

# Diabetes Resource Guide

# RESOURCES

for Consumers and Health Professionals  
2007



## Wisconsin Diabetes Prevention and Control Program

Wisconsin Department of Health  
and Family Services  
Division of Public Health  
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[www.dhfs.wisconsin.gov/health/diabetes](http://www.dhfs.wisconsin.gov/health/diabetes)

# Acknowledgments

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## Diabetes in Wisconsin

Diabetes is a serious, common, costly, but controllable chronic disease. In Wisconsin:

- Diabetes was the sixth leading cause of death in 2003
- An estimated 330,000 adults have diabetes (diagnosed and undiagnosed) and an estimated 4,000 children and adolescents have diagnosed diabetes.
- In 2003, over 1,300 residents died with diabetes listed as the underlying cause of death
- In 2002, there were over 85,000 diabetes-related hospitalizations
- In 2002, there were over 1,400 diabetes-related amputations

Annually in Wisconsin, diabetes and its complications cost an estimated \$4.52 billion in health care costs and lost productivity. Many of these adverse outcomes can be prevented, or at least delayed, by a more aggressive program of preventive care, prompt identification of problems, early intervention, and treatment.

## Purpose of the Diabetes Resource Guide

One method to help improve diabetes care and delay or reduce diabetes-related complications is to provide current diabetes educational and resource information to health care providers and people with diabetes. The purpose of this guide is to provide a listing of resources for organizations, government agencies, programs and initiatives, worksite wellness, language and multicultural, and financial in one easy-to-use guide.

The Diabetes Resource Guide's audience is:

- People with diabetes, their family and friends
- People at risk for developing diabetes
- Health care organizations
- Health care professionals

## About the Wisconsin Diabetes Prevention and Control Program

<http://dhfs.wisconsin.gov/health/diabetes>

The Diabetes Prevention and Control Program (DPCP) works to improve the health of people at risk for, or with, diabetes in Wisconsin. Forming and maintaining strong, active partnerships are key to achieving this mission. The DPCP uses a statewide approach to improve diabetes care through:

- Working with health systems
- Designing population-based community interventions and health communications
- Outreach to at-risk populations
- Conducting surveillance and evaluation of the burden of diabetes
- Coordination of efforts through the Diabetes Advisory Group

The Diabetes Advisory Group, convened by the DPCP, provides the foundation for active partnerships across the state. Over 100 diverse partners participate in the group, including health care and professional organizations, minority groups, business coalitions, insurance and managed care organizations, voluntary and community-based organizations, academic centers, industry and public health representatives, and consumers.

## **Copies and Updates**

Every attempt is made at the time of printing to include the most current information; however, contact information and internet addresses frequently change. Please notify us, using the contact information listed below, if you notice any incorrect information or wish to add a valuable resource to our next revision. To obtain additional copies of the Diabetes Resource Guide, download at <http://dhfs.wisconsin.gov/health/diabetes>, call (608) 261-9422, or email [ludlule@dhfs.state.wi.us](mailto:ludlule@dhfs.state.wi.us).

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*Developed by the Wisconsin Diabetes Advisory Group  
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## 2-1-1 Program

Dial 2-1-1 to access local free, confidential community information, referrals and crisis line services 24 hours a day, 7 days a week. Assistance with a wide range of health, family and social service issues, including emergency food, alcohol or other drug abuse, health care, homelessness and emergency shelter, financial assistance, family and parenting issues, mental health care, legal assistance, housing concerns, crisis counseling, and other issues.

Toll-free: dial 2-1-1

## Advocacy and Benefits Counseling for Health, Inc. (ABC)

ABC is a nonprofit public interest law firm dedicated to ensuring health care access for Wisconsin children and families, particularly those with special needs or who are at risk. It provides free health benefits counseling and legal services for low-income families with children up to 21 years of age who are having difficulty paying for health care or having problems with insurance, HMOs or public benefits programs that provide health care.

Dane County Office  
ABC for Health, Inc.  
Toll-free: (800) 585-4222  
Tel: (608) 261-6939  
Email: [info@safetyweb.org](mailto:info@safetyweb.org)  
Website: [www.safetyweb.org](http://www.safetyweb.org)

Barron County Office  
ABC for Health, Inc.  
Tel: (715) 537-3471

Polk County Office  
ABC for Health, Inc.  
Tel: (715) 485-8525

## BadgerCare

BadgerCare is Wisconsin's state program to provide health insurance for uninsured working families, managed by the Division of Healthcare Financing, Department of Health and Family Services. The program insures both children and their parents and is intended to fill gaps between Medicaid and private health insurance. To be eligible one must have children under age 19 living with them, their income must be within the guideline limits, and they cannot be covered by other health insurance.

Toll-free: (800) 362-3002

Website: <http://dhfs.wisconsin.gov/badgercare>

## Community Health Centers

Fees at many of these clinics are based on a sliding scale or the patient's ability to pay.

