prevention (CDC)	<a href="http://cdc.gov/diabetes/home">cdc.gov/diabetes/home</a>	
Utah Department of Health	<a href="http://choosehealth.utah.gov">choosehealth.utah.gov</a>	
American Heart Association — Utah	<a href="http://heart.org">heart.org</a>	801-484-3838
National Kidney Foundation — Utah	<a href="http://kidneyut.org">kidneyut.org</a>	801-226-5111

### Social networking and blogs

These sites are online community forums where you can share and learn about type 1, LADA, type 2, and gestational diabetes, and in some cases, prediabetes. Forums include such topics as treatment choices, insulin pumps and continuous glucose monitoring systems, and managing diet and lifestyle changes. As with any online forum, take extra care when sharing any personal information.

- [Tudiabetes.org](http://Tudiabetes.org)
- [Dlife.com/community/landing](http://Dlife.com/community/landing)
- [Diabetesdaily.com/forum](http://Diabetesdaily.com/forum)
- [Typeonenation.org](http://Typeonenation.org)
- [Healthline.com/diabetesmine](http://Healthline.com/diabetesmine)
- [Thediabetesresource.com](http://Thediabetesresource.com)

### If you need help paying for your medicines

Medicine assistance programs are usually made up of doctors, community organizations, and drug companies. They help patients in need find low cost medicines to help them stay healthy. If you need help paying for your medicines, tell your healthcare provider and check with these organizations to see if they can help:

- RxAssist Patient Assistance Programs: [rxassist.org](http://rxassist.org)
- Partnership for Prescription Assistance: [pparx.org](http://pparx.org)
- NeedyMeds: [needymeds.org](http://needymeds.org)
- Medicare Pharmaceutical Assistance Program: [medicare.gov/pharmaceutical-assistance-program](http://medicare.gov/pharmaceutical-assistance-program)

