Florida Master Resource Sheet

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I. Health Care Services

1. Health Centers/Medical Providers

a) Accredited Diabetes Education Programs

I. https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program

b) Participating in University of Florida's Project ECHO Diabetes Tele-mentoring Program:

I. Gainesville:

UF Family Medicine at Eastside
https://ufhealth.org/uf-health-family-medicine-eastside
410 NE Waldo Rd. Gainesville, FL 32641 (352) 265-7015

Student Health Center
University of Florida
https://shcc.ufl.edu
280 Fletcher Dr, Gainesville, FL 32611
(352) 392-1161

Santa Fe College
https://www.sfcollege.edu/studentlife/health/index
Northwest Campus, Building S, Room 120
(352) 381-3777

UF Family Medicine at Oldtown
https://ufhealth.org/uf-health-family-medicine-old-town
25827 SE 19 Hwy Old Town, FL 23680
(352) 542-0068

II. Miami

Jessie Trice Community Health Centers
https://www.jtchs.org

Miami Center
5361 NW 22nd Ave Miami, Florida 33142
(305) 637-6400

Miami Gardens
4692 NW 183rd Street Miami Gardens, Florida 33055
(305) 637-6400

North Center
1190 NW 95th Street Suite 110 Miami, Florida 33150
(305) 694-6900

Flamingo
901 E. 10th Avenue Bay 39 Miami, Florida 33010
(305) 887-0004

Wilson/Juanita Mann Health Center
2520 NW 75th Avenue Miami, Florida 33147
(305) 637-6400

Miami Beach Community Health Centers
https://mbchc.org

Beverly Press Center
1221 – 71rst St. Miami Beach, FL 33141
(305) 538-8835

MBCHC North
11645 Biscayne Boulevard Stes 103-104
North Miami, FL 33181
(305) 538-8835

Stanley C. Myers Center
710 Alton Rd Miami Beach, FL 33139
(305) 538-8835

EmpowerU
https://www.euchc.org
7900 NW 27th Avenue Ste E-12, Miami, Florida 33147

III. Naples

Healthcare Network of South West Florida

http://www.healthcareswfl.org/

Family Care
1454 Madison Ave West Immokalee, FL 34142
(239) 658-3000

Children's Care
6350 Davis Boulevard, Suite 1001 Naples, FL 34104

Family Care Friendship Center
2355 Stanford Court, Suite 701 Naples, FL 34112

Miami Gardens
4692 NW 183rd Street Miami Gardens, Florida 33055
(305) 637-6400

North Center
1190 NW 95th Street Suite 110 Miami, Florida 33150
(305) 694-6900

IV. Tampa

Community Health Care Center of Pinellas
https://www.chcpinellas.org
7550 43rd St North, Pinellas Park, FL 33781
(727) 824-8181

Looking for a healthcare center in your area:
Florida Association of Community Health Centers
(850) 942-9902 | 2340 Hansen Lane Tallahassee, FL 32301
https://www.fachc.org/find-a-health-center#/

2. Prescription & Supplies

a) **Diabetic Solutions Inc**
10301 W Sample Rd Coral Springs, FL 33065
(954) 346-7759
Call for more detailed information about medical equipment and drugs which are being offered by the supplier and discuss about your insurance questions and concerns, payment requirements and application before making any purchase decision or before going directly to the store.

II. Public & Private Assistance Programs

1. General Resources

a) **Affordable Healthcare Act**
https://www.healthcare.gov/get-coverage/
Find insurance coverage that is best suited for you. Best for those who come from low social-economic statuses.

b) **CARE Chest of Sierra Nevada**
https://carechest.org/site/
(775) 829-2273
CARE Chest's Diabetic Supplies program distributes testing supplies, including blood-glucose monitors, test strips, syringes and lancets, as needed on a monthly basis for prescribed low-income Nevadans. Additional prescription assistance is available to clients with limited access to diabetes medications.

c) **Medicine** Assistance Tool
https://www.mat.org/
Patients input basic info–including prescription medicines, age, income and current insurance coverage (if any) – they will be provided with information about potentially available cost assistance resources that may help them afford their medicines.

l. **JDRF**
https://www.jdrf.org/t1d-resources/living-with-t1d/insurance/help-with-your-diabetes-prescription-costs/
JDRF provides a variety of sources for insulin, insulin pump and continuous glucose monitoring device cost assistance.