*See Appendix B and Appendix C*

## Diabetes Drug-Related Patient Assistance Programs

*See Appendix A*

## Directory of Prescription Drug Patient Assistance Programs

To make it easier for physicians to identify the growing number of programs available for needy patients, member companies of the Pharmaceutical Research and Manufacturers of America (PhRMA) created this directory. It lists company programs that provide drugs to physicians whose patients could not otherwise afford them. Only PhRMA member companies are listed.

Toll-free: (888) 477-2669

Website: [www.helpingpatients.org](http://www.helpingpatients.org)

### Eye Care America's Diabetes EyeCare Program (DEP)

The Diabetes EyeCare Program (DEP) is a service of Eye Care America, the Foundation of the American Academy of Ophthalmology. DEP promotes annual, dilated eye exams for people with diabetes and raises awareness about diabetic eye disease, provides free diabetic eye disease educational materials, and facilitates access to eye care. People eligible for a referral through the program receive a comprehensive, medical eye exam and up to one year of treatment – at no out-of-pocket expense – for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full.

#### ***Diabetes Help Line***

Toll-free: (800) 391-3937

Website: [www.eyecareamerica.org](http://www.eyecareamerica.org)

### GovBenefits.gov

GovBenefits.gov is a partnership of federal agencies with a shared vision – to provide improved, personalized access to government assistance programs. The mission of GovBenefits.gov is to use the Internet to connect citizens to government benefit program eligibility information; increase access to information, particularly for people with disabilities; reduce expense and difficulty of doing business with the government; and, continue to add programs to become the single source for federal, state, and local government benefit programs. The online screening tool is free, easy-to-use, and completely confidential.

Toll-free: (800) 333-4636

Website: [www.govbenefits.gov](http://www.govbenefits.gov)

### Health Insurance Risk Sharing Plan (HIRSP)

The Wisconsin Health Insurance Risk Sharing Plan (HIRSP), managed by the Division of Healthcare Financing, Department of Health and Family Services, offers health insurance to Wisconsin residents who are either unable to find adequate health insurance coverage in the private market due to their medical conditions or who have lost their employer-sponsored group health insurance. Applicants are required to meet HIRSP eligibility criteria to qualify.

Toll-free: (800) 828-4777

Website: [www.hirsp.org](http://www.hirsp.org)

Tel: (608) 221-4557

#### ***Prescription Drug Questions***

Toll-free: (866) 270-3877

### Medicare Preventive Service:

#### Diabetes Screening, Supplies and Self-Management Training

This site answers common questions and provides links to numerous other sites with diabetes self-management information.

Toll-free: (800) 633-4227

#### Medicare Preventive Services:

#### Diabetes Screening, Supplies, and Self-Management Training

<http://www.medicare.gov/Health/Diabetes.asp>

#### Medicare Coverage of Diabetes Supplies and Services (pdf file – 30 page booklet)

<http://www.medicare.gov/Publications/Pubs/pdf/11022.pdf>

Medicare and You (pdf file – 116 page booklet)

Diabetes care issues are discussed on pages 10, 12, 13, 15, 24, and 34. Document includes information on Medicare Part D.

<http://www.medicare.gov/publications/pubs/pdf/10050.pdf>

NeedyMeds.com

This website offers a complete listing of patient assistance programs for prescription drugs. Information is frequently updated and obtained directly from the drug manufacturers. Both patients and health professionals can obtain information from the site. Health professionals have an option to purchase a manual with the information from the website.

Tel: (215) 625-9609

Website: [www.needymeds.com](http://www.needymeds.com)

NonprofitWarehouse.com

Nonprofit Warehouse.com is an online service that provides products for nonprofit organizations. Their goal is to bring nonprofit manufacturers and selected low-cost suppliers together with nonprofit organizations in a common place for the mutual benefit of the people they serve. Included among a variety of products and programs is the free **Prescription Drug Discount Card** that provides a 50% discount on generic drugs and a 15% discount on branded drugs at more than 65,000 pharmacies nationwide. The card must be printed from the website.

Tel: (770) 541-7777

Email: [customerservice@nonprofitwarehouse.com](mailto:customerservice@nonprofitwarehouse.com)

Website: [www.nonprofitwarehouse.com](http://www.nonprofitwarehouse.com)

Partnership for Prescription Assistance

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many patients will get the medicines free or nearly free.

Toll-free: (888) 477-2669

Website: [www.pparx.org](http://www.pparx.org)

RxAssist

RxAssist provides physicians and other health care providers with the information they need to access patient assistance programs offered through pharmaceutical manufacturers. Providers can search programs by company, brand name, generic name, and drug class. Downloadable information is also available for patients describing options for prescription assistance. The site also links to state programs and drug discount card programs.

