The Delaware Diabetes Coalition (DDC) is a statewide nonprofit organization comprised of a network of healthcare organizations working together to improve the lives of all people in Delaware affected by diabetes through awareness, prevention, identification, dissemination of services, and advocacy.

Funding for the Delaware Diabetes Resource Guide is made possible by the Delaware Diabetes Coalition in partnership with the Delaware Division of Public Health Diabetes and Heart Disease Prevention & Control Program and the Delaware Division of Services for Aging and Adults with Physical Disabilities.

The Delaware Diabetes Coalition and its partners make no claims regarding the qualifications, competence, background or motivation of any individual or agency listed. Individuals and agencies were not charged a fee to be included in this directory. We take no responsibility for omissions, misinformation, or other errors. If you see a need to update the Resource Guide, call the Delaware Diabetes Coalition at 302.519.6767. Provider, support groups, diabetes education programs, and transportation assistance resources are limited to the State of Delaware and are subject to change. If you need a resource outside of the state, please ask your primary care provider or contact your local health department.
The Coalition was established in 1994 and incorporated as a nonprofit in 2001. Our mission is to improve the quality of life for Delawareans affected by diabetes through awareness, prevention, identification of services and advocacy.

The Coalition takes an active role in development and advocacy for standards of care, public policies and comprehensive plans for the prevention and control of diabetes throughout the state. It also encourages and promotes public and professional education programs with regard to prevention, early detection of diabetes and its complications, and self-management through the following activities:

- **Diabetes Wellness Expo**, a free public awareness and educational event held annually in November in Dover, Delaware
- The publication of this Resource Guide and a variety of other resource materials
- Collaboration with health plans to review trends and needs related to diabetes prevention, detection and management
- Collaboration with the physician and medical community on diabetes clinical care best practices
- Annual scholarship to students seeking higher education who meet established criteria
- Annual Diabetes Update for providers and health professionals
- Supporting advocacy efforts in the state to improve the quality of care for people with diabetes
INTRODUCTION

It is estimated that about 10.5 percent of the adult population in the United States, or approximately 34.4 million people have some form of diabetes (CDC, 2019). In 2015, an additional 33.9 percent of United States adults (84.1 million people) had prediabetes as determined through fasting glucose and hemoglobin A1C levels (CDC, 2017).

Delaware’s 2018 diagnosed diabetes prevalence was slightly higher than that of the U.S. (11.9% vs 10.9%, respectively) (CDC, 2019). In 2018, over 91,300 Delawareans age 18 or older had diabetes; an additional 85,100 adults had prediabetes (DPH, 2019). Diabetes also becomes more prevalent with age.

According to the American Diabetes Association, people with diabetes have health care costs that are 2.3 times higher than those for people without diabetes, with a total cost of prediabetes and diabetes for people in Delaware in 2018 estimated at $1.1 billion (ADA, 2018).

IF YOU HAVE DIABETES:
You do not have to deal with this disease alone. The Diabetes Resource Guide is developed by the Delaware Diabetes Coalition for you. This community of professionals wants you to live a healthier life by assuring you receive care according to the evidence-based standards of care.

Use this guide to learn what you can do to manage your diabetes.
<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Your Rights and Responsibilities</td>
</tr>
<tr>
<td>8</td>
<td>Standards of Diabetes Care</td>
</tr>
<tr>
<td>10</td>
<td>What Is Diabetes?</td>
</tr>
<tr>
<td>11</td>
<td>What is Pre-Diabetes?</td>
</tr>
<tr>
<td>12</td>
<td>Your Family May Be At Risk</td>
</tr>
<tr>
<td>13</td>
<td>Office Visits &amp; Diabetes Care</td>
</tr>
<tr>
<td>16</td>
<td>What Is the Hemoglobin A1c Test?</td>
</tr>
<tr>
<td>18</td>
<td>Diabetes Self-Management Team</td>
</tr>
<tr>
<td>22</td>
<td>Insurance Questions</td>
</tr>
<tr>
<td>24</td>
<td>Emergency Medical Diabetes Fund</td>
</tr>
<tr>
<td>26</td>
<td>Delaware State Service Centers</td>
</tr>
<tr>
<td>27</td>
<td>Emergency Preparedness</td>
</tr>
<tr>
<td>29</td>
<td>Contaminated Waste Disposal</td>
</tr>
<tr>
<td>32</td>
<td>Diabetes Resource Information</td>
</tr>
<tr>
<td>33</td>
<td>Diabetes Education Programs</td>
</tr>
<tr>
<td>37</td>
<td>Resources For Children With Diabetes</td>
</tr>
<tr>
<td>38</td>
<td>Scholarship Information</td>
</tr>
<tr>
<td>39</td>
<td>Assistance Programs</td>
</tr>
<tr>
<td>41</td>
<td>Mail Order Pharmacies</td>
</tr>
<tr>
<td>41</td>
<td>Federally Qualified Health Centers</td>
</tr>
<tr>
<td>43</td>
<td>Dental Clinics and Other Resources</td>
</tr>
<tr>
<td>46</td>
<td>Counseling Resources</td>
</tr>
<tr>
<td>47</td>
<td>Statewide Transportation</td>
</tr>
<tr>
<td>49</td>
<td>Additional Related Resources</td>
</tr>
<tr>
<td>55</td>
<td>Medicaid Information</td>
</tr>
<tr>
<td>56</td>
<td>Medicare Information</td>
</tr>
<tr>
<td>57</td>
<td>Diabetes Publications &amp; Media</td>
</tr>
<tr>
<td>58</td>
<td>Diabetes Websites</td>
</tr>
<tr>
<td>59</td>
<td>Diabetes Numbers at-a-Glance</td>
</tr>
</tbody>
</table>
In recognition of your rights and responsibilities as a person with diabetes, you can take charge of your health by:

- Recognizing that your actions can affect your personal health.
- Providing the correct information about your past medical history, hospitalizations, medicines and other issues related to your health.
- Writing all your medication names, doses and when you take them on a card to keep in your wallet and reviewing it at each doctor visit.
- Writing the dates of any past surgeries or hospital stays (including visits to the Emergency Room).
- Writing questions down and bringing them with you to your doctor visit.
- Having your questions answered in a way that you can understand.
- Asking for diabetes classes to learn what to do to take care of your diabetes.
- Assuring that you receive diabetes care according to the recognized American Diabetes Association (ADA) Standards of Care.
- Using this Resource Guide to find resources in your own community to help manage your care.

This Resource Guide will assist you with information that you can use to help you stay in control of your diabetes.

Check the back of your insurance card for the contact information to call for covered services including information or coverage for diabetes self management education.
**ON A DAILY BASIS YOU NEED TO:**

<table>
<thead>
<tr>
<th>Eat Healthier</th>
<th>Exercise Regularly</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Fruits and Vegetables" /></td>
<td><img src="image2.png" alt="Heart" /></td>
</tr>
<tr>
<td>Test Blood Sugars</td>
<td>Check Your Feet</td>
</tr>
<tr>
<td><img src="image3.png" alt="Blood Sugar Test" /></td>
<td><img src="image4.png" alt="Feet" /></td>
</tr>
<tr>
<td>Take Your Diabetes Medication(s) As Prescribed</td>
<td></td>
</tr>
<tr>
<td><img src="image5.png" alt="Pills and Syringe" /></td>
<td><img src="image6.png" alt="Medication" /></td>
</tr>
</tbody>
</table>
## STANDARDS OF CARE

It is important for you to work with your doctor/healthcare provider to receive your regular health check-ups. Below is a schedule of recommended screening:

<table>
<thead>
<tr>
<th>SCREENING</th>
<th>TESTING</th>
<th>HOW OFTEN?</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1C</strong></td>
<td>Lab test of Blood Sugar for 3 month average</td>
<td>2-4 times a year</td>
<td>Results should be 7% or below</td>
</tr>
<tr>
<td><strong>BLOOD GLUCOSE</strong></td>
<td>Blood Sugar Levels</td>
<td>At least 2-4 times a day and as needed for good control</td>
<td>Before meal blood sugars should be maintained between 80-130 mg/dl or 2 hours after any meal 180 mg/dl or less</td>
</tr>
<tr>
<td><strong>DENTAL</strong></td>
<td>Teeth, Tongue, &amp; Gums</td>
<td>See your dentist twice a year</td>
<td>People with diabetes are more likely to have problems with their teeth and gums</td>
</tr>
<tr>
<td><strong>EYE</strong></td>
<td>Dialated eye exam for Retinopathy</td>
<td>Once a year or every 6 months if the test is abnormal</td>
<td>Exams should be done by an eye doctor to check the blood vessels in the back of the eyes and for cataracts also to test for Glaucoma</td>
</tr>
<tr>
<td><strong>FOOT</strong></td>
<td>Sensation, sensitivity to touch and temperature</td>
<td>At least 2 times a year with a monofilament</td>
<td>Visual foot exam each office visit</td>
</tr>
</tbody>
</table>

---

Standards of Care: It is important for you to work with your doctor/healthcare provider to receive your regular health check-ups. Below is a schedule of recommended screening:

<table>
<thead>
<tr>
<th>SCREENING</th>
<th>TESTING</th>
<th>HOW OFTEN?</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1C</strong></td>
<td>Lab test of Blood Sugar for 3 month average</td>
<td>2-4 times a year</td>
<td>Results should be 7% or below</td>
</tr>
<tr>
<td><strong>BLOOD GLUCOSE</strong></td>
<td>Blood Sugar Levels</td>
<td>At least 2-4 times a day and as needed for good control</td>
<td>Before meal blood sugars should be maintained between 80-130 mg/dl or 2 hours after any meal 180 mg/dl or less</td>
</tr>
<tr>
<td><strong>DENTAL</strong></td>
<td>Teeth, Tongue, &amp; Gums</td>
<td>See your dentist twice a year</td>
<td>People with diabetes are more likely to have problems with their teeth and gums</td>
</tr>
<tr>
<td><strong>EYE</strong></td>
<td>Dialated eye exam for Retinopathy</td>
<td>Once a year or every 6 months if the test is abnormal</td>
<td>Exams should be done by an eye doctor to check the blood vessels in the back of the eyes and for cataracts also to test for Glaucoma</td>
</tr>
<tr>
<td><strong>FOOT</strong></td>
<td>Sensation, sensitivity to touch and temperature</td>
<td>At least 2 times a year with a monofilament</td>
<td>Visual foot exam each office visit</td>
</tr>
</tbody>
</table>

---

Standards of Care: It is important for you to work with your doctor/healthcare provider to receive your regular health check-ups. Below is a schedule of recommended screening:

