## Resources

**Scripps Health Resources**  
Scripps provides a free physician referral helpline.  
1-800-SCRIPPS (7274777)  
scripps.org

**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**  
**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**  
**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 • heartsouce.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