

Diabetes Management

Resource Guide

Helpful information for people with diabetes and their families



Blount Memorial
Weight Management Center



For more information about the diabetes education classes and other diabetes management services offered by the Weight Management Center, call Blount Memorial diabetes management program coordinator and certified diabetes educator Dawn Hollaway at 865-977-5767.

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Diabetes is a chronic disease, yet it can be controlled through diet, exercise and lifestyle changes.

To make it easier for you to find and afford the medications, supplies and support you need to manage your diabetes, the certified diabetes educators (CDE) at the Blount Memorial Weight Management Center have created this helpful guide. Inside, you'll find local resources for

diabetes patients and their families, including low-cost prescription medication and medical supply options.

DIABETES BASICS

If you've been diagnosed with diabetes, you are not alone. According to the latest statistics available from the *Centers for Disease Control and Prevention*, 21 million people in the United States have been diagnosed with the disease, an additional 86 million are pre-diabetic, and it's estimated that there are 8.1 million who have not yet been diagnosed.

Having diabetes can increase your risk for many serious health problems including heart disease, glaucoma and cataracts, skin infections, nerve damage (*neuropathy*), amputation, high blood pressure and depression. Fortunately, you can help prevent complications and protect your overall health by taking control of your disease.

Effective diabetes management requires eating a healthy diet, being physically active every day and taking any medications as prescribed by your health care provider. Ask your friends and family to support you in your efforts. Together, you can live well with diabetes.

TIP:

Having diabetes doesn't mean that you have to eat bland or boring foods.

Follow the American Diabetes Association's 50-25-25 rule to create a healthy plate featuring a variety of foods. At each meal, fill your dish with 50 percent vegetables, 25 percent proteins, and 25 percent grains or starches. Add a glass of water or skim milk, and enjoy.

EDUCATION & SUPPORT

The diabetes management program at the Blount Memorial Weight Management Center offers the knowledge, skills and support you need to help manage your diabetes.

Education Classes

The center's diabetes management classes are recognized by the American Diabetes Association and are covered by most insurance carriers. Each participant may bring a guest. Physician referral and an initial evaluation are required prior to attending a class. Afternoon, evening and day-long classes are available.

Topics covered include:

A thorough understanding of diabetes and how it affects your body and life

Meal planning, including how to identify and count carbohydrates

Information about the benefits of regular exercise in maintaining good health and more-desirable blood glucose levels

Instruction in how to correctly monitor your blood glucose and interpret the numbers

Strategies for recognizing and helping prevent acute and long-term complications

Stress management techniques

Additional Support and Community Programs

Free diabetes-related events are offered to the community.

For more information or to learn about upcoming programs, classes or the free Diabetes Lecture Series, call program coordinator and certified diabetes educator Dawn Hollaway at 865-977-5767.

Community Education Classes

Additional diabetes education classes are offered at these locations:

Knox County Health Department

865-215-5170
140 Dameron Ave.
Knoxville, TN 37917

Kidney Smart Classes

Da Vita Blount Dialysis
865-379-1070
714 East Harper Ave.
Maryville, TN 37804

PHARMACIES

Blount Discount Pharmacy

865-984-7704
129 Gill St.
Alcoa, TN 37701

865-681-0520
131 Montgomery Ln.
Maryville, TN 37803

Blount Memorial Hospital
865-983-9795
1015 East Lamar Alexander Parkway
Maryville, TN 37804

Food City Pharmacy

865-380-0110
1610 West Broadway Ave.
Maryville, TN 37801
www.foodcity.com/pharmacy

Kmart Pharmacy

865-984-1571
945 McCammon Ave.
Maryville, TN 37801
www.Kmart.com

Kroger Pharmacy

865-681-4924
730 Watkins Rd.
Maryville, TN 37801

865-977-7441
244 S. Hall Rd.
Alcoa, TN 37701
www.kroger.com

Target Pharmacy

865-982-6523
800 Watkins Rd.
Maryville, TN 37801
www.target.com

Walmart Pharmacy

Walmart Supercenter
865-982-5102
2410 US Highway 411 S.
Maryville, TN 37801

Walmart Supercenter
865-984-2671
1030 Hunters Crossing Dr.
Alcoa, TN 37701

MEDICATION ASSISTANCE PROGRAMS

Lilly Assistance Program

855-559-8783

www.lillytruassist.com

If you are uninsured or underinsured, you may qualify to receive your Lilly medication for up to one year for free. Visit the website or call the toll-free telephone number for more information.