<table>
<thead>
<tr>
<th>SCREENING</th>
<th>TESTING</th>
<th>HOW OFTEN?</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1C</strong></td>
<td>Lab test of Blood Sugar for 3 month average</td>
<td>2-4 times a year</td>
<td>Results should be 7% or below</td>
</tr>
<tr>
<td><strong>BLOOD GLUCOSE</strong></td>
<td>Blood Sugar Levels</td>
<td>At least 2-4 times a day and as needed for good control</td>
<td>Before meal blood sugars should be maintained between 80-130 mg/dl or 2 hours after any meal 180 mg/dl or less</td>
</tr>
<tr>
<td><strong>DENTAL</strong></td>
<td>Teeth, Tongue, &amp; Gums</td>
<td>See your dentist twice a year</td>
<td>People with diabetes are more likely to have problems with their teeth and gums</td>
</tr>
<tr>
<td><strong>EYE</strong></td>
<td>Dialated eye exam for Retinopathy</td>
<td>Once a year or every 6 months if the test is abnormal</td>
<td>Exams should be done by an eye doctor to check the blood vessels in the back of the eyes and for cataracts also to test for Glaucoma</td>
</tr>
<tr>
<td><strong>FOOT</strong></td>
<td>Sensation, sensitivity to touch and temperature</td>
<td>At least 2 times a year with a monofilament</td>
<td>Visual foot exam each office visit</td>
</tr>
</tbody>
</table>

---

Standards of Care: It is important for you to work with your doctor/healthcare provider to receive your regular health check-ups. Below is a schedule of recommended screening:

<table>
<thead>
<tr>
<th>SCREENING</th>
<th>TESTING</th>
<th>HOW OFTEN?</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1C</strong></td>
<td>Lab test of Blood Sugar for 3 month average</td>
<td>2-4 times a year</td>
<td>Results should be 7% or below</td>
</tr>
<tr>
<td><strong>BLOOD GLUCOSE</strong></td>
<td>Blood Sugar Levels</td>
<td>At least 2-4 times a day and as needed for good control</td>
<td>Before meal blood sugars should be maintained between 80-130 mg/dl or 2 hours after any meal 180 mg/dl or less</td>
</tr>
<tr>
<td><strong>DENTAL</strong></td>
<td>Teeth, Tongue, &amp; Gums</td>
<td>See your dentist twice a year</td>
<td>People with diabetes are more likely to have problems with their teeth and gums</td>
</tr>
<tr>
<td><strong>EYE</strong></td>
<td>Dialated eye exam for Retinopathy</td>
<td>Once a year or every 6 months if the test is abnormal</td>
<td>Exams should be done by an eye doctor to check the blood vessels in the back of the eyes and for cataracts also to test for Glaucoma</td>
</tr>
<tr>
<td><strong>FOOT</strong></td>
<td>Sensation, sensitivity to touch and temperature</td>
<td>At least 2 times a year with a monofilament</td>
<td>Visual foot exam each office visit</td>
</tr>
</tbody>
</table>

---

Standards of Care: It is important for you to work with your doctor/healthcare provider to receive your regular health check-ups. Below is a schedule of recommended screening:

<table>
<thead>
<tr>
<th>SCREENING</th>
<th>TESTING</th>
<th>HOW OFTEN?</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A1C</strong></td>
<td>Lab test of Blood Sugar for 3 month average</td>
<td>2-4 times a year</td>
<td>Results should be 7% or below</td>
</tr>
<tr>
<td><strong>BLOOD GLUCOSE</strong></td>
<td>Blood Sugar Levels</td>
<td>At least 2-4 times a day and as needed for good control</td>
<td>Before meal blood sugars should be maintained between 80-130 mg/dl or 2 hours after any meal 180 mg/dl or less</td>
</tr>
<tr>
<td><strong>DENTAL</strong></td>
<td>Teeth, Tongue, &amp; Gums</td>
<td>See your dentist twice a year</td>
<td>People with diabetes are more likely to have problems with their teeth and gums</td>
</tr>
<tr>
<td><strong>EYE</strong></td>
<td>Dialated eye exam for Retinopathy</td>
<td>Once a year or every 6 months if the test is abnormal</td>
<td>Exams should be done by an eye doctor to check the blood vessels in the back of the eyes and for cataracts also to test for Glaucoma</td>
</tr>
<tr>
<td><strong>FOOT</strong></td>
<td>Sensation, sensitivity to touch and temperature</td>
<td>At least 2 times a year with a monofilament</td>
<td>Visual foot exam each office visit</td>
</tr>
<tr>
<td>SCREENING</td>
<td>TESTING</td>
<td>HOW OFTEN?</td>
<td>COMMENTS</td>
</tr>
<tr>
<td>-----------</td>
<td>---------</td>
<td>------------</td>
<td>----------</td>
</tr>
<tr>
<td>HEART</td>
<td>Lipid Test HDL (good) LDL (bad) Triglycerides</td>
<td>Once a year. If on lipid meds, as directed by Health Care Provider</td>
<td>HDL should be &gt;40 mg/dl for men and &gt;50 mg/dl for women. LDL should be &lt;100 mg/dl. Triglycerides should be &lt;150 mg/dl.</td>
</tr>
<tr>
<td></td>
<td>Blood Pressure</td>
<td>Check at every office visit or at least 3-4 times per year</td>
<td>Blood Pressure should be less than or equal to 140/90 mm Hg.</td>
</tr>
<tr>
<td>KIDNEY</td>
<td>Urine spicimen for microalbumin Blood creatinine/ BUN</td>
<td>At least once a year</td>
<td>A urine sample is needed for this test. If abnormal results, additional lab work should be ordered</td>
</tr>
<tr>
<td>WEIGHT</td>
<td>Body weight and Body Mass Index (BMI)</td>
<td>Each visit</td>
<td>Focus on healthy body weight. If above or below expected BMI, see a registered dietitian.</td>
</tr>
</tbody>
</table>

This chart represents the American Diabetes Association Standards of Care.
WHAT IS DIABETES?

The food you eat is digested and used as a fuel called glucose to supply energy to the body cells. Insulin is released normally from the pancreas when glucose in the blood rises to assist the entry of glucose into the cells.

When you have diabetes, glucose has a hard time entering the cells due to the body not making enough insulin, cells being resistant to insulin, or making no insulin at all. This causes the glucose level in the blood stream to go up and is called hyperglycemia.

Typical symptoms of hyperglycemia are:

- Unexplained fatigue
- Increase in urination
- Excessive thirst
- Blurred vision

LAB TESTS TO DIAGNOSE DIABETES:

<table>
<thead>
<tr>
<th>Test Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1c</td>
<td>6.5% and above</td>
</tr>
<tr>
<td>Fasting, blood sugar (no food or drink a minimum of 8 hours)</td>
<td>126 mg/dl and above</td>
</tr>
<tr>
<td>2 hours after 75 gram glucose test</td>
<td>200 mg/dl or above</td>
</tr>
<tr>
<td>In a person with the typical symptoms of hyperglycemia</td>
<td>Random glucose 200 mg/dl</td>
</tr>
</tbody>
</table>

THERE ARE DIFFERENT TYPES OF DIABETES

TYPE 1 DIABETES:
No insulin is released from the pancreas. People must take insulin by injection or through a pump every day to get the glucose into the body cells. Insulin is the only treatment and balanced by food eaten and activity.

TYPE 2 DIABETES:
The pancreas may be making some insulin but not enough insulin. The
cells may not respond to the insulin the way they should. The pancreas needs to make more insulin to overcome the resistance at the cell called insulin resistance.

Type 2 is treated with portion control of food, daily activity, oral medications (pills), and insulin.

**GESTATIONAL DIABETES:**
Occurs during pregnancy in the second trimester. The placenta releases hormones that increase production of glucose requiring the pancreas to make more insulin. At delivery, the placenta is removed after birth and the blood sugar should return to normal. Glucose testing is scheduled 8-12 weeks postpartum to determine if diagnosis of Type 2 diabetes.

Having Gestational Diabetes increases the woman’s risk of developing Type 2 Diabetes.

Insulin resistance develops and affects both mother and unborn baby.

**WHAT IS PRE-DIABETES?**
Pre-Diabetes is a term to recognize persons whose glucose levels do not meet the criteria for diabetes but have blood glucose values that are higher than the normal values.

**PRE-DIABETES LAB VALUES:**

<table>
<thead>
<tr>
<th>Test Description</th>
<th>Value Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1c</td>
<td>5.7% to 6.4%</td>
</tr>
<tr>
<td>Fasting glucose</td>
<td>100 mg/dl to 125 mg/dl</td>
</tr>
<tr>
<td>2 hours after a 75 gram oral glucose test</td>
<td>140 mg/dl to 199 mg/dl</td>
</tr>
</tbody>
</table>

Persons with Pre-Diabetes are at a higher risk for developing Diabetes.

You may be at risk if you:

- Are overweight and most of this is across your belly
- Have a family member with diabetes
- Are not physically active
Lifestyle changes aimed at increasing exercise and healthy eating that help you lose 5 to 10% of your body weight have been shown to prevent or delay the development of diabetes.

A family history of diabetes should be mentioned to the physician. Family members should be tested for diabetes if they:

- Are overweight and inactive
- Have high blood pressure
- Have a low HDL cholesterol and high triglycerides
- Have a history of gestational diabetes
- Have given birth to a baby weighing more than 9 pounds
- Belong to the African-American, Asian-American, Native American or Hispanic ethnic group
- Have symptoms of:
  - Unusual thirst
  - A frequent desire to urinate
  - Blurred vision
  - Feeling tired most of the time for no apparent reason
  - Numbness in hands or feet
  - Unexplained weight loss
  - Increase in appetite
  - Itchy, dry skin
  - Slow healing cuts or bruises
  - Irritated gums

If experiencing these symptoms, contact your primary care provider for appropriate blood sugar screenings.
Diabetes is an illness that requires lifelong management. Education is needed to prevent acute complications and to lower the risk of long-term complications. Blood sugar can be controlled by following the guidelines of your Health Care Team.

The following are standards of basic medical care needed by people with diabetes. Your doctor/healthcare provider may choose to do more for you than what is listed in these standards; certain individuals may need more tests or procedures based on their individual medical situation.