Tel: (401) 729-3284

Email: [info@rxassist.org](mailto:info@rxassist.org)

Website: [www.rxassist.org](http://www.rxassist.org)

The Medicine Program.com

This program offers a unique *FREE* discount prescription drug program. There are no burdensome criteria to qualify for this program – everyone is eligible. This plan is absolutely free-of-charge and is available to anyone that is looking to lower the cost of their prescriptions.

Website: [www.themedicineprogram.com/](http://www.themedicineprogram.com/)

### Wisconsin SeniorCare

Managed by the Division of Healthcare Financing, Department of Health and Family Services, SeniorCare is Wisconsin's prescription drug assistance program for Wisconsin residents age 65 years or older who meet eligibility requirements. Individuals with prescription drug coverage under other plans will be eligible to enroll, but SeniorCare will only cover eligible costs not covered under other plans. Individuals enrolled in Medicaid are not eligible. There is an annual fee to participate in program.

Toll-free: (800) 657-2038 (TTY and translations services available)

For more information contact your county or tribal aging office:

<http://dhfs.wisconsin.gov/aging/contacts/COAGOF.HTM>

Website: <http://dhfs.wisconsin.gov/seniorcare>

### Wisconsin Chronic Disease Program

Managed by the Division of Healthcare Financing, Department of Health and Family Services, the Wisconsin Chronic Disease Program (WCDP) offers assistance to Wisconsin residents with chronic renal disease, hemophilia, and adult cystic fibrosis. The program pays health care providers for disease-related services and supplies provided to certified Wisconsin Chronic Disease Program recipients after all other sources of payment have been exhausted. Chronic Disease Program recipients are responsible for certain co-payments and annual deductibles determined by the program.

Tel: (608) 266-2469

Website: <http://dhfs.wisconsin.gov/wcdp>

### Wisconsin Council of the Blind

The Wisconsin Council of the Blind is a private, nonprofit agency that serves the blind and visually impaired of Wisconsin. Activities include legislative and administrative advocacy as well as public education and referral. Services include low vision evaluations, rehabilitation teaching, low interest loans, and scholarships. The Council also sells a variety of vision assistance products at low cost to people who are blind or have low vision. Some items may be available on loan for a trial basis before purchase.

Toll-free: (800) 783-5213

Email: [info@wblind.org](mailto:info@wblind.org)

Tel: (608) 255-1166

Website: [www.wblind.org](http://www.wblind.org)

## Other Referral and Support Resources

### **Civic Groups and Community Organizations**

See your local telephone directory for the Salvation Army, United Way, Lutheran Social Services, Jewish Social Services, and Associated Catholic Charities.

### **Community Health Centers**

These Centers provide access to comprehensive community-oriented primary health care services for medically underserved communities in Wisconsin. *See Appendix B and Appendix C for a complete listing of Wisconsin's Community Health Centers.*

### **County Human/Social Services**

These agencies can provide direction for acquiring medical assistance, food stamps, information and referral. Listing at:

<http://dhfs.wisconsin.gov/aboutDHFS/OSF/AreaAdm/ProgramAgencyListing.pdf>

### **County/Tribal Aging Offices and Benefits Specialists**

These specialists can answer questions about needs, services and opportunities for older persons in their communities. Listing at: <http://dhfs.wisconsin.gov/aging/contacts/COAGOF.HTM>

### **Local Public Health Departments**

Local Public Health Departments can provide information and referral as well as linkage to local services. See listing for county and/or city of residence: <http://dhfs.wisconsin.gov/LocalHealth/>

### **Medigap**

Medigap is private health insurance that supplements Medicare's benefits by filling in some of the gaps in Medicare coverage. A booklet entitled *Medicare Supplement Insurance Approved Policies*, which describes individual Medigap insurance policies currently being sold in Wisconsin, may be obtained from:

Toll-free: (800) 242-1060

Website: <http://dhfs.wisconsin.gov/aging/BOALTC/MEDIGAP.HTM>

### **Wisconsin Medicaid and SeniorCare Preferred Drug List-Quick Reference**

Website provides list of medications covered under Wisconsin Medicaid and SeniorCare Programs.

Website: [www.dhfs.wisconsin.gov/medicaid/pharmacy/pdl/](http://www.dhfs.wisconsin.gov/medicaid/pharmacy/pdl/)

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## *Government Agencies*

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**Department of Veterans Affairs Diabetes Program (VA)**

The VA's Diabetes Program offers a variety of diabetes resources for veterans and health professionals, including Diabetes Clinical Practice Guidelines. It is a comprehensive evidence-based document that incorporates information from several existing, national consensus, evidence-based guidelines.