Novo Nordisk Inc.

Patient Assistance Program

866-310-7549

www.novonordisk-us.com

The Novo Nordisk Patient Assistance Program provides free insulin to those who qualify. If approved, a free 120-day supply of medicine will be sent to the prescribing health care provider's office for the patient to pick up at their convenience. To see if you qualify, call or visit the website listed below.

Partnership for

Prescription Assistance

888-477-2669

www.pparx.org

The partnership helps uninsured and underinsured patients get access to over 475 prescription assistance programs. Call or visit the website to see which programs you may qualify for.

Pharmacy Home Delivery

800-862-1456

www.pharmhd.com

Pharmacy Home Delivery (PHD) helps individuals maximize their drug benefits and reduce their cost of prescription drugs. PHD helps patients get the medications they need, whether the patient's drugs are covered by insurance or not. This program reports an average cost savings of \$500 - \$4,000 per year. Contact PHD directly for a free prescription savings evaluation by calling or visiting the website to initiate this process.

Prescription Hope

877-296-4673

www.prescriptionhope.com

Prescription Hope is a national advocacy program that obtains over 1,500 FDA-approved medications at a price you can afford. For the set price of \$25 per month per medication, they will order, manage, track and refill your medications. There are no costs, fees or charges associated with the program. For more information, visit the website or call.

Sanofi-Aventis Assistance Program

888-847-4877

www.visitspconline.com

This program helps with the cost of Lantus, Apidra and Toujeo insulins for eligible patients. To see if you qualify, call the Sanofi Patient Assistance Connection or visit the website.

METERS AND TEST STRIPS

Abbott (*FreeStyle meters*)

866-246-2683

www.myfreesstyle.com

FreeStyle offers assistance with testing supplies through their FreeStyle Promise program. Contact them by telephone or visit their website to see if you qualify for the savings program.

Bayer (*Contour and Breeze meters*)

800-348-8100

www.contournext.com

Bayer offers assistance with testing supplies through their Contour Choice Card. Contact them by telephone or visit their website to see if you qualify for a discount on strips or lancets.

LifeScan (*One Touch Meters*)

888-567-3003

www.onetouch.com

For assistance with One Touch meters or products call or visit the website.

Roche (*Accu-Chek*)

800-858-8072

www.accu-chek.com/us/

Roche offers assistance with testing supplies through their Accu-Chek Preferred Savings Card. Contact them by telephone or visit their website for more information.

AFFORDABLE MEDICAL, DENTAL AND VISION CARE

MEDICAL CLINICS

Anderson County Health Department

865-425-8800

710 N. Main St.

Clinton, TN 37716-3615

The Anderson County Health Department offers a variety of services including primary care, WIC and dental care. Call for more information or to schedule an appointment.

Blount County Health Department

865-983-4582

301 McGee St.

Maryville, TN 37801

The Blount County Health Department offers a variety of services including primary care, behavioral health and dental care. Healthcare is provided to patients without insurance on a sliding scale fee.

MEDICAL CLINICS *continued***Cherokee Health Systems / Good Samaritan Community Health Clinic**

865-273-1616

www.cherokeehealth.com

255 East Watt St.

Alcoa, TN 37701

Cherokee Health Systems offers a full range of health services including medical, dental and behavioral health-care in an integrated approach. There are several locations throughout east Tennessee. For more information, visit the website.