**FIRST VISIT:** (This is when you are newly-diagnosed or changing your doctor/healthcare provider).

- You should expect to fill out a medical history form. Fill it out completely; do not leave out any information.
- You should expect to be asked questions by a member of the Health Care Team, doctor/nurse/dietitian.
- You should expect to be asked about:
  
  1. Any symptoms or problems that you are having: increased thirst or frequent urination, blurry vision, increased fatigue, wounds that don’t heal, a loss of sexual function, blood pressure problems, any problems with your feet or legs or arthritic pains.
  2. Your diet: what you usually eat now; the times of your meals; your food likes and dislikes; are you following a calorie restricted meal plan; are you using concentrated sweets (regular sodas/sweet teas)?
  3. Your weight: Is it the same or have you gained or lost weight in the last six (6) months?
  4. What kind of treatment plan you are following and what other treatment plans have you tried: diet, pills, insulin, and/or any of these in combination?
  5. What do you know about diabetes? Have you ever attended diabetes classes or seen a diabetes nurse educator or dietitian?
  6. What is your routine physical activity level? Do you exercise at least 30 minutes a day/ 5 days a week?
  7. Have you had any low blood sugar reactions? If so, how often; how severe; and how do you treat them?
  8. Do you know what ketones are and have you had ketones in your urine?
9. Do you test your blood sugar? What is the type and age of meter? How often do you test? Do you know what your blood sugar goals are?

10. What was your last A1c result and when was it done? Do you know what an A1c test is? How close is your number to the target of less than 7.0 (ADA)?

11. When did you have the following lab tests: liver, kidney, thyroid, cholesterol, triglycerides, blood count, and urinalysis/urine test for abnormal protein?

12. Do you have a history of infections of the skin, mouth, foot, or urinary tract system?

13. What other medications do you take, including over-the-counter medicines and/or herbs or supplements?

14. Do you have allergies to any medication(s), food(s) or the environment?

15. Is there a family history of: heart disease, stroke, circulatory problems, diabetes or its complications?

16. Have you ever smoked or used tobacco products?

17. Have you ever had a baby weighing over 9 pounds at birth? Did you have diabetes during pregnancy (Gestational Diabetes)?

18. Are you planning to become pregnant so that preconception counseling can be discussed?

19. Do you have any physical restrictions that may limit your ability to exercise, perform your own blood sugar test, or take your insulin injections (such as seeing clearly or holding the device)?

20. Do you have any problems paying for your diabetes self-care needs to keep your blood sugar under control: purchasing meters, supplies, or medicines?

21. How do you feel about having diabetes?

No one should expect to be able to remember all of this information without writing it down. Your first doctor’s visit can be a long one. Decrease the stress by taking time to answer the questions above and writing the answers down to bring with you to discuss with your doctor.

**Follow-up Visit: (Every 3-4 Months):** (This is when you are newly-diagnosed or changing your doctor/healthcare provider).
• Your doctor/healthcare provider should:
  1. Check your blood pressure, weight, thyroid, feet, skin, injection sites, teeth and gums, nerve function and listen to your heart.
  2. Review your lab tests.
  3. Review your diet and exercise program.
  4. Review your history of smoking and alcohol habits.
  5. Review your blood glucose records.
  6. Discuss the use of aspirin, to help protect your heart, and ACE inhibitors, to help protect your kidneys.
  7. Question you about any other concerns, for example, stress, sexual function, medications, or financial.

**YEARLY VISIT:**

• A complete physical examination is recommended each year to check your eyes, reflexes, nerve function, teeth and gums, feet, height, weight and blood pressure.

• An annual flu shot and a pneumococcal vaccine, as recommended, to decrease the risk of these illnesses which can cause your blood sugar to go very high.

• The following laboratory tests are recommended:
  • Fasting blood sugar, electrolytes
  • A1c
  • Fasting: Cholesterol, HDL, LDL & triglyceride levels (lipid test)
  • Thyroid, kidney and liver function studies
  • Urinalysis and urine test for microalbumin/creatinine ratio (abnormal protein)
  • Complete blood count

• If you take insulin, you should see your doctor/healthcare provider at least once every three months.

• If you take diabetes pills or follow a diet and exercise plan to control your diabetes, you should see your doctor/healthcare provider at least twice a year.

• Visits with other specialists may include:
  • A complete eye exam by an ophthalmologist or optometrist at least once a year, to check vision, do a glaucoma (pressure) check, check for cataracts and a dilated eye
exam to view the inside of the eyeball or retina for damage

• A podiatrist (foot doctor) at least once a year
• A dentist twice a year
• A diabetes educator as required
• A registered dietitian as required
• An endocrinologist (diabetes specialist)
• Other specialists as requested by your doctor/healthcare provider

• At doctor/healthcare provider visits, you should request your numbers for:
  • Fasting Blood Sugar
  • A1c
  • Cholesterol
  • Triglycerides
  • Blood Pressure
  • Weight/Body Mass Index (BMI)

Review these numbers with your doctor/healthcare provider and ask to have a copy of the tests for your own records.

**WHAT IS THE HEMOGLOBIN A1C TEST?**

**THE BEST MEASURE OF LONG-TERM DIABETES CONTROL**

The hemoglobin (A1c) test is a simple lab test that reflects your average blood glucose level over the last 3 months. A small blood sample to check your A1c can be taken at any time of the day.

To the right is a chart from the American Diabetes Association that shows how your blood glucose testing results are likely to catch up with your A1c results. The chart shows that the higher your self-testing numbers are over a 3 month period, the higher your A1c result is going to be.

**WHY SHOULD I HAVE AN A1C TEST?**

The A1c test is the best test for you and your Health Care Team to know how well your treatment plan is working over time.
The test shows if your blood glucose levels have been close to normal or if your levels have been too high. The higher the amount of glucose in your blood, the higher your A1c result will be. A high A1c result will increase your chances for serious health problems.

**WHAT IS A GOOD A1C GOAL?**

You and your Health Care Team should discuss the A1c goal that is right for you. For most people with diabetes, the A1c goal is less than 7.0%. An A1c higher than 7.0% means that you have a greater chance of eye disease, kidney disease, or nerve damage. Lowering your A1c by any amount can improve your chances of staying healthy.

<table>
<thead>
<tr>
<th>A1C LEVELS</th>
<th>AVERAGE SELF TEST GLUCOSE NUMBER (PLASMA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>298</td>
</tr>
<tr>
<td>11</td>
<td>269</td>
</tr>
<tr>
<td>10</td>
<td>240</td>
</tr>
<tr>
<td>9</td>
<td>212</td>
</tr>
<tr>
<td>8</td>
<td>183</td>
</tr>
<tr>
<td>7</td>
<td>154</td>
</tr>
<tr>
<td>6</td>
<td>126</td>
</tr>
</tbody>
</table>

Source: US Department of Health & Human Services, National Diabetes Education Program

The goal for the A1C value can vary from person to person. In general, the goal is to be as close to the normal range as safely possible. For many people, this means trying to achieve a goal of < 7%. For some people, a goal of < 6.5% is more appropriate. This would be true for many young people with diabetes. For others the goal may be less stringent. Patients with an increased risk of hypoglycemia, such as people with a history of hypoglycemic unawareness, advanced age, cardiovascular disease, stroke, or kidney disease may have a realistic goal for the A1C of < 8%. For others, a goal of < 9% is appropriate. This would include people with severe medical problems and a short expected lifespan.
Effective diabetes management should use the team approach.

**Individual with Diabetes:**
You are responsible for your diabetes care. Educate yourself with this Resource Guide and know what you should expect from your doctor/healthcare provider. Healthcare providers, family and friends may offer suggestions and recommendations for managing diabetes, but **it is your responsibility to follow these recommendations.**

**Family & Friends:**
Family and friends can help or hinder your performance of diabetes care. They can support you and are an important part of the treatment team.
**Doctor/Healthcare Provider** (PCP = Primary Care Provider):
The Doctor/Healthcare Provider is responsible for implementing medical care in accordance with the American Diabetes Association’s Standards of Medical Care for Persons with Diabetes and coordinating your individual care. It is your PCP who assures that you receive your standards of care and reviews your lab test results with you. Every time that you go to see your PCP, you should remove your socks and shoes so your PCP may check your feet.

**Community Health Worker:**
Community Health Workers are trained to provide culturally appropriate health education and information, offer social support and informal counseling, and connect people with the services they need.

**Diabetes Care & Education Specialists**
(formerly Certified Diabetes Educators):
Diabetes Care & Education Specialists (DCES) are healthcare professionals who specialize in educating and assisting people to develop diabetes self-management skills such as testing blood sugar, eating the right foods and taking medicines as needed. DCES’s include nurses, dietitians, exercise physiologists, pharmacists, or social workers. All persons with diabetes should meet with a DCES when first diagnosed. A list of local Diabetes Care & Education Specialists can be found at www.dediabetecoalition.org. Additional visits are important when you have changes in weight, poor blood sugar control or adjustment in medication.
**REGISTERED DIETITIAN:**
Dietitians are healthcare professionals with expertise in medical nutrition therapy (M.N.T). All persons with diabetes should meet with a dietitian when first diagnosed. Additional visits are important when you experience weight changes, poor blood sugar control or adjustments in medication.

**PHARMACIST:**
The person with diabetes sees the pharmacist more than any other member of the diabetes care team. You can ask your pharmacist questions about your diabetes medicine, and any other medicines including those used over the counter. They can also answer questions about insurance coverage and your diabetes management supplies.

**ENDOCRINOLOGIST:**
Endocrinologists have special training in metabolic diseases, usually with a focus on diabetes. Endocrinology consults are best made before a person develops complications of diabetes. A list of local endocrinologists can be found in this resource guide. They can be of assistance to the primary care doctor / healthcare provider in the management of diabetes.

**OPHTHALMOLOGIST/OPTOMETRIST:**
Persons with diabetes should receive a dilated eye exam each year by an eye care professional. An ophthalmologist is a medical doctor who specializes in treating diseases of the eye and performing corrective eye surgery. An optometrist is a doctor of optometry who specializes in identification of eye diseases and disorders and in the correction of most visual abnormalities.

**PODIATRIST:**
Persons with diabetes should receive a foot exam each year to determine loss of feeling. A podiatrist specializes in care and correction of foot and ankle problems. Patients with neuropathy, skin changes, nail problems, ulcerations or who are unable to reach their feet to perform routine foot care should be referred to a podiatrist. A podiatrist may recommend special shoes for persons with special footwear needs.
DENTIST:
The dentist specializes in the oral hygiene needs of all persons with diabetes. Teeth and gums can be affected by high blood sugar. Ill-fitting dentures and partial appliances can also cause major problems. A person with diabetes needs to see a dentist two times a year.