2. Medications

a) **Blink Health Insulin Patient Access Program**
https://www.blinkhealth.com/
Blink Health is working with Eli Lilly and Company to offer a 40 percent discount on Lilly insulins. The Blink Health Insulin Patient Access Program delivers the 40 percent discount directly to patients and will be honored at over 67,000 local pharmacies nationwide. Anyone can participate in the Blink Health Insulin Patient Access Program via the Blink

Health mobile app (available for iOS & Android) or website, www.blinkhealth.com, which has no membership fees or monthly premiums.

b) Cheap Insulin
https://cheapinsulin.org/
A nonprofit created to help everybody get cheap or free insulin, insulin pumps & continuous glucose monitors (CGMs). Inside Rx https://insiderx.com/ questions@insiderx.com The Inside Rx card is a prescription savings program to expand affordable access to brand and generic medications for patients in need at more than 40,000 participating retail pharmacies (including all major chains) in the U.S. and Puerto. They work with pharmaceutical manufacturers directly to help keep medication prices low. See their website for eligibility requirements.

c) PhRMA's Medicine Assistance Tool
https://medicineassistancetool.org/
A search engine to help people learn more about the resources available through the various biopharmaceutical industry medication assistance programs.

d) RXassist
http://www.rxassist.org/
Offers a comprehensive database of patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need.

e) RX Outreach
https://rxoutreach.org/
(888) 796-1234
Rx Outreach is a non-profit pharmacy making medications affordable for patients in need. They do not offer insulin but they do have glucose meters and test strips.

f) T1D Tool Kit
https://t1dtoolkit.org/support/getting-free-or-reduced-insulin/
T1D Tool kit provides an updated list of insulin cost-savings programs

g) Xubex Pharmacy Services
https://www.xubex.com/
(407) 624-5088
CustomerService@Xubex.com
Xubex offers assistance to individuals for generic medications.

3. Drug Company Assistance Programs

a) **AbbVie**
(800) 222-6885
https://www.abbvie.com/patients/patient-assistance.html

b) **AztraZeneca Pharmaceuticals**
(800) 424-3727
https://www.astrazeneca-us.com/medicines/Affordability.html

c) **Bayer HealthCare**
(866) 228-7723
https://www.patientassistance.bayer.us/

d) Benefits Checkup
www.benefitscheckup.org/

e) **Blink Health**
(844) 265 - 6444
https://www.blinkhealth.com

f) **Bristol-Myers Squibb Company**
(800) 736-0003
www.bmspaf.org/#home

g) **Eli Lilly and Company**
(833) 808-1234
https://www.insulinaffordability.com/

h) **Familywize**
(800) 222-2818
https://familywize.org

i) **GlaxoSmithKline**
(866) 728-4368
https://www.gskforyou.com/

j) **Good RX**
(855) 268-2822
https://www.goodrx.com

k) Johnson & Johnson
(800) 652-6227
https://www.jjpaf.org/

l) **Merck & Co.**
(800) 727-5400
https://www.merckhelps.com/

m) **Novartis Pharmaceutical Corp**
(800) 277-2254
https://www.pharma.us.novartis.com/our-products/patient-assistance/patient-assistance-foundation-enrollment

n) **Novo Nordisk**
(866) 310-7549
https://www.cornerstones4care.com/patient-assistance-program.html

o) **Pfizer, Inc.**
(844) 989-7284
https://www.pfizerrxpathways.com/

p) **Sanofi**
(888) 847-4877
http://www.sanofipatientconnection.com/

q) **Takeda Pharmaceuticals**
(800) 830-9159
https://www.takeda.com/en-us/corporate-responsibility/patient-assistance

III. Diabetes Technologies

1. Insulin Pump Websites and Assistance Programs

a) **Insulet (OmniPod Insulin Pump)**
(800) 591-3455
https://www.myomnipod.com/become-a-podder/insurance-coverage/financial-assistance-program

b) **Medtronic (670G and 630G Insulin Pumps)**
(800) 646-4633
https://www.medtronicdiabetes.com/customer-support/ordering-and-billing/billing

c) **Tandem (T:Slim X2 Insulin Pump)**
(877) 801-6901, Option 3
https://www.tandemdiabetes.com/
(main website – call for information on financial assistance programs)

2. Continuous Glucose Monitor (CGM) Websites & Assistance Programs

a) **Abbott Diabetes Care (Freestyle Libre CGM)**
(855) 632-8658
https://www.freestylelibre.us/index.html (main website)

b) **Dexcom (Dexcom G6 CGM)**
(888) 738-3646
https://www.dexcom.com/ (main website)

c) **Medtronic (Guardian Connect CGM)**
(800) 646-4633
https://www.medtronicdiabetes.com/customer-support/ordering-and-billing/billing