Chota Community Health Services

Madisonville: 423-442-2622

Tellico Plains: 423-253-6545

Vonore: 423-884-7271

Chota provides medical and behavioral health services to Monroe County residents. For more information, call the location nearest you.

Free Medical Clinic of Oak Ridge

865-483-3904

116 East Division Rd.

Oak Ridge, TN 37830

This program is for Anderson, Morgan and Roane county residents. Certain eligibility requirements are required.

To see if you qualify, call the telephone number listed above.

Interfaith Health Clinic

865-546-7330

315 Gill Ave.

Knoxville, TN 37917

Interfaith Health Clinic provides medical, dental and mental health services for the uninsured and underinsured. Call for more information.

Knox County Health Department

865-215-5000

140 Dameron Ave.

Knoxville, TN 37917

The Knox County Health Department provides medical, dental, and mental health services. For more information contact them at the telephone number listed.

Remote Area Medical

877-5RAM-USA

865-579-1530

www.ramusa.org

Remote Area Medical travels throughout the area providing free medical, dental and vision care at various times throughout the year. Visit its website or call for information about upcoming clinics in East Tennessee.

DENTAL CARE

Anderson County Health Department

865-425-8803
 710 N. Main St.
 Clinton, TN 37716
 Monday-Thursday, 8 a.m. - 3:30 p.m.
 Patients are seen by appointments
 and pay according to a sliding fee scale.

Blount County Health Department

865-983-4582
 301 McGhee St.
 Maryville, TN 37801

Knox County Health Department

865-215-5110
 140 Dameron Ave.
 Knoxville, TN 37917

Loudon County Health Department

865-458-2662
 600 Rayder Rd.
 Loudon, TN 37774

Monroe County Dental Clinic

423-442-8828
 3469 New Highway 68
 Madisonville, TN 37354

Remote Area Medical

877-5RAM-USA
 865-579-1530
www.ramusa.org
 Remote Area Medical travels throughout
 the area providing free medical, dental
 and vision care at various times through-
 out the year. Visit its website or call for
 information about upcoming clinics in
 East Tennessee.

Trinity Health Ministries Inc.

865-681-0770
 1127 E. Lamar Alexander Parkway
 Maryville, TN 37804
 Trinity Dental Clinic offers affordable
 dental care for low income/without
 insurance/underserved adults. The
 emphasis is on emergency treatment,
 and the goal is to help people receive
 temporary help until they can obtain
 dental care. Appointments are made
 on a space-available basis, and cash
 payment is due at the appointment.

VISION CARE

39 Dollar Glasses

800-672-6304
www.39dollarglasses.com
 39 Dollar Glasses offers discount
 prescription glasses and contact lenses.

Maryville Lions Club

865-380-0672
 Susan Schwin
www.lionsclub.org

MEETING YOUR GENERAL NEEDS

Blount County Community Action Agency Commodity Food Program

865-983-8411

www.blountcaa.org

3509 Tuckaleechee Pike

Maryville, TN 37803

Surplus government foods are distributed quarterly. Household eligibility is set at 150 percent of federal poverty guidelines. Anyone receiving SSI, food stamps, TANF or residing in public housing automatically is eligible.

Blount County Community Action Agency / Meals on Wheels

865-983-8411

3509 Tuckaleechee Pike

Maryville, TN 37803

Provides a nutritious midday meal Monday through Friday to Blount County residents 60 years or older who are confined to their homes and unable to prepare meals for themselves for various reasons. Priority is given to those with the greatest need. For more information about any of the meal programs or to make a reservation, please call.

Blount County Food Pantry

865-983-4206

2148 Big Springs Rd.

Maryville, TN 37801

Monday-Friday, 11 a.m. - 2 p.m.

Blount County Office on Aging

865-983-8411

www.blountcaa.org

This office provides a variety of informational services for seniors, their family members and caregivers. Counseling choices are available, including prescription drug plans.