PSYCHOLOGIST:
Stress management and family dynamics play a major role in diabetes control. Living with a chronic disease may cause depression or anxiety. Talking to someone about these feelings can help you cope better with the demands of diabetes management. A person with diabetes may want to check with their insurance company for these services under their mental health benefits.

SOCIAL WORKER/CASE MANAGER:
The Social Worker/Case Manager represents a link in the coordination of services for persons with diabetes. They may also specialize in counseling to help you live well with diabetes.

OTHER SPECIALISTS YOU MAY NEED TO SEE:
- Cardiologist - Heart
- Neurologist - Nerve
- Nephrologist - Kidney
- Urologist - Lack of bladder control or sexual dysfunction
- Gastroenterologist - Digestion
- OBGYN - Female Health

EMPLOYER:
The employer of a person with diabetes is in a position to help their employee remain healthy and productive. Providing an employee benefit package that supports diabetes self-management, including access to diabetes supplies and education, can keep the worker with diabetes from developing long-term complications. A person with diabetes should not be embarrassed or try to hide their diabetes from their employer. The Americans with Disabilities Act protects against discrimination of people with diabetes in the workplace. Special accommodations on the job for meal times, testing blood sugar, or other diabetes-related activities should be reviewed with the employer as soon after diagnosis as possible.
**INSURANCE COMPANY:**
You need to contact your individual insurance company to ask questions about your specific diabetes education and supplies coverage. You need to know your benefits/coverage as a person with diabetes. Check the back of your insurance card for the contact information to call for covered services including information or coverage for diabetes self management education. Below, please find some basic questions that you should ask your insurance company.

<table>
<thead>
<tr>
<th>QUESTIONS TO ASK YOUR SMALL BUSINESS OR COMMERCIAL INSURANCE, INSURANCE EXCHANGE, MEDICARE (INCLUDING MEDICARE PART B) OR MEDICAID PROVIDER</th>
<th>HOW MUCH IS COVERED?</th>
<th>HOW DO I GET REIMBURSED FOR THESE SERVICES?</th>
</tr>
</thead>
</table>
| What type of training and education in diabetes self-management is covered and how often can the services be used?  
- One-on-One Education  
- Group Classes  
- Follow up visits |  |  |
| What kind of diabetes equipment is covered? Is it durable medical equipment?  
Examples: Glucose meters/insulin pens/insulin pumps/devices for the visually impaired/walking aids/special shoes, etc. If hypertensive, a blood pressure cuff. |  |  |
| What diabetes supplies are covered?  
Are they durable medical equipment?  
Examples: Blood glucose strips/lancets/syringes/pen needles/insulin pump supplies. |  |  |
<p>| Are visits with a Dietitian and/or Nurse DCES covered? |  |  |</p>
<table>
<thead>
<tr>
<th>QUESTIONS TO ASK YOUR SMALL BUSINESS OR COMMERCIAL INSURANCE, INSURANCE EXCHANGE, MEDICARE (INCLUDING MEDICARE PART B) OR MEDICAID PROVIDER</th>
<th>HOW MUCH IS COVERED?</th>
<th>HOW DO I GET REIMBURSED FOR THESE SERVICES?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are medications covered? Check your pharmacy benefits each year to determine if generic pills/insulin can be used.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What diabetes-related specialties are covered? Examples: Eyes/feet/physical therapy/occupational therapy/dental.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For information on insurance laws and protections for individuals or are having a problem with your health plan, contact the DE Department of Insurance at 1-800-282-8611 or [www.insurance.delaware.gov](http://www.insurance.delaware.gov)

For more information to help you understand the Medicare “donut hole,” go to [www.socialsecurity.gov](http://www.socialsecurity.gov).

For more information on State Health Insurance Marketplace, visit [www.healthcare.gov](http://www.healthcare.gov) or call 1-800-318-2596 (Note: assistance in multiple languages is also available). Also, a detailed document on the Affordable Care Act and Individuals with Disabilities can be found at [www.diabetes.org/HealthInsuranceMarketplaces](http://www.diabetes.org/HealthInsuranceMarketplaces). A “Health Insurance Update: Protections for People with Diabetes” can be found at [www.diabetes.org/resources/health-insurance/health-insurance-update](http://www.diabetes.org/resources/health-insurance/health-insurance-update)
At times, we can all use some help in our lives. Do not be afraid or embarrassed to ask if you need help for medicine, equipment or further information on a topic.

**FOLLOWING ARE THE GUIDELINES:**

**Purpose:**
- To provide, on an emergency need basis, diabetes services, medications and supplies to residents of Delaware.
- Provide payment for items directly related to diabetes that will eliminate or alleviate the emergency condition.

**Eligibility:**
- Individual has diabetes.
- Medical need is present that could result in serious impairment of health, prolonged hospitalization, complications or death.
- Other resources have been exhausted.
- Individual is without immediately accessible resources to meet their health needs.
- Individual has gestational diabetes.
- Individual must not have other insurance that will provide for diabetes services, medications and/or supplies requested.
- Assistance is necessary to eliminate or alleviate a medically related emergency due to their diabetes.
- The emergency must have resulted from their diabetes that is beyond the recipient’s control.

Emergency Medical Gestational Diabetes Fund provides an additional $100 per month during the term of pregnancy. These funds are to be utilized for the client to help provide and/or augment their current funds for self-management purposes of their diabetes during pregnancy and secure resources to access medications, services and supplies or any combination of the three. **Note:** Individuals must be evaluated on a case-by-case basis, using the established Delaware State Service Center financial screening guidelines and other criteria.

**Allowance:**
- The maximum total benefit is $500.00 per client, per year.
- Eligible clients may receive up to the maximum total benefit within a period of 12 consecutive months, in accordance with established Medical Fund Guidelines.
• The allowance may be used for:
  • Diabetes Medications
  • Diabetes Services, or
  • Diabetes Supplies

**Note:** The allowance may be used exclusively for any one of the three above, or in any combination.

**Process:** The person with diabetes **must** show that an emergency exists, ie: supplies needed not covered by their insurance, job loss, short on funds, etc. They must have a written cost of what is needed. They may benefit from a written request for any items related to their diabetes care; i.e. medicine.

Individuals in need must go to a State Service Center and ask specifically for **Emergency Services**. A case worker will speak with them to determine if they should be evaluated immediately or need to schedule an appointment. If approved, the order will be processed and paid through **Emergency Services**. A maximum of $500.00 is available per person within an allotted 12-month period.

**Who is excluded from Emergency Medical Diabetes Funds?** Those who are not eligible for the program are those who do not have diabetes, cannot prove that a diabetes-related medical emergency exists, have other health insurance, or have full Medical Assistance benefits that provide coverage for the services, medications or supplies requested.

**Note:** Payments are made directly to vendors. **NO** direct payments to clients are permitted. Clients **MUST** provide written, itemized documentation of the costs associated with the services, medications or supplies for which financial assistance is being requested. Funds are administered by Emergency Services at your local Delaware State Service Center.

Financial assistance is limited to diabetes or conditions directly related to the person’s diabetes. No funding will be allocated for non-diabetes related services, medications or supplies. For information call: DHSS, Diabetes Prevention and Control Program, (302) 744-1020 or (800) 464-4357.
DELAWARE STATE SERVICE CENTERS

NEW CASTLE COUNTY:

- Appoquinimink State Service Center (302) 378-5770
  122 Silver Lake Road Middletown, DE 19709
- Belvedere State Service Center (302) 995-8545
  310 Kiamensi Road Wilmington, DE 19804
- Claymont State Service Center (302) 798-2870
  3301 Green Street Claymont, DE 19703
- Delaware State Service Center (302) 577-2970
  500 Rogers Road New Castle, DE 19720
- Floyd L. Hudson State Service Center (302) 283-7500
  501 Ogletown Road Newark, DE 19711
- Northeast State Service Center (302) 552-3500
  1624 Jessup Street Wilmington, DE 19802
- Winder Laird Porter State Service Center (302) 777-2800
  509 West 8th Street Wilmington, DE 19801

KENT COUNTY:

- James W. Williams State Service Center (302) 857-5000
  805 River Road Dover, DE 19901
- Milford Annex (302) 424-7230
  13 South West Front Street Milford, DE 19963
- Milford Riverwalk Center (302) 424-7150
  253 Northeast Front Street Milford, DE 19963
- Milford Walnut Street Building (302) 424-7230
  18 North Walnut Street Milford, DE 19963
- Smyrna State Service Center (302) 514-4500
  200 South DuPont Boulevard, Suite 101 Smyrna, DE 19977
SUSSEX COUNTY:

• Bridgeville State Service Center (302) 337-8261
  400 Mill Street
  Bridgeville, DE 19933

• Edward W. Pyle State Service Center (302) 732-9501
  34314 Pyle Center Road
  Frankford, DE 19945

• Laurel State Service Center (302) 875-6943
  31039 North Poplar Street
  Laurel, DE 19956

• Thurman Adams State Service Center (302) 856-5574
  546 South Bedford Street
  Georgetown, DE 19947

• Anna C. Shipley State Service Center (302) 628-2000
  350 Virginia Avenue
  Seaford, DE 19973

OTHER LOCATIONS:

• Central Administration Office (302) 255-9674
  Charles H. Debnam Building
  1901 N. DuPont Highway
  New Castle, DE 19720

EMERGENCY PREPAREDNESS

We always need to be ready for an emergency. Personal emergencies, natural disasters, or threats to our national security can have a profound effect on your ability to take care of your personal health and that of your family.

If something basic, like the loss of household electric power would occur for a few days or even a week, would you have everything you need on hand to manage your diabetes? If you suddenly had to evacuate, what would you take with you? Do you have a plan, do you have things ready to go? Are you sure that your child’s school is prepared to deal with diabetes in the event of an emergency?

IDENTIFY YOURSELF AS HAVING DIABETES:
The most important priority should be to identify yourself so relief workers can quickly identify that you have diabetes. ID bracelets are the
best sources of identification and/or an identification card can be easily carried in your wallet.

**PLAN AHEAD:**
It’s always smart to take the time to plan for a variety of emergency situations. During a crisis is not the time to start to plan what needs to be done.

- What kind of emergencies are most likely to happen?
- Are you likely to encounter earthquakes, hurricanes, fire, flood, ice storms or other natural disasters?
- Do you live near a major city, and if so, should that factor into your plans?
- Where are the safe spots in your home, depending on the situation?
- Are you on a hill?
- Is your home likely to flood?
- Do you have a basement?
- Where is the best spot to keep emergency supplies?
- Do you have a backup generator, kerosene or propane heaters, and extra cans of fuel on hand?
- Do you have enough canned goods and water on hand for 3-4 days?

