



Resources

What else is available to help?

"You expect me to do WHAT NOW?"



In this section you will find;



HgA1c Chart

Find a Risk Assessment Tool

County Services; Allegany, Livingston, Monroe, Ontario and Steuben
Includes Diabetes Education Programs and Support Groups

Diabetes Organizations

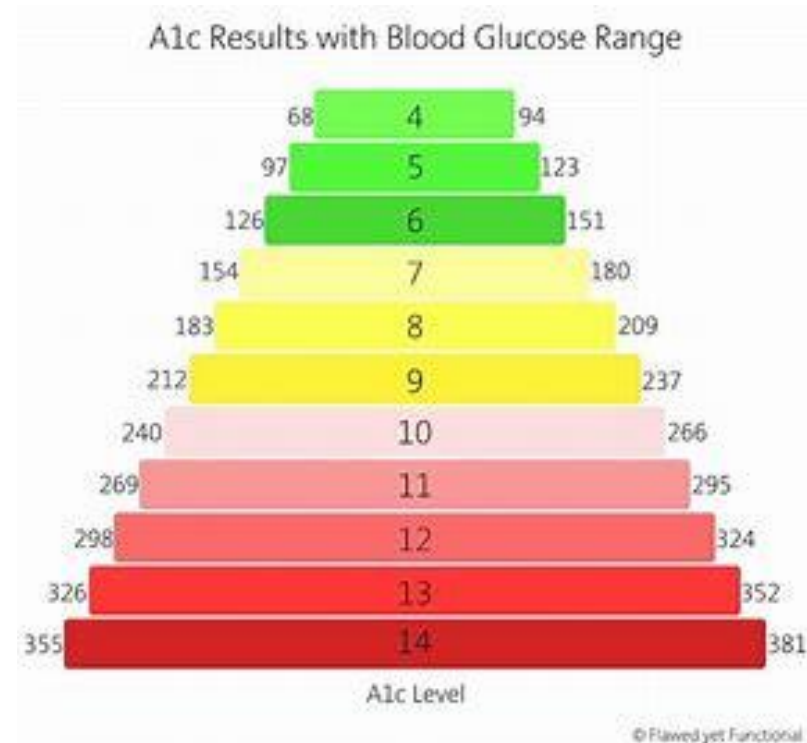
Additional Health Organizations

Nutrition Information

Apps for your phone



HgA1c – Translated to numbers



Checking Your Risk



American Diabetes Association; www.diabetes.org

You will find risk assessments for both diabetes and prediabetes which you can take on line.



Allegany County

Jones Memorial Hospital, Wellsville

Diabetes Self-Management Education Program

Phone (585) 596-4025

TOPS (Take Off Pounds Sensibly)

Phone (716)763-4626



Livingston County



Noyes Memorial Hospital, Dansville

Diabetes Self-Management Education Program

Locations include: Geneseo, Dansville, Hornell and 2 local provider offices, Phone (585) 335-4355

Diabetes Support Group: Meets at Noyes Memorial Hospital Monthly

Phone (585) 335-4355

Chronic Disease Self-Management Program

Phone (585) 335-4358

Monroe County



Diabetes Programs

- Resource Center Rochester General (585)922-8400
- Strong Diabetes Program (585) 275-2901
- Unity Diabetes Program (585) 368-4560
- U or R Healthy Living Center (585) 530-2050

Diabetes Support Groups

- Westside Diabetes Sisters of Rochester; cindy@diabetessisters.org
- Eastside Diabetes Sisters of Rochester; andrea@diabetessisters.org
- Diabetes Sisters of Rochester (585) 314-7183
- Brockport Diabetes Support Group (585) 737-2944

Ontario County

Thompson Health, Canandaigua

Diabetes Support Group

Third Wednesday of the month, 5 – 6 PM

RSVP Required at (585) 396-6233



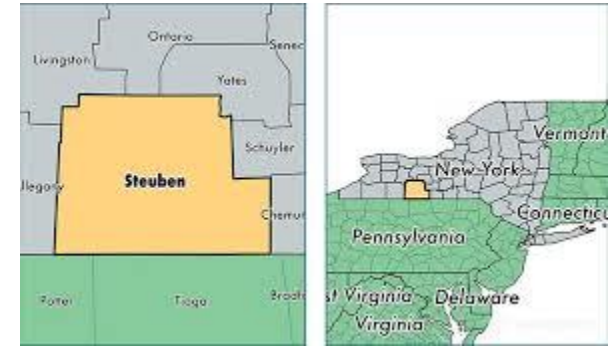
Steuben County

St. James Memorial Hospital

Diabetes Self-Management Education Program;