Tel: (202) 273-5400

Website: [www1.va.gov/diabetes](http://www1.va.gov/diabetes)

**VA Health Care Benefits Hotline**

Toll-free: (877) 222-8387

**Division of Diabetes Translation, Centers for Disease Control and Prevention (DDT)**

DDT promotes assessment, health policy development, assurance of quality health services, and implementation of community-based approaches to reduce the burden of diabetes in the U.S. The agency supports Diabetes Prevention and Control Programs in all 50 states and eight territories or island jurisdictions, conducts surveillance and research, and is a sponsor of the National Diabetes Education Program. A variety of patient education materials are available.

Toll-free: (877) 232-3422

Email: [diabetes@cdc.gov](mailto:diabetes@cdc.gov)

Website: [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

**Food and Nutrition Information Center (FNIC)**

The FNIC is one of several information centers located at the National Agricultural Library (NAL). The food and human nutrition collection of NAL includes books, manuals, journal articles, and audio-visual materials. Resources range from educational materials to scientific information.

Tel: (301) 504-5719

Email: [fnic@nal.usda.gov](mailto:fnic@nal.usda.gov)

Website: [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)

**Indian Health Service (IHS), Division of Diabetes Treatment and Prevention**

An agency of the Public Health Service, Department of Health and Human Services, IHS develops, documents, and sustains a health effort to prevent and control diabetes in American Indian and Alaska Native communities. Resources include information on nutrition and fitness, a diabetes resource catalog, and training/workshops on diabetes.

Tel: (505) 248-4182

Email: [feedback@ihs.gov](mailto:feedback@ihs.gov)

Website: [www.ihs.gov/medicalprograms/diabetes](http://www.ihs.gov/medicalprograms/diabetes)

**National Center on Minority Health and Health Disparities (NCMHD)**

The mission of the NCMHD is to promote minority health and to lead, coordinate, support, and assess the NIH effort to reduce and ultimately eliminate health disparities. The NCMHD supports research, fosters emerging programs, disseminates information, and provides outreach to minority and other health disparity communities.

Tel: (301) 402-1366

Email: [NCMHDinfo@od.nih.gov](mailto:NCMHDinfo@od.nih.gov)

Website: <http://ncmhd.nih.gov>

### National Diabetes Information Clearinghouse (NDIC)

The NDIC is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH), under the U.S. Public Health Service. The clearinghouse is designed to increase knowledge and understanding about diabetes among patients and their families, health care professionals, and the public. NDIC publications include public and patient materials, professional materials, catalogs and guides, fact sheets, and information packets.

Toll-free: (800) 860-8747

Email: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

Website:

[www.niddk.nih.gov/health/diabetes/ndic.htm](http://www.niddk.nih.gov/health/diabetes/ndic.htm)

### National Eye Institute (NEI)

NEI is a branch of the National Institutes of Health. It supports basic and clinical research to develop safe and effective methods to prevent, diagnose, and treat diabetic eye disease. NEI produces patient and professional education materials related to diabetic eye disease and its treatment, including literature for patients, guides for health professionals, and education kits for community health workers and pharmacists.

Tel: (301) 496-5248

Email: [2020@nei.nih.gov](mailto:2020@nei.nih.gov)

Website: [www.nei.nih.gov](http://www.nei.nih.gov)

### National Heart, Lung, and Blood Institute (NHLBI)

The primary responsibility of the NHLBI is the scientific investigation of heart, blood vessel, lung, and blood diseases. The NHLBI Information Center responds to inquiries related to high blood pressure, cholesterol, asthma, heart attack, obesity, and sleep disorders. Public and patient education materials are available on numerous topics including cholesterol, high blood pressure, asthma, heart disease, physical activity, obesity, sleep disorders, stroke, and blood diseases. Clinical practice guidelines and other publications for health professionals are available on the above topics as well.

Tel: (301) 592-8573

Email: [nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov)

Website: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### National Immunization Program (NIP)

The NIP is a part of the Centers for Disease Control and Prevention. As a disease-prevention program, NIP provides leadership for the planning, coordination, and conduct of immunization activities nationwide. Support and information is provided to health departments, health professionals, partners, and the media.

***English Hotline:***

Toll-free: (800) 232-2522

***Spanish Hotline:***

Toll-free: (800) 232-0233

Email: [nipinfo@cdc.gov](mailto:nipinfo@cdc.gov)

Website: [www.cdc.gov/nip](http://www.cdc.gov/nip)

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)  
The NIDDK is part of the National Institutes of Health. They conduct and support biomedical research, disseminating research findings to the public. A variety of resources are available in easy-to-read and Spanish formats through NIDDK's National Diabetes Information Clearinghouse (*see above*), and through their other programs and initiatives.

Toll-free: (800) 860-8747

Email: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

Tel: (301) 654-3327

Website: [www.niddk.nih.gov](http://www.niddk.nih.gov)

National Institute on Aging (NIA)

The NIA is a branch of the National Institutes of Health. The NIA promotes healthy aging by conducting and supporting biomedical, social, and behavioral research and public education. Educational material topics cover specific diseases and health conditions, treatments, and research. Materials are for use by the general public, patients and family members, health professionals, voluntary and community organizations, and the media.