Talk to all the members of your household about where you would go if you needed to evacuate and the supplies you would need.

- Do you have a list of your health and property insurance information; policy numbers, agents & contact phone numbers?
- Make sure that your emergency preparation includes clean water or no carbohydrate containing fluids in order to prevent dehydration.
- Take extra precaution to prevent infections. Include in your Emergency Preparedness Kit, supplies to treat an infection.
- Do you have copies of your personal identification, credit cards, health insurance cards, and other important documents in a water tight container in a safe but accessible place?
- Do you have a list of family and friends phones numbers to contact in case of an emergency?
- Do you have emergency cash in case banks are closed and/or access is denied?
• What about diabetes care?
• What about diabetes supplies, glucose strips, batteries, pump supplies, syringes, and medications?
• Prepare a list of all diabetic medications as well as any other medication you are taking.
• Do you remember to rotate supplies so they are not outdated when you need them in an emergency?
• If you take insulin, do you know what to do if YOUR type of insulin is not available and you have to substitute?
• Do you know what oral diabetes medications you can substitute for your regular medicines if they are not available?
• Do you have glucose tablets or gel stored for hypoglycemic reactions, especially if you are more active, and could therefore experience an unexpected blood sugar low?
• Does someone in your home know how to administer glucagon?

If you live alone, consider a personal alert device.

CONTAMINATED WASTE DISPOSAL

Place your needles, syringes and lancets in puncture-proof, hard plastic non-recyclable containers you can’t see through. When they are full, seal them with a strong tape before disposing of them. Red Biohazard Waste Containers can be purchased at your local pharmacy. Never place the sealed container in a recycling bin.

Use a hazardous waste/medical waste collection site for disposal. Call the Citizens Response Line at (800) 404-7080 for the location and collection dates in your county. Courtesy of The Delaware Solid Waste Authority www.dswa.com

Medicine take-back programs for disposal are a good way to remove expired, unwanted, or unused medicines from the home and reduce the chance that others may accidentally take the medicine. Contact your city or county government’s household trash and recycling service to see if there is a medicine take-back program in your community and learn about any special rules regarding which medicines can be taken back.
You can also talk to your pharmacist to see if he or she knows of other medicine disposal programs in your area.

**DISPOSAL IN HOUSEHOLD TRASH**
If no medicine take-back program is available in your area, consumers can also follow these simple steps to dispose of most medicines in the household trash:

- Mix medicines (do NOT crush tablets or capsules) with an unpalatable substance such as kitty litter or used coffee grounds;
- Place the mixture in a container such as a sealed plastic bag; and
- Throw the container in your household trash.

**COLLECTION SITE LOCATIONS:**
For safe disposal of unused, expired or unwanted medications at collection sites across Delaware, visit www.DelawareHealthyHomes.org for the location nearest you. Click on “Don’t Dump Medicines Down the Drain” or “Prescription Drug Drop Down Box” icon.
Diabetes Resource Information

Whether you have insurance benefits* or not, ask your doctor about getting diabetes education. Diabetes care involves a 24-hour a day understanding of what you need to do to keep yourself healthy. Enroll in a class or work individually with a Diabetes Care & Education Specialist** or a Registered Dietitian.

Every Public Library in the state of Delaware has a diabetes “information section”. There is information on diabetes in general, cookbooks, and other resources which are available to check out using your library card. The libraries also have computers you can use to go to the internet and find even more information on diabetes. If you have never used the computer before, the library personnel will be happy to help you. Take this Resource Guide with you and show them the web sites you would like to view. Five excellent online resources are the American Diabetes Association, www.diabetes.org, the Juvenile Diabetes Research Foundation, www.jdrf.org, the National Diabetes Education Program, www.ndep.nih.gov, Healthy Delaware, www.healthydelaware.org, and Delaware Division of Public Health, www.dhss.delaware.gov/dph/dpc/diabetes.html. Other library resources are the Kent County Book Mobile, (302) 744-1919 and the Sussex County Book Mobile, (302) 855-7893.

* Medicare, Medicaid and many other insurance companies may cover the cost of diabetes education. If you do not have insurance coverage, do not get discouraged, talk with the class instructors. A special payment plan or funds may be available to meet your needs.

** A list of classes and Diabetes Care & Education Specialists are online at www.deddiabetescoalition.org
The following Diabetes Education Programs in your area are recognized by the American Diabetes Association (ADA) or the American Association of Diabetes Educators (AADE). These recognized programs meet the ADA’s National Standards for Excellence in Diabetes Education.

Recognized diabetes education programs all cover the same content. Call any of the facilities listed for information on class dates and times. Classes generally include a fee, those recognized as ADA/AADE approved programs may be covered by Medicare / Medicaid. Call your insurance company to check on your coverage benefits. Most of the Diabetes Education program facilities sponsor free support groups also. Please call your facility for a listing of types of support groups, meeting times and locations.

NEW CASTLE COUNTY:

- A. I. Dupont Hospital For Children (302) 651-4000
  Nemours Children’s Clinic For appts: (800) 416-4441
  1600 Rockland Road
  Wilmington, DE 19803

- Christiana Care Health System (302) 661-3050
  Endocrinology Specialty Practice (302) 661-3052
  3506 Kennett Pike
  Wilmington, DE 19807

The Living With Diabetes Outpatient Program is available at a variety of locations in New Castle County including: Christiana Hospital, Middletown Care Center, Newark Senior Center, Riverside Medical Arts Complex, Physical Medicine and Rehabilitation Institute, & Healthcare Center at Brandywine. For specialty programs such as insulin injections, carbohydrate counting, nutrition counseling and gestational diabetes; call the main number.

- St. Francis Diabetes Center (302) 421-4150
  701 North Clayton Street
  Wilmington, DE 19805

KENT COUNTY:

- Bayhealth Kent Campus (302) 744-6307
  Diabetes and You Education Program
  640 South State Street
  Dover, DE 19901
• Christiana Care Health System  
  Endocrinology Specialty Practice  
  3506 Kennett Pike  
  Wilmington, DE 19807

The Living With Diabetes Outpatient Program is available at Smyrna Health & Wellness Center, 100 South Main Street, Smyrna, DE 19977. For specialty programs such as insulin injections, carbohydrate counting, nutrition counseling and gestational diabetes; call the main number.

**SUSSEX COUNTY:**

• Bayhealth Sussex Campus  
  Diabetes and You Education Program  
  100 Wellness Way  
  Milford, DE 19963

• Beebe Health Care  
  Diabetes Management & Medical Nutrition Therapy  
  Beebe Health Campus  
  18947 John J. Williams Highway  
  Suite 210  
  Rehoboth Beach, DE 19971

• Peninsula Regional Medical Center (PRMC)  
  “The Diabetes Connection: You’re in Control”  
  Diabetes Education Department  
  801 Middleford Rd  
  Seaford, DE 19973

**OTHER EDUCATION PROGRAMS:**

• Diabetes Self-Management Program  
  Delaware Division of Public Health Diabetes and Heart Disease Prevention & Control Program  
  Thomas Collins Building  
  540 S. DuPont Highway, Suite 10  
  Dover, DE 19901

This **FREE** program is given 2½ hours once a week for six weeks in community settings. Register online at [www.healthydelaware.org](http://www.healthydelaware.org) and go to self-management tab.
• Dining with Diabetes  (302) 730-4000
  New Castle, Kent and Sussex Counties Co-op Extension
This program is designed for people with diabetes and their family members. The five-class series includes diabetes education, cooking demonstrations, and tasting of healthy foods. After each lesson, participants will take home recipes and knowledge about how to manage diabetes in their daily lives.

• Westside Family Healthcare  (302) 655-5822
  Diabetes Self-Management Education Program
  1802 West Fourth Street
  Wilmington, DE 19805

Providing classes via Diabetes and Heart Disease Prevention and Control Program, Kathy Stroh, MS RD CDE.

**PREDIABETES EDUCATION PROGRAMS:**

• National Diabetes Education Program
  Evidence-based, yearlong program, where participants learn about healthy eating, physical activity and other behavior changes, continued monthly support provided for 25 sessions.

Program goals include reducing bodyweight by 7% and gradually increasing physical activity to at least 150 minutes per week. By eating healthier, increasing physical activity and losing a small amount of weight, a person with prediabetes can prevent or delay the onset of Type 2 diabetes by 58 percent.

• Christiana Care  (302) 623-3439
  4755 Ogletown Stanton Road
  Newark, DE 19718

• Kinetics  (302) 344-4554
  20377 Hopkins Road
  Lewes, DE 19958
  www.Kinetecs.com

• University of Delaware  (302) 831-1165
  Tower at STAR
  100 Discovery BLVD
  Newark, DE 19713
nutrition-clinic@udel.edu

- YMCA Of Delaware
  Diabetes Prevention Program
  100 W. 10th Street, Suite 1101
  Wilmington, DE 19801
  www.ymcadc.org

**DIABETES SUPPORT GROUPS:**

- Bayhealth
  640 South State Street
  Dover, DE 19901
  (302) 744-6307

- Beebe Health Care
  Diabetes Management & Medical Nutrition Therapy
  18947 John J. Williams Highway
  Suite 210
  Rehoboth Beach, DE 19971
  (302) 645-3121

Includes free meetings for persons interested in or wearing an insulin pump and persons with Type 2 diabetes. Group meets first Wednesday every other month from 4:30pm to 6:00pm.

- Christiana Care
  Diabetes Support Group Meetings
  Ammon Center at Christiana Hospital Campus
  4739 Ogletown Stanton Road
  Newark, DE 19718
  (302) 623-4697
  (302) 661-3070

Diabetes support group includes insulin pump support group and is held at Christiana Care Hospital Campus. Usually meets first Wednesday of the month, 6:30pm to 7:30pm. Call to obtain schedule, times and register.

- Modern Maturity Center
  Diabetes Support Group
  1121 Forrest Avenue
  Dover, DE 19904
  (302) 734-1200
  x 144

Monthly diabetes support groups are held. Contact Jamie Sherman at extension 144. Call for meeting dates.

- Nanticoke Memorial Hospital
  Diabetes Support Group
  801 Middleford Road
  Seaford, DE 19973
  (302) 629-6611
  x 2446

Free support group for individuals with diabetes. Call for support group meeting schedule and times.
RESOURCES FOR CHILDREN WITH DIABETES

• Affiliate at Doctors Community Hospital  (301) 552-8661
 8100 Good Luck Road
North Building, 5th Floor
Lanham, MD 20706
www.dchweb.org/locations/diabetes-education-center

• American Diabetes Association  (800) 342-2383
www.diabetes.org
askada@diabetes.org

• JDRF Bag of Hope  (302) 888-1117
Provides a bag of information specifically for kids, teens and their families. Arrangements can be made for a visit with another family who is also living with Diabetes.