In collaboration with Noyes Hospital

(585) 335-4355



Diabetes Associations

American Diabetes Association; www.diabetes.org

- General information
- Find a Diabetes Care and Education Specialist in your area

Juvenile Diabetes Association; www.jdrf.org

- General information

Association of Diabetes Care and Education Specialists; www.diabeteseducator.org

- Find a Diabetes Care and Education specialist in your area
- General information

Additional Organizations for Your Team

National Institute of Diabetes and Digestive and Kidney Health

www.niddk.nih.gov

National Kidney Foundation; www.kidney.org

National Diabetes Information Clearinghouse; www.cdc.gov

American Heart Association; www.heart.org

National Mental Health Association; www.mhanational.org

NYS Smokers Quit line; 1-866-697-8487

Nutrition Information

- www.eatright.org – Academy of Nutrition and Dietetics
- www.nutrition.gov – General Nutrition Information
- www.choosemyplate.gov – Nutrition Education Information
- www.MyPyramid.gov – Food Guide Pyramid



Apps for Your Phone

- General Diabetes Management & Monitoring
- Medication Reminder Fitness
- Fitness
- Anxiety and Stress
- Nutrition
- Blood Sugar Logging



Caution!

- There are a lot of phone apps. Some are free and some are not!
- Check carefully before you sign up for one.



General Diabetes Management and Monitoring Apps

- **Beat Diabetes** Android
- **MySugr** Apple & Android
- **One Drop** Apple & Android
- **Tidepool** Apple & Android
- **Glucagon** Apple & Android
- **MyfitnessPal** Apple & Android
- **BG Monitor Diabetes** Android
- **Blue Star Diabetes** Apple & Android
- **Diabetes Connect** Apple & Android
- **Diabetes:M** Apple & Android
- **BD Bright: Diabetes Assistant** Apple & Android



Nutrition Related Apps

- **Calorieking** Apple
- **Fooducate** Apple & Android
- **MY Diet Calorie Counter** Apple & Android
- **Figwee** Apple



Fitness Apps

- **7 Minute Workout** Apple & Android
- **8fit Workouts and Meal Planner** Apple & Android
- **Endomondo** Apple & Android
- **Fitbit Coach** Apple & Android
- **MapMyFitness** Apple & Android



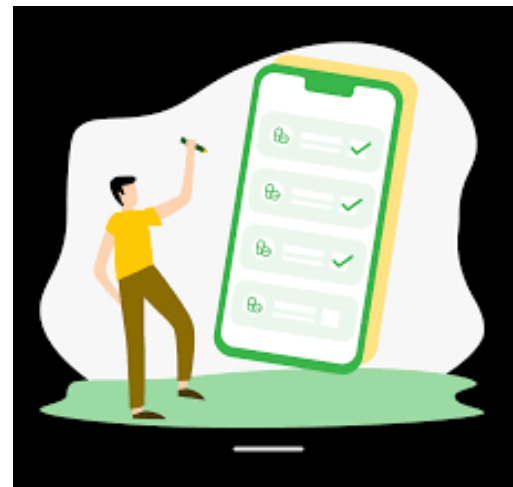
Blood Sugar Logs Apps

- **BeatO** Apple & Android
- **Glucose Buddy** Apple
- **Health2sync** Apple & Android
- **One Touch Reveal** Apple & Android
- **Sugar Sense Diabetes** Apple & Android



Medication Reminder Apps

- **PillPack** Apple
- **MyMeds** Apple & Android
- **Medisafe Medication Management and Pill Reminder** Apple & Android
- **Care Zone Health Info Organizer** Apple & Android
- **Dosecast** Apple & Android
- **Mango Health** Apple & Android



Anxiety and Stress Apps

- **Calm** Apple & Android
- **Happify: for Stress and Worry** Apple & Android
- **Sanvello (formerly Pacifical)** Apple & Android
- **Personal Zen Affirmations** Apple & Android
- **Relax Life** Apple & Android



"You expect me to do WHAT NOW?"



A Reminder from Pete

These Resources will get you started.

They are not the only ones available.

