

Resources

Scripps Health Resources

Scripps provides a free physician referral helpline.

1-800-SCRIPPS (7274777)

scripps.org

Scripps Whittier Diabetes Institute Project Dulce

Diabetes management programs are available for the uninsured and underserved. Diabetes education is available in different languages.

1-866-791-8154

scripps.org/diabetes

Scripps Whittier Diabetes Institute

Provides classes on diabetes care, eating smart, weight loss, exercise; and help individuals newly diagnosed with diabetes find support groups

858-678-7050 • 877-Whittier (9448843)

scripps.org/diabetes

Scripps Whittier Diabetes Institute Clinical Trials

Qualified participants receive investigational medications or devices, study-related physical exams and blood tests, and compensation for time and travel.

858-626-5678 • scripps.org/diabetes

Academy of Nutrition and Dietetics

1-800-877-1600 • eatright.org

American Diabetes Association

1-800-Diabetes/342-2383 • diabetes.org

American Heart Association

1-800-242-8721 • 858-410-3850
americanheart.org • heartsource.org

Becton, Dickinson and Company (BD)

1-201-847-6800 • 1-888-232-2737
bd.com/diabetes

Behavioral Diabetes Institute

858-336-8693 • behavioraldiabetes.org

Costco: Prescription program is available to all. Affordable meters, lancets, testing strips and glucose tablets are available.

1-800-806-0129 • costco.com

Juvenile Diabetes Research Foundation

(JDRF) San Diego Chapter • 858-597-0240
sandiego@jdrf.org • jdrfsd.org

National Diabetes Information Clearinghouse

1-800-860-8747 • diabetes.niddk.nih.gov

Taking Control of Your Diabetes

858-755-5683 • 1-800-998-2693 • tcoyd.com

United States Department of Agriculture Food Guidelines

choosemyplate.gov
USDA Diet Supertracker • 1-888-779-7264

Ventanilla de Salud at Mexican Consulate:

Provides information and enrollment into health insurance plans, accessing local health services/education & screenings
619-308-9964 • <http://ventanillas.org/>

Project Concern International works in partnership with the Mexican Consulate

858-279-9690 • projectconcern.org

Walmart: Affordable meters and test strips, less expensive insulin and syringes.

619-336-0395 • walmart.com