• Camp Freedom  (610) 828-5003 x 4643
American Diabetes Association Camp
157 Game Farm Road
Schwenksville, PA 19473
Contact Michelle Foster - mfoster@diabetes.org - for information or go to www.diabetes.org/community/camp/find-a-cure

• Camp Possibilities  (302) 563-9460
Jeff Dietz, Founder/Executive Director
P.O. Box 522
Berlin, MD 21811
info@camppossibilities.org
A non-profit organization designed to serve children with diabetes through resident camp, Sunday through Friday. Held on the grounds of Camp Ramblewood, in Darlington, MD. www.camppossibilities.org

• College Diabetes Network (CDN) of Delaware
  University of Delaware
  udel@collegediabetesnetwork.org
CDN @ UD is singularly focused on providing young adults with T1D the peer connections they value, and expert resources they need, to successfully manage the challenging transition to independence at college and beyond.
www.collegediabetesnetwork.org/university-delaware-cdn-chapter
**PURPOSE:** The Delaware Diabetes Coalition has established a scholarship to provide financial assistance to high school seniors who are planning to attend further education in an accredited higher education program or students currently enrolled in an undergraduate program who have Type 1 or Type 2 diabetes.

The scholarship will be payable to the institution.

<table>
<thead>
<tr>
<th>NAME OF SCHOLARSHIP</th>
<th>Delaware Diabetes Coalition College Scholarship</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ANNUAL DEADLINE:</strong></td>
<td>April 30</td>
</tr>
<tr>
<td><strong>ELIGIBILITY:</strong></td>
<td>1. Delaware resident.</td>
</tr>
<tr>
<td></td>
<td>2. High school senior seeking higher education</td>
</tr>
<tr>
<td></td>
<td>from an accredited college or university or a</td>
</tr>
<tr>
<td></td>
<td>student currently enrolled in an undergraduate</td>
</tr>
<tr>
<td></td>
<td>program with Type 1 or Type 2 Diabetes.</td>
</tr>
<tr>
<td></td>
<td>3. GPA of 3.0 or better. Transcript required.</td>
</tr>
<tr>
<td></td>
<td>4. 500-word essay entitled: “How diabetes has</td>
</tr>
<tr>
<td></td>
<td>impacted my life choices.”</td>
</tr>
<tr>
<td></td>
<td>5. Two letters of support, not from family</td>
</tr>
<tr>
<td></td>
<td>members.</td>
</tr>
<tr>
<td></td>
<td>6. Able to make an appearance or submit a video</td>
</tr>
<tr>
<td></td>
<td>to be played at the annual Delaware Diabetes</td>
</tr>
<tr>
<td></td>
<td>Wellness EXPO held in November, to be</td>
</tr>
<tr>
<td></td>
<td>recognized as the scholarship recipient.</td>
</tr>
<tr>
<td></td>
<td>7. One-time recipient only</td>
</tr>
<tr>
<td><strong>AWARD AMOUNT:</strong></td>
<td>$1000.00</td>
</tr>
</tbody>
</table>

To apply or to request more information, students should contact:

Delaware Diabetes Coalition

c/o Scholarship Fund

Sara Pletcher, Executive Director

107 Vollkorn Road

Magnolia, DE 19962

(302) 519-6767

director@dediabetescoalition.org or www.dediabetescoalition.org
ASSISTANCE PROGRAMS FOR MEDICINE & SUPPLIES

Many companies offer diabetes medications at discounted prices or sometimes even free to people who do not have health insurance, Medicaid or Medicare.

Contact the company that makes your diabetes medications even if it is not listed to see if you can save money.

There are other avenues available for assistance listed below. An application must be completed to determine if you qualify.

- Freestyle Promise Program (888) 522-5226
  www.myfreestyle.com
  Provides assistance with glucose meters & strips for qualified individuals.

- AstraZeneca Prescription Savings Program (800) 292-6363
  www.astrazeneca-us.com/medicines/affordability.html or
  www.azandme.com

- Becton Dickinson Consumer (866) 367-8517
  632 Springvale Rd
  Great Falls, VA 22066
  Provides insulin syringes.

- Delaware Prescription Assistance Program (844) 245-9580
  HP Enterprise Services
  PO Box 950
  New Castle, DE 19720-9914
  Ask for DPAP. Prescription assistance for those who qualify. DXC technology.

- Merck (800) 727-5400
  www.merckhelps.com/program
  Patient assistance program provides medications to eligible individuals.

- Novo Nordisk Pharmaceuticals, Inc. (866) 310-7549
  100 Overlook Center, Suite 200
  Princeton, NJ 08876
  Provides Prandin or Insulin.
• Partnership for Prescription Assistance  (888) 477-2669
  Helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free. www.PPARX.org
• Sanofi Patient Connection  (800) 207-8049
  A comprehensive program designed to assist patients and healthcare professionals with a variety of services.
• Takeda Patient Assistance Program  (800) 830-9159
  PO Box 5727
  Louisville, KY 40255
  Provides Kazano, Nesina, Oseni

**DISCOUNT GENERIC MEDICATIONS:**

**Target**
Target offers a wide range of generic drugs to help treat a variety of conditions and diseases. They’re just as safe as their brand-name equivalents, but are available at a much lower cost—just $4 for a 30-day supply, or $10 for 90 days. Contact your local Target or visit www.target.com to see if your medication is available at this price.

**Walmart**
Walmart offers a wide variety of generic medications for $4 for a 30 day supply and $10 for a 90 day supply. Contact your local Walmart or visit medicationfinder.walmart.com to see if your medication is available at this price. Visit www.walmart.com/Pharmacy

**Walgreens Prescription Savings Club**
Walgreens offers a discounting program for medication if you lack or have insufficient drug coverage. Based on certain eligibility, members pay a nominal annual fee and receive discounts on their prescriptions. Benefits include savings on more than 8,000 brand-name and all generic medications and discounts on flu shots and diabetic supplies. Visit your local Walgreens for additional information or visit www.walgreens.com or call (866) 922-7312 for additional information.
MAIL ORDER PHARMACIES

These services will send supplies such as blood sugar meters/strips/lancets to your home directly. Ask if they can also send medicine/insulin/syringes. Make sure that they can bill your insurance and ask if there will be any cost for shipping.

- Accessible Pharmacy (215) 799-9900
- Byram Healthcare (877) 902-9726
- CCS Medical (800) MEDICAL
- Diabetic Promotions (800) 433-1477
- Edgpark Medical Supplies (888) 394-5375
- Edwards Health Care Services (888) 344-3434
- Express Scripts (800) 282-2881
- MedXpress (800) 381-6339
- Medtronic - Mini Med (800) 646-4633
- Liberty Medical (888) 394-5375

FEDERALLY QUALIFIED HEALTH CENTERS

Certified Diabetes Educators are located at Delaware’s Federally Qualified Health Centers to provide individual patient education, staff development and group education.

NEW CASTLE COUNTY

- Henrietta Johnson Medical Center – Southbridge (302) 655-6187
  601 New Castle Avenue
  Wilmington, DE 19801
- Henrietta Johnson Medical Center – Eastside (302) 655-6187
  600 North Lombard Street
  Wilmington, DE 19801

Exams, screenings, vision, pediatrics and other health needs assistance.
• Henrietta Johnson Medical Center – Claymont  (302) 655-6187
  2722 Philadelphia Pike
  Claymont, DE 19703

• Westside Family Healthcare—Wilmington  (302) 655-5822
  1802 West 4th Street
  Wilmington, DE 19805

• Westside Family Healthcare—Newark  (302) 455-0900
  27 Marrows Road
  Newark, DE 19713

• Westside Family Healthcare—Northeast  (302) 575-1414
  908-B East 16th Street
  Wilmington, DE 19802

• Westside Family Healthcare—Bear  (302) 836-2864
  Fox Run Shopping Center
  404 Fox Hunt Drive
  Bear, DE 19701

**KENT COUNTY**

• Westside Family Healthcare—Dover  (302) 678-4622
  1020 Forrest Avenue
  Dover, DE 19904

**SUSSEX COUNTY**

• La Red Health Center  (302) 855-1233
  Georgetown
  21444 Carmean Way
  Georgetown, DE 19947

  Milford
  21 West Clarke Avenue
  Milford, DE 19963

  Seaford
  300 High Street
  Seaford, DE 19973

• La Rosa Health Center  (302) 858-4381
  10 North Front Street
  Georgetown, DE 19947
OTHER COMMUNITY HEALTH CENTERS:

Offer sliding scale fees for persons with minimal or no health insurance

- St. Francis Healthcare Center of Hope  (302) 660-7333
  620 Christiana Road, Suite 302
  Newark, DE 19713
  Full service family medicine center, providing primary care

- Hope Medical Clinic, Inc.  (302) 735-7551
  1125 Forrest Avenue, Suite 202
  Dover, DE 19904
  www.hopeclinicde.com

- St. Francis Family Practice  (302) 575-8040
  St. Francis Hospital
  2nd Floor Medical Services Building
  701 North Clayton Street
  Wilmington, DE 19805

- Wilmington Hospital Health Center  (302) 428-6436
  501 West 14th Street
  Wilmington, DE 19899

DENTAL CLINICS & OTHER RESOURCES

DENTAL CLINICS:

- Delaware Pediatric Dentistry  (302) 315-2019
  625 N Dupont Boulevard
  Milford, DE 19963

- DelTech Dental Health Center  (302) 571-5364
  200 Orange Street
  Wilmington, DE 19801
  www.dtcc.edu/ourcampuses/wilmington/dental-health-center
  No age restrictions, accepts Medicaid (up to age 21) and other dental plans. Applications are taken for those who meet certain financial eligibility requirements. All patients must be seen by a hygiene student before referral to dentist.