Toll-free: (800) 222-2225

Email: [niainfo@mail.nih.gov](mailto:niainfo@mail.nih.gov)

Website: [www.nih.gov/nia](http://www.nih.gov/nia)

National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)  
NKUDIC provides information about kidney and urologic diseases to the public, patients, and their families and health care professionals. A variety of educational materials and publications are available.

Toll-free: (800) 891-5390

Email: [nkudic@info.niddk.nih.gov](mailto:nkudic@info.niddk.nih.gov)

Website: <http://kidney.niddk.nih.gov>

National Oral Health Information Clearinghouse (NOHIC)

The NOHIC serves as a resource for patients, health professionals, and the public who seek information on the oral health of special care patients. These include people with genetic or systemic disorders that compromise oral health, people whose medical treatment causes oral problems, and people with mental or physical disabilities that make dental hygiene difficult. A service of the National Institute of Dental and Craniofacial Research, NOHIC gathers and disseminates information from many sources, including voluntary health organizations, educational institutions, government agencies, and industry.

Tel: (301) 496-4261

Email: [nidcrinfo@mail.nih.gov](mailto:nidcrinfo@mail.nih.gov)

Website: [www.nidcr.nih.gov/HealthInformation/SpecialCareResources](http://www.nidcr.nih.gov/HealthInformation/SpecialCareResources)

Office of Minority Health (OMH) Resource Center

The OMH works to improve the health of racial and ethnic populations through the development of health policies and programs. OMH is the largest resource and referral service on minority health in the Nation.

OMH offers information, publications, mailing lists, database searches, referrals, and more for African-American, Asian American, Hispanic/Latino, Native American/Alaska Native, and Pacific Islander populations. OMH-RC publishes the newsletters, *Closing the Gap* and *Pocket Guide to Minority Health Resources*.

Toll-free: (800) 444-6472

Email: [info@omhrc.gov](mailto:info@omhrc.gov)

Website: [www.omhrc.gov](http://www.omhrc.gov)

### Rural Information Center (RIC)

The Rural Information Center, part of the U.S. Department of Agriculture, provides information and referral services for rural communities, officials, organizations, and citizens.

Toll-free: (800) 633-7701

Website: [www.nal.usda.gov/ric](http://www.nal.usda.gov/ric)

### UW Center for Tobacco Research and Intervention (CTRI)

The CTRI is committed to aiding smokers in overcoming their dependence on tobacco. The CTRI accomplishes these goals through four program areas: research, clinical, outreach and education, and policy. Fact sheets, publications, and information on cessation services and programs by county are available.

Tel: (608) 262-8673

Website: [www.ctri.wisc.edu](http://www.ctri.wisc.edu)

### UW Population Health Institute

The Institute serves as a focal point for applied public health and health policy within the University of Wisconsin-Madison School of Medicine and Public Health as well as a bridge to public health and health policy practitioners in the state. Research and education opportunities are offered as well as publications and reports.

Tel: (608) 263-6294

Website: [www.pophealth.wisc.edu/uwphi](http://www.pophealth.wisc.edu/uwphi)

### Wisconsin Bureau of Aging and Disability Resources

The Bureau of Aging and Disability Resources in the Division of Disability and Elder Services, Department of Health and Family Services, is responsible for analyzing public policy options for planning and managing the delivery of home and community-based services for persons who are elderly and persons with physical disabilities. The Bureau administers programs required under the Older Americans Act and the Wisconsin Elder Act and coordinates and manages the Community Options Program, home and community-based waiver programs, the Independent Living Centers, and WisTech.

Tel: (608) 266-2536

Email: [rosnefp@dhfs.state.wi.us](mailto:rosnefp@dhfs.state.wi.us)

Website: <http://dhfs.wisconsin.gov/aging>

### Wisconsin Bureau for the Blind

The Bureau for the Blind in the Division of Disability and Elder Services, Department of Health and Family Services, is dedicated to serving people who have vision loss. For those persons who meet the eligibility requirements, the services of a field-based personal assistant are provided to help in the management of everyday tasks. Counseling and support groups are also available.

Toll-free: (888) 879-0017

Website: <http://dhfs.wisconsin.gov/blind>

### Wisconsin Comprehensive Tobacco Prevention and Control Program

The Comprehensive Tobacco Prevention and Control Program is part of the Bureau of Community Health Promotion, Division of Public Health, Department of Health and Family Services. The Tobacco Prevention and Control Program works to reduce the leading cause of chronic disease – tobacco use – through the coordination of a comprehensive, statewide effort with multiple partnerships at the local, state, and national level. The program also coordinates the activities and materials for the Thomas T. Melvin Youth Tobacco Prevention and Education Program.

