



# LOCAL RESOURCES

## MIAMI, FLORIDA



### 1. Obtaining Insulin and/or Medical Supplies

- **Help a Diabetic Child Foundation:**
  - Apply for help with getting supplies at [helpadiabeticchild.org](http://helpadiabeticchild.org).
  - Directory of prescription savings programs: <http://prescriptionhelp.aace.com/>
- **Needy Meds Program:** A resource for people who cannot afford medicine or other healthcare costs. [www.NeedyMeds.com](http://www.NeedyMeds.com)
- **Florida Medically Needy:** A State resource that pays medical expenses for people who do not qualify for traditional insurance plans. <https://dcf-access.dcf.state.fl.us/access/index.do>
- **Florida Healthy Kids / KidCare:** A State resource for children ages 5-18 who are uninsured and ineligible for Medicaid [https://www.healthykids.org/apply/?utm\\_source=google&utm\\_medium=cpc&utm\\_term=kids%20care&utm\\_campaign=Brand](https://www.healthykids.org/apply/?utm_source=google&utm_medium=cpc&utm_term=kids%20care&utm_campaign=Brand)
- **HealthCare Marketplace:** A Government resource that provides discounts on Government Insurance Plans. <https://www.healthcare.gov/>
- **Lilly Cares Foundation:** If you make under a certain amount of income and have NO insurance, you can qualify for free insulin. <https://www.lillycareseservice.com>
- **Helps those without prescription drug coverage by matching to Patient Assistance Programs:** <http://pparx.org>
- **Copay cards for those with no insurance or a high deductible:** <http://affordableinsulinproject.org/no-insurance-high-deductible/>
- R and NPH Insulins – older, human insulins are available over-the-counter in 49 states and cost much less than analog insulins (\$25-\$40 per vial at Walmart).
- **Insulin Pump and Continuous Glucose Monitor (CGM) Representatives:**
  - **Omnipod:** Ana Patricia Flipse: Email: [aflipse@insulet.com](mailto:aflipse@insulet.com)
  - **Medtronic:** Tyler Master: Email: [tyler.master@medtronic.com](mailto:tyler.master@medtronic.com)
  - **Tandem:** Giselle Gort: Email: [ggort@tandemdiabetes.com](mailto:ggort@tandemdiabetes.com)
  - **Dexcom:** Nelson E. Sastoque: Email: [nsastoque@dexcom.com](mailto:nsastoque@dexcom.com)
  - **Freestyle Libre:** Shawn Noy: Email: [shawn.noy@abbott.com](mailto:shawn.noy@abbott.com)
  - **Diabetic Solutions Sunshine State Pharmacy:** Dawn@[controlyourdiabetes.com](mailto:controlyourdiabetes.com)

### 2. Social Support

- JDRF Adult T1D Socials in Miami
  - To find out more information about the next event, contact Pam Williams by email at [PWilliams@jdrf.org](mailto:PWilliams@jdrf.org), or by phone at 904-739-2101, ext. 3.
- Beyond Type 1: <https://beyondtype1.org>
  - Aims to change what it means to live with a chronic illness through story sharing, helpful advice and programs targeted to those living with T1D.
- Online Forum: <https://forum.typeonenation.org/>
- Diabetes Camps: Kids Can Go and Adults can participate/volunteer. Call 434 445 4345 and ask for Gary.

### 3. Transportation and/or Distance Issues

- **Have you asked your doctor if they participate in telemedicine?**
- **Metrobus**- [www8.miamidade.gov/transit/metrobus.asp](http://www8.miamidade.gov/transit/metrobus.asp)
- **Special Transportation Service**- Miami-Dade shared-ride public transportation service [https://www8.miamidade.gov/global/service.page?Mduid\\_service=ser1471890065439510](https://www8.miamidade.gov/global/service.page?Mduid_service=ser1471890065439510)

### 4. In Between Visits – education, who to call for questions, resources, free clinics

- **Miami Beach Community Health Center**  
Clinic that operates under a sliding scale model depending on income. All income levels

accepted, accepts all forms of insurance, Medicaid and Medicare.

**Website:** <https://mbchc.org/> **Phone:** (305) 538-8835

- **Jessie Trice Community Health Center**

Health Center for behavioral health, dentistry, behavioral health, etc. FREE TRANSPORTATION  
Uses a sliding scale model based on income and accepts Medicaid, Medicare, private insurances,  
Prestige Health Choice (Medicaid plan), or self-pay.

**Website:** <https://www.jtchc.org/> **Phone:** (305) 805-1700

- **Camillus Health Services**

Free comprehensive health care, behavioral health and social services to the homeless and poor.

**Website:** <https://www.camillus.org/services/camillus-health-services/#.XNxQmHkJD5>

**Phone:** (305) 374-1065

- **Borinquen Medical Centers**

Clinic that operates under a sliding scale model depending on income. Accepts commercial and private insurance, Medicare, Medicaid, Healthy Kids, and self-pay.

**Website:** [www.borinquenhealth.org/](http://www.borinquenhealth.org/) **Phone:** (305) 576-6611

- **Managing Your Diabetes Education Classes at UHealth**

Dates (2019): July 20-21st (college prep), Aug. 9-11th (kids/teens),  
Oct. 11-13th (adults)

**Location:** 1450 N.W. 10th Ave. Suite 1006 Miami FL.

**Website:** <https://www.diabetesresearch.org/diabetes-classes>

For more information or to register, please call **Dina Bardales** at 305-243-3696.

- **Center for Family and Child Enrichment**

Health and behavioral support services CFCE accepts Medicaid and all Medicaid Managed Care Plans. A sliding scale fee rate is also available for self-pay clients.

**Location:** 1825 NW 167th St. Miami Gardens FL. 33056

**Website:** [www.cfcecares.org/](http://www.cfcecares.org/)

**Phone:** (305) 624-7450

- **New Horizons**

Center providing behavioral support to low-income patients

**Location:** 1469 NW 36th St. Miami FL. 33142

**Website:** <http://www.newhorizonscmhc.org/>

**Phone:** (305) 635-7444

## 5. Diet and Exercise

### Diet

- **Healthy Eating**

<https://t1dtoolkit.org/basic-knowledge/eating-a-healthy-eating/>

- **Portion Sizes**

<https://t1dtoolkit.org/basic-skills/portion-size/>

- **Beverage Options:**

<http://t1dtoolkit.org/basic-knowledge/what-can-i-drink/>

- **JDRF Living with T1D:**

<https://www.jdrf.org/t1d-resources/living-with-t1d/food-and-diet/>

- **Living with Diabetes (Spanish Resources):**

<https://www.diabeteseducator.org/living-with-diabetes/spanish-resources>

### Exercise

- **T1D Toolkit:**

<https://t1dtoolkit.org/young-adults/exercise/>

- **Parks with Fitness Zones/Workout Stations:**

<http://www.miamidade.gov/parks/library/fitness-zones-map.pdf>

- **Gyms:**

- Planet Fitness - \$10/month

- <https://www.planetfitness.com/>

- Youfit- \$10/month

- <https://www.youfit.com/>