3. Blood Glucose Monitors and Strips

a) Free Glucose Meters

I. **Abbott Diabetes Care**
(855) 522-5226
https://www.myfreestyle.com/offers

II. **Roche Diabetes Care**
(800) 858-8072
https://bit.ly/2WwyX4y

b) Blood Glucose Strips

I. **Abbott Diabetes Care**

(855) 522-5226
https://www.myfreestyle.com/offers

II. Roche Diabetes Care
(800) 858-8072
https://www.accu-chek.com/microsites/simplepay

4. Device Assistance Programs

a) CR3 Diabetes
(919) 303-6949
https://www.cr3diabetes.org/
CR3 Diabetes Association provides glucose meters, strips, discounted pump supplies, and refurbished insulin pumps to uninsured or underinsured people living with diabetes.

b) Insulin Pumpers Foundation
http://foundation.insulin-pumpers.org/
Offers a program that helps bring insulin pump technology to those who do not have the financial resources to purchase an insulin pump on their own.

5. Other Assistance Programs

a) Insulin Syringes

I. BD Medical Diabetes Care
(888) 367-8517
https://www.bd.com/documents/customer-support/DC_BD-Assist-program-details_2018_EN.pdf
BD Medical – Diabetes Care offers a patient assistance program for people who use BD Ultra-Fine™ Insulin Syringes. You may qualify if you cannot pay for insulin syringes because your income is low and you do not have health insurance. You must meet financial and other program-specific criteria to be eligible for assistance. People who receive Medicare or Medicaid benefits do not qualify for this program. If you qualify, you can receive BD Ultra-Fine™ Insulin Syringes for a small co-pay.

b) Eye Care

I. Eye Care America
(877) 887-6327
eyecareamerica@aao.org
https://www.aao.org/eyecare-america
Eye Care America Diabetes EyeCare Program provides eye exams and up to one year of care to US citizens and legal residents within the Continental U.S, Hawaii and Puerto Rico through volunteer ophthalmologists (EyeMDs) often at no out-of-pocket cost to those who qualify.

IV. Resources for Living with Diabetes

1. Working with Clinics in your area

a) **American Association of Diabetes Educators:** www.diabeteseducator.org
The website for the American Association of Diabetes Educators, the professional group of Certified Diabetes Educators. They have quick guides for managing diabetes and other great education resources. You can also search for a CDE in your area.

b) **Florida Office of the American Diabetes Association:** https://www.diabetes.org/community/local-offices/florida

c) **Diabetes Daily:** https://www.diabetesdaily.com/start-here/
Daily recipes, nutrition, education and support

d) **DiabetesNet:** http://www.diabetesnet.com
Articles and research, tools, information and resources

e) **Diabetes Health:** www.diabeteshealth.com
Offers print and onsite magazines addressing the latest trends, new ideas and products.

f) **Diabetes Self-Management:** https://www.diabetesselfmanagement.com
Magazine with information on current trends in diabetes care.

g) **Diabetes Wise:** https://www.diabeteswise.org/
A website to help you find the right diabetes devices for your life.

h) **Diatribe:** https://diatribe.org/
Website helps make sense of diabetes and provides information focusing on diabetes.

i) **dLife:** https://dlife.com/
Recipes, nutrition tips and expert advice for diabetes

j) **National Institute of Diabetes and Digestive and Kidney Diseases:** https://www.niddk.nih.gov/health-information/diabetes
National diabetes information clearinghouse sponsored by the National Institute of Health. It maintains all the latest information on diabetes health.

k) **UCSF Diabetes Center:** https://diabetes.ucsf.edu/

l) **WebMD Diabetes Health Center:** https://www.webmd.com/diabetes/default.htm
Information about diabetes for people with diabetes.

V. Resources for Living with T1D

1. **American Diabetes Association:**
   http://www.diabetes.org/diabetes-basics/type-1/
   The website of the American Diabetes Association with all sorts of useful information, including info on treatment, blood sugar values, recipes, and prevention of complications.
2. **Beyond Type 1:**
   https://beyondtype1.org/.
   A non-profit with a focus on education, advocacy and the path to a cure for Type 1 diabetes.
3. **CarbDM:**
   https://carbdm.org/
   Carb DM's fosters connections among people with diabetes, their loved ones, and medical professionals, promotes learning, and develops strategies for thriving with type 1 diabetes. They offer numerous opportunities for people with T1D to connect face-to-face.
4. **Children with Diabetes:**
   https://childrenwithdiabetes.com/
   Offers educational resources and annual conferences for children and youth with T1D and their families.
5. **College Diabetes Network:**
   https://collegediabetesnetwork.org/
   For HS & college students, recent grads & parents
6. **Connected in Motion:**
   https://www.connectedinmotion.ca/
   Active, experiential education and programming to connect with others with T1D.
7. **Diabetes Education & Camping Association:**
   https://www.diabetescamps.org/
   Offers listings for T1D camps for children and youth.
8. **Florida Diabetes Camp:**
   Diabetes camp for children and teenagers living with Type 1 Diabetes. Parents and adults can volunteer as well.
9. **Gainesville Families Living with T1D:**
   https://www.facebook.com/groups/151486765058472/