Blount Memorial Senior Services

865-977-5744

Services include:

- **Free Caregiver Consultations**
- **Caregiver Support Groups:**
Wednesdays, 6-7 p.m., 3-east Blount Memorial Hospital
- **Caregiver Coffee & Conversation:**
Vienna Coffee House, 212 College St., 1st and 3rd Tuesdays of the month 10-11 a.m.
- **Senior Seminars**
- **Community and Professional Presentations**

Blount Memorial Total Rehabilitation

865-238-6118

Toll-free: 844-355-3001

Total Rehabilitation offers the area's most-advanced outpatient rehabilitation services in five convenient Blount and Monroe county locations, as well as inpatient rehabilitation at Blount Memorial Hospital.

MEETING YOUR GENERAL NEEDS *continued***Chilhowee Baptist Center**

865-981-2992

1905 E. Broadway Ave.

Maryville, TN 37804

Monday-Thursday 9 a.m. - 3 p.m.

All services are by appointment.

Please call for more information.

Community Food Connection

865-977-4400

311 Whitecrest Dr.

Maryville, TN 37801

Monday, Wednesday

and Saturday, 10 a.m. - 2 p.m.

Fairview United Methodist Church

865-983-2080

2505 Old Niles Ferry Rd.

Maryville, TN 37803

Wednesday between

9-11:45 a.m.

Emergency assistance with food
and clothing.**Family Promise of Blount County**

865-233-4737

1633 Louisville Rd.

Alcoa, TN 37701

www.blountfamilypromise.org

Family Promise of Blount County is one of more than 150 affiliates of the national Family Promise organization, which has been serving homeless families for 20 years. Family Promise's goal is to help homeless families find lasting employment and housing through a network of congregations and local resources within Blount County that provide overnight accommodations and meals to families on a week-to-week basis.

Good Neighbors

865-681-5420

This ministry helps patients meet their needs by networking with other agencies in Blount County. Referrals and limited financial assistance are available.

Goodwill

865-984-5296

New Midland Plaza

145 North Calderwood Rd.

Alcoa, TN 37701

This program helps people find employment. Must appear in person.

Knoxville-Knox County**CAC Office on Aging**

865-524-2786

Provides a wide variety of programs and services that improve the quality-of-life for older people, including programs that help them remain in their own homes for as long as possible. Programs of the Office on Aging offer a broad spectrum of health and nutrition-related services, consumer and home-safety related services, in-home services, and educational, recreational, and volunteer opportunities for seniors.

MEETING YOUR GENERAL NEEDS *continued***Patient Advocate Foundation****Co-pay Relief**

866-512-3861

www.co-pays.org.

Provides financial assistance to qualified patients, including those insured through federally administered health plans such as Medicare, for co-payments, co-insurance and deductibles required by a patient's insurer for pharmaceutical treatments and/or prescription medications prescribed to treat and/or manage diabetes.

Staffing Solutions

865-982-9480

1701 Triangle Park Dr.

Maryville, TN 37801

www.staffingsolutions.com**Tennessee Career Center**

865-379-5525

366 Glascock St.

Alcoa, TN 37701

This organization helps people find employment.

**Tennessee Valley Coalition
to End Homelessness**

865-982-3454

903 McCammon Ave.

Maryville, TN 37801

Local program that helps the homeless and those facing homelessness.

The Welcome Table Ministry**New Providence Presbyterian Church**

865-983-0182

708 West Broadway Ave.

Maryville, TN 37801

Tuesdays, 5-6 p.m.

First United Methodist Church

865-982-1273

804 Montvale Station Rd.

Maryville, TN 37803

Thursdays, 5-6 p.m.

Everyone can come together for food, fellowship and a sense of community.

There is no charge and no qualifications for this meal, everyone is welcome.

TN Tobacco Quitline

1-800-QUIT-NOW

www.tnquitline.com**Freedom from Smoking Online**www.ffsonline.org;

\$15 for three-month membership

Blount Memorial Weight Management Center
370 Blount Memorial Physicians Office Building
Maryville, TN 37804

www.blountmemorial.org