

Diabetes Resources

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 fact sheet lists some of the best tools to help you with your diabetes care.

Electronic applications to help manage diabetes

- **CalorieKing:** Provides nutrition facts for your favorite food brands and fast food restaurants. Includes thousands of foods in their database.
 - Website: calorieking.com
 - Mobile app: FREE
 - **MyNetDiary:** Helps you learn and self-manage your diet, exercise, blood glucose, and medicines.
 - Website: mynetdiary.com
 - Mobile app: \$9.99
 - **MySugr:** Record food intake, blood glucose, and activity, and estimate your 3-month HbA1c based on your results.
 - Website: 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
 - Mobile app: FREE
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- **OnTrack Diabetes:** Helps manage your insulin, blood glucose, food, activity, weight, and HbA1c. Set reminders to help keep you on track.
 - 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. Available for iPhone only.
 - Website: dlife.com
 - **Dbees.com:** Manage your insulin, insulin pump, medicines, and diet. You can even send reports directly to your doctor.
 - Website: dbees.com
 - Mobile app: FREE
 - **Diabetes Insulin Calculator:** Can help improve blood sugar by calculating insulin dose based on your food intake.
 - Mobile app: FREE

Carbohydrate counting, nutrition, and fitness

- **Academy of Nutrition and Dietetics:** Learn about nutrition and how to make simple changes for better health.
 - Website: eatright.org
- **American Diabetes Association:** Get tips for eating out, quick meals and snacks, meal planning, and more.
 - Website: diabetes.org
- **ChooseMyPlate:** Learn how to eat healthier by following the simple “choose my plate” guidelines created by the USDA.
 - Website: choosemyplate.gov
- **Calorie Counter by FatSecret:** An Android-only application to help track your meals, exercise, and weight.
 - Website: 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
 - Mobile app: FREE
- **SparkPeople:** Track your food and activity, analyze and build recipes, and check the nutrition in your favorite foods.
 - Website: sparkpeople.com
 - Mobile app: FREE
- **Lose It:** Set food and exercise goals and track your progress. Syncs with wireless scales, wearable trackers, and other applications.
 - Website: loseit.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
 - 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.



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, as well as prediabetes. Forum topics include treatment choices, insulin pumps, continuous glucose monitoring systems, and managing diet and lifestyle changes. As with any online forum, take extra care when sharing any personal information.

- Collegediabetesnetwork.org
- Tudiabetes.org
- Diabetesdaily.com/forum
- Typeonenation.org
- Healthline.com/diabetesmine
- Thediabetesresource.com

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

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
- NeedyMeds: needymeds.org
- Juvenile Diabetes Research Foundation: jdrf.org
- Medicare Pharmaceutical Assistance Program: medicare.gov/pharmaceutical-assistance-program

Notes

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