Tel: (608) 266-8526

Website: <http://dhfs.wisconsin.gov/tobacco>

#### ***Wisconsin Tobacco Quit Line***

Toll-free: (800) 784-8669

### Wisconsin Diabetes Prevention and Control Program (DPCP)

The Wisconsin Diabetes Prevention and Control Program, in the Bureau of Community Health Promotion, Division of Public Health, Department of Health and Family Services, takes a statewide approach to improve diabetes care in Wisconsin by focusing on health systems, community interventions, health communications, surveillance, and evaluation. A variety of resources are available for both people with diabetes and health professionals.

Tel: (608) 261-6871

Email: [ludlule@dhfs.state.wi.us](mailto:ludlule@dhfs.state.wi.us)

Website: <http://dhfs.wisconsin.gov/health/diabetes>

### Wisconsin Heart Disease and Stroke Prevention Program

This program is in the Bureau of Community Health Promotion, Division of Public Health, Department of Health and Family Services. The overall purpose of the program is to reduce the burden of cardiovascular disease statewide.

Tel: (608) 266-3702

Email: [bruec@dhfs.state.wi.us](mailto:bruec@dhfs.state.wi.us)

Website:

<http://dhfs.wisconsin.gov/health/cardiovascular>

### Wisconsin Immunization Program

The Immunization Program, located in the Bureau of Communicable Diseases and Preparedness, Division of Public Health, Department of Health and Family Services, working in partnership and collaboration with local partners, strives to eliminate the transmission of vaccine preventable disease through effective immunization programs and outbreak control measures. Utilizing best practice strategies and evidence-based programming, steps to achieve the mission include: improving the effectiveness of immunization delivery systems, increasing immunization access for all, identifying and eliminating racial, ethnic and other disparities, and protecting the community through high immunization rates.

Tel: (608) 267-9959

Website: <http://dhfs.wisconsin.gov/immunization>

### Wisconsin Minority Health Program

The Minority Health Program in the Bureau of Health Information and Policy, Division of Public Health, Department of Health and Family Services, is the primary point of contact on minority health for the Department and develops initiatives to advance the health of racial and ethnic minority communities in Wisconsin.

Tel: (608) 267-2173

Email: [joneskj@dhfs.state.wi.us](mailto:joneskj@dhfs.state.wi.us)

Website:

<http://dhfs.wisconsin.gov/health/minorityhealth>

### Wisconsin Nutrition and Physical Activity Program

The Wisconsin Nutrition and Physical Activity Program is in the Bureau of Community Health Promotion, Division of Public Health, Department of Health and Family Services. The program works to prevent and control obesity and other chronic diseases by developing a nutrition and physical activity infrastructure at the state level through collaboration and coordination with state and local government and private partners. The program also identifies, assesses, utilizes, and evaluates data sources and research to define and monitor the burden of obesity and has also developed an evidence-based State Nutrition and Physical Activity Plan.

Tel: (608) 267-3694

Email: [pesikmj@dhfs.state.wi.us](mailto:pesikmj@dhfs.state.wi.us)

Website:

<http://dhfs.wisconsin.gov/health/physicalactivity>

### Wisconsin Office of the Commissioner of Insurance

The Office of the Commissioner of Insurance (OCI) was created by the legislature in 1871. The original intent of OCI has not changed drastically over the past 125 years. In 1871, OCI was vested with broad powers to ensure that the insurance industry responsibly and adequately met the insurance needs of Wisconsin citizens. Today, OCI's mission is to lead the way in informing and protecting the public and responding to its insurance needs.

Toll-free: (800) 236-8517

Email: [information@oci.state.wi.us](mailto:information@oci.state.wi.us)

Website: <http://oci.wi.gov>

### Wisconsin Program for Children and Youth with Special Health Care Needs

The Children and Youth with Special Health Care Needs Program in the Bureau of Community Health Promotion, Division of Public Health, Department of Health and Family Services, provides consultation assistance for families of children who have chronic illnesses or disabilities and have special health care needs.

Tel: (608) 266-8178

Website: [http://dhfs.wisconsin.gov/DPH\\_BFCH/cshcn](http://dhfs.wisconsin.gov/DPH_BFCH/cshcn)

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American Diabetes Association's Spanish Language Website

This website is the Spanish version of the American Diabetes Association's website.

Website: [www.diabetes.org/espanol/default.jsp](http://www.diabetes.org/espanol/default.jsp)

American Dietetic Association's Diversity Resource List

This resource list is designed to assist in the location of nutrition education resources for various population groups, as well as to help increase awareness and understanding of diversity.

Website: [www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE\\_3207\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE_3207_ENU_HTML.htm)

American Heart Association's Spanish Language Website

This website is the Spanish version of the American Heart Association's website.

Website: [www.heart.org/presenter.jhtml?identifier=3015971](http://www.heart.org/presenter.jhtml?identifier=3015971)

American Indian Health National Library of Medicine

This web resource on American Indian Health, sponsored by the National Library of Medicine, is designed to bring together health and medical resources pertinent to the American Indian population including policies, consumer health information, and research. Links are provided to an assortment of documents, websites, databases, and other resources.

