**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**
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

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**Academy of Nutrition and Dietetics**
1-800-877-1600 • eatright.org

**American Diabetes Association**
1-800-Diabetes • 1-800-342-2383  
diabetes.org

**American Heart Association**
1-800-242-8721 • 858-410-3850  
americanheart.org • heartsourc.org

**Becton, Dickinson and Company (BD)**
1-201-847-6800 • 1-888-232-2737  
bddiabetes.com

**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

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**Juvenile Diabetes Research Foundation**  
(JDRF) San Diego Chapter • 858-597-0240  
san diego@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**
1-888-779-7264 • choosemyplate.gov

**Ventanilla de Salud at Mexican Consulate**:
Provides information and enrollment into health insurance plans, accessing local health services, health education and screenings.  
619-308-9964 or (858) 279-9690

**Walmart**:
Affordable meters and test strips, less expensive insulin and syringes.  
619-336-0395 • walmart.com

Learn more about Scripps Whittier Diabetes Institute, visit scripps.org/diabetes or call 1-877-WHITTIER (944-8843)