This private by referral Facebook group is to provide support for and share ideas with parents, friends or caregivers of children and adults living with T1D in Alachua County.

10. **Integrated Diabetes Services:**
    http://integrateddiabetes.com
    Tools, diabetes technology reviews, resources and education.
11. **JDRF:**
    https://www.jdrf.org/t1d-resources/
    The leading global organization funding T1D) research. They provide education and other resources for adults and children with T1D.
12. **JDRF/ Florida Chapters:**
    https://www.jdrf.org/chapters/
13. **Riding on Insulin:**
    https://www.ridingoninsulin.org/
    Ski/snowboard, mountain biking and surfing events for children with T1D and their families.
14. **Sugar Mamas:**
    https://www.facebook.com/pages/category/Community/Sugar-Mamas-Diabetic-Support-1201021256595461/
    Facebook group for pregnancy & after for women with T1D.
15. **T1D Exchange:**
    https://t1dexchange.org
    Type 1 diabetes community that is accelerating promising research by seeking answers, sharing wisdom and offering support.
16. **T1D Toolkit:**
    https://t1dtoolkit.org/
    Diabetes education and support for children and adults with T1D.
17. **Tidepool:**
    https://www.tidepool.org/
    Non-profit organization making diabetes data more accessible, actionable, and meaningful for people with diabetes, their care teams, and researchers.
18. **Type One Nation:**
    https://typeonenation.org/
    A social network for people with type 1 diabetes (T1D), their families and friends.

VI. Resources for Living with T2D

1. **AADE 7 Self-Care Behaviors:**
   www.diabeteseducator.org/living-with-diabetes/aade7-self-care-behaviors
   Diabetes care & education specialists have developed 7 key areas to focus on.
2. **American Diabetes Care and Education Specialist (ADCES)**
   Find a Diabetes Program in Your Area:
   https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program
   Diabetes education is a recognized part of your diabetes care and is covered by Medicare and most health insurance plans when it is offered through an accredited diabetes education program, which has met vigorous criteria set by the U.S. Department of Health & Human Services.
3. **American Diabetes Association:**
   https://www.diabetes.org/diabetes/type-2
   The website of the American Diabetes Association with all sorts of useful information, including info on treatment, blood sugar values, recipes, and prevention of complications.
4. **Beyond Type 2:**
   https://beyondtype2.org/
   Beyond Type 2 is a place for everyone impacted by Type 2 diabetes to share their stories, get connected to the community, and find resources on topics from daily management to mental health.
5. **Choose My Plate:**
   https://www.choosemyplate.gov/
   Helping individuals create a well-balanced meal.
6. **Diabetes Food Hub:**
   https://www.diabetesfoodhub.org/
   Recipes tailored for people living with diabetes. (includes carbohydrate count)
7. **Lilly Diabetes Type 2 Diabetes Information:**
   https://www.lillydiabetes.com/type-2-diabetes
   Learn about how type 2 diabetes progresses over time, what's happening in your body, and how your doctor chooses the right treatment for you.
8. **Meal Planning:**
   https://www.diabetes.org/nutrition/meal-planning
   Resources to assist with meal planning, reading food labels, understanding carbohydrates and more

VII. Additional Resources

1. Specific Information Websites

a) 2018 Insulin Pump Comparisons and Reviews:
https://integrateddiabetes.com/2018-new-insulin-pump-comparisons-and-reviews/

b) 8 Diabetes Products on the Horizon:
http://www.diabetesforecast.org/2018/02-mar-apr/8-diabetes-products-on-the.html

c) A1C:
https://www.thediabetescouncil.com/ultimate-guide-to-the-a1c-test-everything-you-need-toknow/

