

My Diabetes Support Plan



Scan this QR code with your smartphone's camera. You will find the link to ANHC's Diabetes webpage (www.anhc.org/diabetes). There you will find links to the support resources listed below.

Diabetes Support Groups

American Diabetes Association Support Community

Visit www.diabetes.org/get-involved/community

Weight Management Resources

American Diabetes Association Diabetes Food Hub

Visit www.diabetesfoodhub.org

Tops Club, Inc.

Visit www.tops.org or call 907-244-4566.

Overeaters Anonymous

www.oa.org

Exercise Resources

YMCA of Alaska

Visit www.ymcaalaska.org or call 907-563-3211.

The Dome

Visit www.thedome.us or call 777-3663.

Municipality Recreation Programs

Visit www.muni.org/departments/parks

Smoking Cessation

Alaska's Tobacco Quit Line

Visit www.alaskaquitline.com or call 1-800-QUIT-NOW.

Free Magazine

Diabetes Self-Management

Visit www.diabetesselfmanagement.com or call 1-855-367-4813.

Emotional Support

988 Suicide and Crisis Lifeline

Call 988 or visit www.988lifeline.org (English and Spanish)

National Alliance on Mental Illness (NAMI)

Visit www.namialaska.org.

National Crisis Text Line

Text HOME (English) or AYUDA (Spanish) to 741741.

Diabetes Apps

- BD Briight: Diabetes Assistant
- Diabetes Connect
- Diabetes:M
- Fooducate
- MyFitnessPal
- One Drop

Other Resources

Alaska Diabetes Prevention and Control Program

Visit health.alaska.gov/dph/chronic/pages/diabetes/default.aspx

American Diabetes Association Tools and Support

Visit www.diabetes.org/tools-support

My Support Plan

1. _____
2. _____
3. _____
4. _____
5. _____