- Henrietta Johnson Medical Center –  (302) 655-6187
  Southbridge
  601 New Castle Avenue
  Wilmington, DE 19801
• Henrietta Johnson Medical Center – Eastside  (302) 655-6187
  600 North Lombard Street
  Wilmington, DE 19801

• Henrietta Johnson Medical Center – Claymont  (302) 655-6187
  2722 Philadelphia Pike
  Claymont, DE 19703
  www.hjmc.org/dental

• La Red Health Center  (302) 855-1233
  21444 Carmean Way
  Georgetown, DE 19947

• Nemours Senior Care – Wilmington  NCC (800) 292-9538
  1801 Rockland Road
  Wilmington, DE 19803

• Nemours Senior Care – Milford  Kent & Sussex (800) 763-9326
  101 Wellness Way
  Milford, DE 19963
  www.seniorcarenemours.org

Eligibility: Age 65 or older
DE resident: Delaware only
Annual income ceiling: single $19,100; married: $29,400
(regardless of spousal eligibility)

• Westside Family Healthcare Dental Clinic  NCC (302) 224-6800
  Kent & Sussex (302) 678-4622
  After Hours (302) 655-5822
  1802 West 4th Street
  Wilmington, DE 19805

• Wilmington Hospital  (302) 428-4850
  Christiana Care Health System
  Dental Clinic, 2nd Floor
  501 W. 14th Street
  Wilmington, DE 19801
  www.christianacare.org/services/dentistry

• Dentists who are in private practice: The Delaware State Dental Society Member Locator System provides a comprehensive and searchable list of dentists by city, zip code, or specialty.  www.delawarestatedentalsociety.org/dentists/find.html

• For more information, visit Delaware Health and Social Services online:  www.dhss.delaware.gov/dhss/dph/hsm/ohphome.html
OTHER RESOURCES:

• Catholic Charities, Inc.
  Health & Family Related Services
  Wilmington (302) 665-9624
  Dover (302) 674-1600
  Georgetown (302) 856-9578

• CAREPORTMD - Immediate Care Clinics
  Wilmington
  Newark
  Dover
  Rehoboth Beach
  www.CarePortMD.com
  info@careportmd.com
  First of its kind AI based autonomous screen for diabetic eye disease

• Donated Dental Services (DDS) (855) 293.0119
  www.dentallifeline.org/delaware

• Eastern Shore Mission of Mercy
  Wicomico Youth & Civic Center
  500 Glen Avenue
  Salisbury, MD 21804
  Held every two years
  www.easternshoremom.org
  esmommedia2019@gmail.com

• Nemours Health Clinic
  New Castle County (800) 292-9538
  1801 Rockland Road (302) 651-4405
  Wilmington, DE 19803
  Kent & Sussex Counties (800) 763-9326
  Nemours Senior Care (302) 424-5420
  101 Wellness Way
  Milford, DE 19963
  Dental care, eye care, eyeglasses and hearing aids for Delaware residents who qualify.

• Salvation Army
  Kent (302) 678-9551
  Sussex (302) 628-2020
Counseling Resources

Depression occurs more often in people with diabetes than in people without diabetes. Common signs of depression are irritability and/or sadness, sudden change of weight or appetite, change in sleeping habits, fatigue and loss of energy – to name only a few. Contact a mental health professional in your area if you feel you are experiencing symptoms of depression.

<table>
<thead>
<tr>
<th>Individual &amp; Family</th>
<th>New Castle</th>
<th>Kent</th>
<th>Sussex</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brandywine</td>
<td>(302) 655-9633</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Counseling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children &amp; Families First</td>
<td>(302) 658-5177</td>
<td>(302) 674-8384</td>
<td>(302) 856-2388</td>
</tr>
<tr>
<td>Connections</td>
<td>(833) 886-2277</td>
<td>(833) 886-2277</td>
<td>(833) 886-2277</td>
</tr>
<tr>
<td>Delaware Family</td>
<td>(302) 995-9600</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delaware Guidance Services for Children, Youth, Inc.</td>
<td>(302) 652-3948</td>
<td>(302) 678-3020</td>
<td>(302) 645-5338</td>
</tr>
<tr>
<td>Dover Behavioral</td>
<td></td>
<td>(302) 741-0140</td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Family Resource</td>
<td>(302) 792-2757</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Center Claymont</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community Center</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jewish Family</td>
<td>(302) 478-9411</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Services of</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delaware</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mind &amp; Body</td>
<td>(302) 378-2522</td>
<td>(302) 674-2380</td>
<td>(302) 424-1322</td>
</tr>
<tr>
<td>Consortium</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peoples Place II</td>
<td></td>
<td>(302) 422-8033</td>
<td>(302) 422-8033</td>
</tr>
<tr>
<td>Psychological</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Services, Univ. of</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Delaware</td>
<td>(302) 831-2717</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sun Behavioral</td>
<td></td>
<td></td>
<td>(302) 604-5600</td>
</tr>
</tbody>
</table>

Mental Health Services are also available at the Federally Qualified Health Centers.
STATEWIDE TRANSPORTATION

- Cheer Transportation (Sussex County)  
  Cheer Transportation provides transportation to and from its nutrition sites, as well as the Bridgeville, Greenwood and Laurel Senior Centers. Services also include transportation for weekly shopping, recreational activities and some medical related trips.

- DART – Delaware Administration For Regional Transit  
  (800) 652-3278

  DART offers fares at reduced rates to persons age 65 and over and disabled individuals. Seniors are required to show a Medicare card when boarding the bus.

  DART’s Handicapped Rider Program offers a reduced fare to those citizens in the community with physical and mental disabilities who are not eligible for a driver’s license due to their disability, but are capable of using regularly scheduled bus service. An individual qualifies for the program by the determination of an agency or physician. To use this service a photo identification card must be obtained from DART and displayed when boarding the bus in order to use reduced fare tickets or fares.

  Discounted “reduced fare” tickets are sold at most local banks, many agencies and the DART office.

- DART – Paratransit Services  
  Individual Zone-Fare Transportation Program  
  (800) 553-3278

  The Americans with Disabilities Act (ADA) ensures individuals with disabilities comparable transportation within ¾ of a local regular bus (fixed route.)

  If both the beginning and ending points of a trip are within the ¾ mile of a local regular bus (fixed route) during the days and hours the route operates, it is an ADA Paratransit trip and the fare is $4.00. If not, it is a Non-ADA Demand Response trip, resulting in a $6.00 fare.

  Service Hours:
  New Castle County North (above the C&D Canal)
  6:00 am - 10:00 pm Monday - Friday
  6:00 am - 7:00 pm Saturday
  9:00 am - 7:00 pm Sunday

  New Castle County South (Below the C&D Canal)
  6:00 am - 7:00 pm Monday - Friday
6:00 am - 5:00 pm Saturday  
Kent & Sussex Counties  
6:00 am - 9:00 pm Monday - Friday  
6:00 am - 4:00 pm Saturday  
Reserve online **www.dartfirststate.com**

- **Logisticare**  
  (866) 412-3778  
  LogistiCare Solutions, LLC manages non-emergency medical transportation for all Medicaid and Chronic Renal Disease Program members in the state of Delaware.

- **Uni-City—Newark Area**  
  (302) 831-1187 or (302) 366-7030  
  Uni-City is a transportation service that operates in the University/Newark area. Buses operate along 3 loops. There is no charge for the service. Call for more information.

- **Department of Veterans Affairs**  
  (302) 994-2511 x 4469  
  1601 Kirkwood Highway  
  Wilmington, DE 19805  
  Eligibility Criteria: U.S. Armed Forces or Coast Guard

**Services Provided**

Inpatient and outpatient care; clinics in Wilmington, Lakeland, NJ and downstate Delaware. Patient education, & diet counseling available. Eligible veterans are provided medication and durable medical equipment.

Any person who needs transportation could contact their local Senior Center or Church for volunteers who could drive them to doctor visits or education classes or local service organizations sometimes have volunteers to help.
ADDITIONAL RELATED RESOURCES

- **American Diabetes Association**
  
  [www.diabetes.org](http://www.diabetes.org)

  (888) DIABETES
  
  (888) 342-2383

  **Wealth of information, articles, professional education, patient educational materials, events and volunteer opportunities.**

- **American Heart Association, Delaware Affiliate**
  
  [www.heart.org](http://www.heart.org)

  (302) 454-0613

  **200 Continental Drive, Suite 101**
  
  **Newark, DE 19713**

  **Offers a range of health services for cardiovascular diseases and stroke.**

- **Casa San Francisco Catholic Charities**
  
  (302) 684-8694

  [127 Broad Street, PO Box 38](http://127-broad-street-po-box-38)
  
  **Milton, DE 19968**

  **30-day shelter for adults, food co-op programs, emergency food pantry, assistance for some prescriptions and other needs.**

- **College Diabetes Network (CDN) of Delaware**
  
  **University of Delaware**
  
  udel@collegediabetesnetwork.org

  www.collegediabetesnetwork.org/university-delaware-cdn-chapter

  **CDN @ UD is singularly focused on providing young adults with T1D the peer connections they value, and expert resources they need, to successfully manage the challenging transition to independence at college and beyond.**

- **Christiana Care Wilmington Health Center**
  
  [Wilmington Hospital, 2nd Floor](http://wilmington-hospital-2nd-floor)
  
  [501 W. 14th Street](http://501-w-14th-street)
  
  **Wilmington, DE 19801**

  **Dental Clinic**

  (302) 428-4850

  **Foot Clinic**

  (302) 428-4413

  **For no or limited insurance**

- **Community Healthcare Access Program (CHAP)**

  [2-1-1](http://2-1-1)

  **Based on eligibility, CHAP links patients to reduced cost primary care physicians, specialists, and other health resources, including prescription drugs and laboratory and radiology services.**

- **Dbaza**

  [www.dbaza.com](http://www.dbaza.com)

  (412) 681-1180

  **Creating solutions for chronic health challenges**
• DE Aging & Disability Resource Center (ADRC)  
  www.DelawareADRC.com
  DelawareADRC@delaware.gov
  State’s single-point of entry and primary resource for information and assistance in accessing long-term services and supports (LTSS)
  Sussex seniors and adults who are visually impaired will have a new transportation cooperative. Call for more information.

• DE Disability HUB  
  www.deldhub.gacec.delaware.gov
  Provides resources for youth & young adults with special needs and disabilities during the transition years to help them reach their full potential.

• Delaware Helpline  
  (800) 560-3372
  2-1-1
  Text your zip code to 898-11
  First Federal Plaza, Suite 605
  704 North King Street
  Wilmington, DE 19801
  www.delaware211.org
  info@delaware211.org
  Information and referral service.

• Delaware Quitline [To Quit Smoking]  
  (866) 409-1858
  Based on your eligibility – The Quitline will assist you with motivational support, counseling, vouchers and other resources to help you quit smoking.

• Dental Health Services, DPH, DHSS
  New Castle County  
  (302) 622-4540
  Kent County  
  (302) 424-7160 or (302) 857-5120
  Sussex County  
  (302) 515-3272 or (302) 515-3273
  Provides preventive and restorative dental care for children through age 21 on Medicaid & CHIP eligible for children under 19.