Website: <http://americanindianhealth.nlm.nih.gov>

Association of Asian Pacific Community Health Organizations

This website is designed to serve as a vehicle through which you can easily access the information you need to better serve the health needs of Asian Americans, Native Hawaiians and Pacific Islanders.

Tel: (501) 272-9536 ext. 102

Website: [www.aapcho.org](http://www.aapcho.org)

Babel Fish Translation

Translate text or entire websites with the Babel Fish translation tool.

Website: <http://babelfish.altavista.com/translate.dyn>

California Project LEAN Spanish Nutrition and Activity Information

California Project LEAN provides a variety of resources, evaluations, articles, and materials for promoting healthy eating and physical activity.

Tel: (916) 552-9907

Email: [yberends@dhs.ca.gov](mailto:yberends@dhs.ca.gov)

Website: [www.californiaprojectlean.org](http://www.californiaprojectlean.org)

Center for Cross-Cultural Health

The Center for Cross-Cultural Health is a Minnesota-based organization providing education and tools that ensure diverse populations receive culturally competent and sensitive materials.

Tel: (651) 209-8999

Website: [www.crosshealth.com](http://www.crosshealth.com)

### Diabetes Australia

This site offers diabetes education materials in Arabic, Chinese, Croatian, Greek, Hindi, Italian, Malaysian, Serbian, Spanish, Thai, Turkish, Vietnamese, and Ukrainian.

Email: [ccc@diabetesaustralia.com.au](mailto:ccc@diabetesaustralia.com.au)

Website:

[www.diabetesaustralia.com.au/multilingualdiabetes](http://www.diabetesaustralia.com.au/multilingualdiabetes)

### Free Translation Services

FreeTranslation.com is one of the most popular websites of its kind, with more than 2 million visitors per week. FreeTranslation.com allows users to obtain free translations of both text and web pages. The translation is generated by a computer and displayed instantly.

Website: [www.freetranslation.com](http://www.freetranslation.com)

### Great Lakes Inter-Tribal Council, Inc. (GLITC)

GLITC is a private nonprofit consortium that assists Native Americans in Wisconsin with health and social services.

Tel: (715) 588-3324

Email: [glitc@glitc.org](mailto:glitc@glitc.org)

Website: [www.glitc.org](http://www.glitc.org)

### Health Information Translations

This site is a collaborative initiative to improve health education for limited English proficiency patients and is intended to serve as a valuable resource to help health care professionals teach health education to those patients with limited English skills. By leveraging the combined skills and experience of three of Central Ohio's largest health care organizations, this project produces some of the most valuable resources for health care education in diverse communities. This website currently translates health education materials into 13 different languages; check the site regularly for new language translations.

Tel: (614) 293-3191

Website: [www.healthinfotranslations.com](http://www.healthinfotranslations.com)

### Hmong Health Education Network

The goal of the Hmong Health Education Network is to provide access to health information for Hmong people and those who provide health, education, and social services to the Hmong community. The website is managed by the Wausau Area Hmong Mutual Assistance Association (WAHMA), with funding for the Hmong Health Education Network from the National Library of Medicine (NLM).

Website: [www.hmonghealth.org](http://www.hmonghealth.org)

### Indian Health Service (IHS), Division of Diabetes Treatment and Prevention

An agency of the Public Health Service, Department of Health and Human Services, IHS develops, documents, and sustains a health effort to prevent and control diabetes in American Indian and Alaska Native communities. Resources include information on nutrition and fitness, a diabetes resource catalog, and training/workshops on diabetes.

Tel: (505) 248-4182

Email: [feedback@ihs.gov](mailto:feedback@ihs.gov)

Website: [www.ihs.gov/medicalprograms/diabetes](http://www.ihs.gov/medicalprograms/diabetes)

Multicultural Diabetes Materials from Harborview Medical Center, Seattle  
This website contains materials developed by Harborview Medical Center (Seattle, WA) for use in Multicultural Diabetes Classes for patients and family members. Class topics include basics of diabetes, nutrition, medicines, and glucose meters. The materials are available as easy-to-print PDFs and are translated into Amharic, Cambodian, Oromo, Somali, Spanish, Tigrean, and Vietnamese (each includes both target language and English). Several of the patient education handouts also include audio narrations that require software for listening.

Website: [http://ethnomed.org/patient\\_ed/diabetes/diabetes\\_index.html](http://ethnomed.org/patient_ed/diabetes/diabetes_index.html)

#### National Alliance for Hispanic Health

The National Alliance for Hispanic Health focuses on improving the health and well-being of Hispanics. *Su Familia*, a National Alliance for Hispanic Health Program, offers Hispanic consumers free reliable and confidential health information in Spanish and English and helps navigate callers through the health system. Staffed by bilingual health information specialists the helpline provides basic information on a wide range of health topics.

