

# Diabetes Care

National resources for diabetes



blueprint

## American Heart Association

Learn more about the relationship between diabetes and cardiovascular disease (CVD). Find resources and support for how to lower risk of CVD and tips for healthy living.

[heart.org](http://heart.org)

800-242-8721

## Know Diabetes by Heart

Get monthly science-based diabetes and heart-healthy tips in your inbox. Know Diabetes by Heart raises awareness that living with Type 2 diabetes increases risk for heart disease and stroke – and that people should talk with their doctor at their next appointment about ways to reduce risk.

[knowdiabetesbyheart.org](http://knowdiabetesbyheart.org)

## Academy of Nutrition and Dietetics

Offers information on nutrition and health, from meal planning and prep to choices that can help prevent or manage health conditions and more.

[eatright.org](http://eatright.org)

## American Diabetes Association

Information on diabetes, nutrition and recipes, weight loss and fitness, prevention, news and research plus living with diabetes support and free e-newsletters. Call the 800 Call Center for general information and local information & events.

[diabetes.org](http://diabetes.org)

800-DIABETES

(800-342-2383)

## National Diabetes Information Clearinghouse

Find information on diabetes, pre-diabetes, prevention, control and resources. Talk to an information specialist toll free about diabetes resources.

[ndep.nih.gov](http://ndep.nih.gov)

800-860-8747

## Centers for Disease Control

Find frequently asked questions, news and information plus a listing of state-based programs.

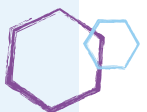
[cdc.gov/diabetes](http://cdc.gov/diabetes)

800-232-4636

## US Department of Agriculture MyPlate

Provides information and resources about diet and exercise. Also includes recipes and tips to manage weight and diabetes.

[myplate.gov](http://myplate.gov)



## Office of Disease Prevention and Health Promotion MyHealthFinder

Enter diabetes in the search box and find links to diabetes information and educational material

[health.gov/  
myhealthfinder](https://health.gov/myhealthfinder)

## U.S. Food and Drug Administration

Enter diabetes in the search box for information on the safety and effectiveness of diabetes drugs, biological products, medical devices, food and dietary supplements.

[fda.gov](https://fda.gov)

## US National Library of Medicine MedlinePlus

Find information by entering diabetes in the search box.

[nlm.nih.gov/medlineplus](https://nlm.nih.gov/medlineplus)  
888-346-3656

## National Heart, Lung and Blood Institute "Aim for a Healthy Weight"

Find a body mass (BMI) calculator, dining-out ideas, portion control and menu planning.

[nhlbi.nih.gov/education](https://nhlbi.nih.gov/education)

## The President's Council on Physical Fitness and Sports

Contains information on beginning a fitness program, including a fitness log; tips on how to get fit for different age groups and varying beginning levels of fitness. Publications on healthy living and activities are available.

[fitness.gov](https://fitness.gov)

## Smokefree.gov

Information and professional assistance that helps support both your immediate and long-term needs as you become, and remain, a nonsmoker. Get immediate assistance through an online step-by-step guide plus local, state and national telephone quitlines, instant messaging service and publications which may be downloaded, printed or ordered.

[smokefree.gov](https://smokefree.gov)  
800-QUIT-NOW  
(800-784-8669)



Visit with your primary care provider (PCP) for more information about diabetes management. To find a provider or view your benefits, visit [blueprintportal.com](https://blueprintportal.com).



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**BlueCross BlueShield**  
An Independent Licensee of the Blue Cross and Blue Shield Association