• Department of Veterans Affairs  
  (800) 827-1000
  Medical & Regional Office Center  
  (Benefit related information)
  1601 Kirkwood Highway
  Wilmington, DE 19805
  (800) 461-8262
  Type 2 Diabetes has been added as a presumptive condition for in-country Vietnam Veterans.
• Diabetes and Heart Disease Prevention & Control Program, DHSS
  Division of Public Health
  Thomas Collins Building, Suite 10
  540 South DuPont Highway
  Dover, DE 19901
  www.dhss.delaware.gov/dhss/dph/dpc/diabetes
  Educational materials, community & worksite intervention, programs, health information, statistics, wellness programs, resources (State and Local).

• Division of Services For Aging & Adults With Physical Disabilities, DSAAPD
  DHSS Campus
  1901 N. DuPont Highway
  New Castle, DE 19720
  TDD: (302) 391-2505 or (302) 424-7141 or 711 (Delaware Relay)
  www.dhss.delaware.gov/dhss/dsaapd
  Provides a range of health services, diabetes education for the aging, support groups & information on Medicare Part D.

• Division for The Visually Impaired, DHSS
  1901 N. DuPont Highway
  New Castle, DE 19720
  Offers comprehensive services to the blind and severely visually impaired in the home or in the DVI training center.

• Division of Social Services DSS, DHSS
  Herman M. Holloway Campus
  1901 N. DuPont Highway
  New Castle, DE 19720
  Milford State Service Center
  13 Southwest Front Street
  Milford, DE 19963
  CRDP application only
  Offers a variety of human service programs.

• Division of Vocational Rehabilitation
  New Castle County
  Kent County
  Sussex County
• Delaware Library Access Services
  121 Duke of York Street
  Dover, DE 19901
  Talking books and magazines on loan to eligible individuals.

• Delaware Pharmacists Society
  Community Diabetes Screening Education & Referral Project
  1099 Hickory Ridge Road
  Smyrna, DE 19977
  Provides diabetes screening, education, complementary/alternative medicine, hearing discounts, low cost vitamins, and diabetes referral events.

• Easter Seals of Delaware & Maryland’s Eastern Shore
  New Castle Corporate Commons
  61 Corporate Circle
  New Castle, DE 19720
  Offers a variety of programs and services.

• Family SHADE – Family Support and Healthcare Alliance DE
  www.familyshade.org
  Connects children with special healthcare needs to the community resources they need.

• Henrietta Johnson Medical Center – Southbridge
  601 New Castle Avenue
  Wilmington, DE 19801

• Henrietta Johnson Medical Center – Eastside
  600 North Lombard Street
  Wilmington, DE 19801
  Exams, screenings, vision, pediatrics and other health needs assistance.

• Henrietta Johnson Medical Center – Claymont
  2722 Philadelphia Pike
  Claymont, DE 19703

• Juvenile Diabetes Research Foundation
  100 West 10th Street, Suite 1103
  Wilmington, DE 19801
  www.jdrf.org
  Educational materials, outreach, programs, events and volunteer opportunities.
• La Esperanza  
216 North Race Street  
Georgetown, DE 19947-1165  
Medical Hotlines  
(Spanish speaking physicians).

• Latin American Community Center  
403 N. Van Buren Street  
Wilmington, DE 19805  
Programs & services for Spanish-speaking population.

• La Red Health Center  
Georgetown  
21444 Carmean Way  
Georgetown, DE 19947  
Milford  
21 West Clarke Avenue  
Milford, DE 19963  
Seaford  
300 High Street  
Seaford, DE 19973  
Assistance and case management regarding healthcare.

• Lions Club International of Delaware  
(630) 571-5466  
• Bridgeville  
• Camden Wyoming  
• Capitol City  
• Clayton  
• Dewey Beach  
• Dover  
• Frederica Spring Creek  
• Greenwood  
• Harrington  
• Laurel  
• Lewes  
• Midway  
• Milford  
• Millsboro  
• Milton  
• Murderkill  
• Rehoboth Beach  
• Seaford  
• Smyrna

• Meals On Wheels  
(302) 656-3257  
100 West 10th Street  
Wilmington, DE 19801  
32409 Lewes Georgetown Highway  
Lewes, DE 19958  
www.mealconwheelsde.org  
Provides homebound seniors over 60 years of age with nutritious
meals delivered to their home.

- **Medical Society of Delaware**
  900 Prides Crossing
  Newark, DE 19713
  [www.medsocdel.org](http://www.medsocdel.org)
  Provides information and referrals.

- **Office of The Insurance Commissioner**
  841 Silver Lake Blvd.
  Dover, DE 19901
  (302) 674-7300

- **University of Delaware Kent County Cooperative Extension**
  Paradee Center
  69 Transportation Circle
  Dover, DE 19901
  Offers cooking classes on Dining with Diabetes in all three counties. Call for dates and locations.

**RENAL CARE CENTERS:**

- **Bayhealth Medical Center**
  Kent General Campus, Dialysis Unit
  640 South State Street
  Dover, DE 19901
  (302) 744-7322

- **Christiana Care Health System**
  Hemodialysis Unit
  4755 Ogletown Stanton Road
  Newark, DE 19718
  (302) 733-1001

- **Fresenius Medical Care**
  Serves patients with end-stage kidney disease who must use a machine to clean impurities from their blood (dialysis).
  16 locations statewide.
  (866) 434-2597

- **Dialysis Service Integrity**
  600 Health Services Drive
  Seaford, DE 19973
  913 Delaware Avenue
  Wilmington, DE 19806
  (302) 262-0852

- **Love Inc. of Mid-Delmarva**
  703 East King Street
  PO Box 542
  (302) 629-7050
DHSS Division of Social Services administers the Medicaid Program (also known as Medical Assistance or Title XIX of the Social Security Act). This is a federal/state insurance program which covers specified medical expenses for the low income, aged, blind, and disabled. There are several plans to choose. There are distinct eligibility criteria for participation in the program. For more information call:

New Castle County  
(302) 368-6610

Kent & Sussex Counties  
(800) 372-2022
(302) 255-9500

Customer Relations  
(866) 843-7212

Provider Relations  
(800) 999-3371

Health Benefits Manager  
(800) 996-9969
MEDI CAR E IN FO RMAT I ON

Call (800) Medicare or (800) 633-4227 for more information or visit online: www.medicare.gov

• Medicare benefits are the same throughout the USA.
• Benefits apply to both Type I and Type 2 diabetes.
• The following may be covered at 80% by Medicare Part B (if your yearly deductible is met).
  • Meter & Strips for testing blood glucose**
  • Replacement batteries for meter
  • Lancets and Lancet device
  • Diabetes Management Classes
  • Counseling by a Registered Dietitian
  • Specialty shoewear or inserts
  • Special equipment for persons with disabilities
  • Insulin pump.

**The number of strips may be limited; ask how many you will receive per month.

IMPORTANT PHONE NUMBERS:

• Aging & Disability Resource Center (800) 223-9074
• DE Insurance Commissioner (302) 674-7300
• DE Medicare Assistance Bureau (800) 336-9500
• Humana National Medicare (866) 588-5122
• Social Security Administration (800) 772-1213
• United Health Care Medicare National (866) 418-9812
DIABETES PUBLICATIONS & MEDIA

MAGAZINES (SUBSCRIPTIONS AVAILABLE)

- Diabetes Forecast: (800) 806-7801
  Monthly magazine published by the American Diabetes Association.
  www.diabetes.org/DiabetesForecast

- Diabetes Health
  Monthly news magazine for the Diabetes community.
  www.diabeteshealth.com

- Diabetes Health Monitor
  www.healthmonitor.com

- Diabetes Self-Management: (800) 234-0923
  Bi-Monthly magazine for all types of Diabetes.

- Countdown: (800) 533-CURE (2873)
  Magazine for Type I Diabetes.

BOOKS

The American Diabetes Association has books available on all types of diabetes topics. Call or visit online. (800) 232-6733

TELEVISION

www.dLife.com Sundays on CNBC, 7:00 PM ET/4:00 PM PT
Information, inspiration, and entertainment, all with a focus on your health. Visit www.dlife.com

Find us on Facebook:
www.facebook.com/dediacolonial
DIABETES WEBSITES

• Delaware Diabetes Coalition  
  (302) 388-9728  
  www.dediabetescoalition.org

• American Association of Diabetes Educators  
  (800) 338-3633  
  www.aadenet.org

• American Diabetes Association  
  (800) 342-2383  
  www.diabetes.org

• American Heart Association  
  (800) 242-8721  
  www.heart.org

• Centers for Disease Control & Prevention (CDC)  
  (800) 232-4636  
  www.cdc.gov/diabetes

• Center for Parent Information and Resources  
  malizo@spannj.org  
  www.parentcenterhub.org

• Diabetes Mall  
  (800) 988-4772  
  www.diabetesnet.com

• Islets of Hope  
  www.isletsofhope.com  
  Assistance programs & resources for people with diabetes.

• Juvenile Diabetes Research Foundation  
  (800) 533-2873  
  www.jdrf.org

• National Diabetes Education Program  
  (800) 860-8747  
  www.ndep.nih.gov

• National Diabetes Information Clearinghouse  
  (800) 860-8747  
  ndic@info.niddk.nih.gov

• National Institute of Diabetes & Digestive and Kidney Diseases  
  (800) 860-8747  
  www.niddk.nih.gov
DIABETES NUMBERS AT-A-GLANCE

• Normal Blood Glucose
  Fasting: ≤ 100 mg/dl
  2 hours after a meal: ≤ 140 mg/dl

• Diagnosis of Diabetes
  Fasting: ≥ 126 mg/dl
  2 hours after a meal: ≥ 200 mg/dl

• Pre-Diabetes Values
  Fasting: 100-125 mg/dl
  2 hours after a meal: 141-199 mg/dl

• A1C (3 month Glucose average)
  Normal A1C
  4.5 to 5.6%

• Diagnosis of Diabetes
  ≥ 6.5%

• Pre-Diabetes Values
  ≤ 6.4%

Any abnormal test must be repeated on a separate day to confirm a diagnosis of diabetes (unless it is very abnormal).

GOALS AFTER DIAGNOSIS

• American Diabetes Association
  Fasting: 80-130 mg/dl
  2 hours after a meal: ≤ 180 mg/dl
  A1C ≤ 7.0%

• American College of Endocrinology
  Fasting: 110 mg/dl
  2 hours after a meal: ≤ 140 mg/dl
  A1C ≤ 6.5%