2. Carb Counting

a) CalorieKing:
https://www.calorieking.com/

b) Carb Manager:
https://www.carbmanager.com/

c) Figwee:
https://figwee.com/ Photo based

d) Lose It!:
https://www.loseit.com/

e) MyFitnessPal:
https://www.myfitnesspal.com/

f) MyPlate:
https://www.livestrong.com/myplate/

g) T1D Toolkit Nutrition:
https://t1dtoolkit.org/t1d-101/basic-knowledge/

3. Diabetic Eye Disease

https://nei.nih.gov/health/diabetic/retinopathy

4. Drug & Alcohol Use with Diabetes

https://drugabuse.com/guides/substance-abuse-and-diabetes/

5. Exercise

a) Excarbs:
https://excarbs.sansum.org/

b) JDRF:

https://www.jdrf.org/t1d-resources/living-with-t1d/exercise/

c) ADA:
http://www.diabetes.org/food-and-fitness/fitness/exercise-and-type-1-diabetes.html

6. **Insulin Injection Tips & Techniques**
https://www.diabeteseducator.org/living-with-diabetes/Tools-and-Resources/insulin-injection-resources
https://t1dtoolkit.org/t1d-101/basic-skills/

7. **List of Insulin Types, Insulin Peak and Duration**
https://dlife.com/insulin-chart/

8. **Medicare Coverage for Insulin**
https://www.medicare.gov/coverage/insulin

VIII. Books

1. ADA Complete Guide to Carb Counting by Hope S. Warshaw and Karmen Kulkami
2. American Diabetes Association Complete Guide to Diabetes by American Diabetes Association
3. Balancing Diabetes: Conversations About Finding Happiness and living Well by Keri Sparling
4. Blood Glucose Pattern Control: A Guide for People Who Use Insulin by International Diabetes Center
5. Bright Spots and Landmines by Adam Brown
6. Joslin Guide to Diabetes: A Program for Managing Your Treatment by Richard S. Beaser, MD
7. Practical CGM by Gary Scheiner
8. Pumping Insulin by John Walsh
9. Sugar Linings by Sierra Sandison
10. Sugar Surfing by Stephen Ponder
11. Take Charge by Counting Carbs by Sanofi-Aventis
12. The Diabetes Bible: Your All in Guide to Living Well with Diabetes by Dana Armstrong
13. The American Diabetes Association Month of Meals Cookbook by American Diabetes Association
14. Think Line a Pancreas by Gary Scheiner
15. Understanding Diabetes (Pink Panther): by H Peter Chase, MD and David Maahs, MD PhD

IX. Apps for iOS and Android

1. Atkins Carb Counter and Meal Tracker for iOS and Android
2. BDBriight: Diabetes Assistant for iOS and Android
3. Calorie, Carb and Fat Counter for iOS and Android
4. CalorieKing for iOS
5. Carbs in Foods for iOS and Android
6. Carb Manager for Android
7. Figwee for iOS and Android
8. Lose It for iOS and Android
9. MyFitnessPal for iOS and Android
10. MyNetDiary for iOS and Android
11. MySugr for iOS and Android

X. Research Opportunities

1. **National Institute of Health:**
   https://www.nih.gov/health-information/nih-clinical-research-trials-you/finding-clinical-trial
   NIH/s website for all registered trials
2. **JDRF:**
   https://www.jdrf.org/impact/research/clinical-trials/
   A clinical trial matching tool for the T1D community
3. **Type 1 Diabetes TrialNet:**
   https://www.trialnet.org/participate
   Offers risk screening for relatives of people with T1D and innovative clinical studies to preserve insulin production.
4. **University of Florida Diabetes Institute:**
   https://diabetes.ufl.edu/research/find-a-study/
   Research trials for adults and children with pre-diabetes, T1D and T2D.
5. **Diabetes Research Institute (University of Miami):**
   https://www.diabetesresearch.org/DRI-clinical-trials
   A variety of research opportunities that recruit adults and children with pre-diabetes, T1D and T2D.

XI. Fun Swag and Merchandise

1. American Medical ID: Medical ID Jewelry
2. Lauren's Hope: Medical ID Jewelry
3. StickyJMedical: Medical ID Jewelry
4. Myabetic: Diabetic bags, wallet and accessories
5. Sugar Medical: Diabetes supply cases, bags and accessories
6. Rocka Dex: Adhesives and cases for diabetes tech and diabetes supplies
7. Pump Peelz: Decorative covers for diabetes devices
8. Grif Grips: Adhesives for Diabetes tech and organizer/carry cases
9. Elovate 15: Glucose powder for low blood sugars
10. Vial Safe: Insulin Bottle Protector
11. T1Tactical: Sturdy Insulin Pump Holsters

Contact Information:

Name

Number

Email