***Su Familia Helpline*** (bilingual)

Toll-free: (866) 783-2645

Website: [www.hispanichealth.org](http://www.hispanichealth.org)

#### National Cancer Institute

This website provides a variety of educational materials on healthy eating geared toward African-American, Latino American, and Native American audiences, as well as the general public.

Website: <https://cissecure.nci.nih.gov/ncipubs/searchResults.asp?subject2=Nutrition>

#### National Center for Cultural Competence (NCCC)

The mission of the NCCC is to increase the capacity of health and mental health programs to design, implement, and evaluate culturally and linguistically competent service delivery systems.

Website: [www11.georgetown.edu/research/gucchd/nccc](http://www11.georgetown.edu/research/gucchd/nccc)

#### National Council of La Raza (NCLR)

NCLR's health programs work to develop culturally-relevant bilingual health education and promotional materials for those in the Hispanic community not being reached by national, mainstream health education efforts, as well as to provide assistance in the form of model programs, consultation, and training.

Tel: (202) 785-1670

Website: [www.nclr.org](http://www.nclr.org)

#### National Diabetes Education Program (NDEP)

This website provides a wide variety of materials for both providers and patients. Many are available in 16 different languages. Special campaigns sponsored through this site include: *Small Steps, Big Rewards – Prevent Type 2 Diabetes*; *Control Your Diabetes for Life*; and, *Be Smart About Your Heart – Control the ABCs of Diabetes*.

Toll-free: (800) 438-5383

Tel: (770) 488-5037

Website: [www.ndep.nih.gov](http://www.ndep.nih.gov)

### National Hispanic/Latino Diabetes Initiative for Action (NLDI)

This program was developed to serve as a blueprint for the Centers for Disease Control and Prevention to frame interdisciplinary, culturally-relevant approaches to control diabetes and its complications in the U.S. Hispanic/Latino community. The initiative is comprehensive in scope, serving as a long-range “road map.”

Toll-free: (800) 232-4636

Website: [www.cdc.gov/diabetes/projects/latino.htm](http://www.cdc.gov/diabetes/projects/latino.htm)

### National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

The NIDDK is part of the National Institutes of Health. They conduct and support biomedical research, disseminating research findings to the public. A variety of resources are available in easy-to-read and Spanish formats through NIDDK’s National Diabetes Information Clearinghouse and through their other programs and initiatives.

Toll-free: (800) 860-8747

Email: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

Website: [www.niddk.nih.gov](http://www.niddk.nih.gov)

### National Kidney Foundation, Inc.

The National Kidney Foundation offers their *A to Z Health Guide* publications in Spanish.

Website: [http://www.kidney.org/atoz/atozTopic\\_sp.cfm](http://www.kidney.org/atoz/atozTopic_sp.cfm)

### NativeWeb: Health Resources

NativeWeb is an international, nonprofit, educational organization dedicated to using telecommunications including computer technology and the Internet to disseminate information from and about indigenous nations, peoples, and organizations around the world; to foster communication between native and non-native peoples; to conduct research involving indigenous peoples’ usage of technology and the Internet; and, to provide resources, mentoring, and services to facilitate indigenous peoples’ use of this technology.

Website: [www.nativeweb.org/resources/health\\_elder\\_resources](http://www.nativeweb.org/resources/health_elder_resources)

### New South Wales (NSW) Multicultural Health Communication Service

NSW Multicultural Health Communication Service (Multicultural Communication) provides information and services to assist health professionals to communicate with non-English speaking communities.

Email: [mhcs@sesiahs.health.nsw.gov.au](mailto:mhcs@sesiahs.health.nsw.gov.au)

Website: [www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)

### Nutrition Education for New Americans Project

The Nutrition Education for New Americans Project has lost its funding from the USDA. The nutritional and diabetes handouts in 30 different languages are still available from this site. *All of the materials are copyright free; please distribute them freely.* Do not call the phone number on the handouts as it is no longer valid.

Website: <http://monarch.gsu.edu/multiculturalhealth>

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## AARP

AARP is dedicated to enhancing quality of life for all as we age. AARPS leads positive social change and delivers value to members through information, advocacy and service. Membership in AARP is open to any person age 50 or above. The group is known for providing a host of services to this ever-growing segment of the population by: informing members and the public on issues important to this age group; advocating on legislative, consumer and legal issues; promoting community service; and, offering a wide range of special products and services to members

Toll-free: (888) 687-2277

Website: [www.aarp.org](http://www.aarp.org)

## American Academy of Periodontology (AAP)

The Academy's purpose is to advocate, educate, and set standards for advancing the periodontal and general health of the public and promoting excellence in the practice of periodontics. Periodontics is one of nine dental specialties recognized by the American Dental Association.

Tel: (312) 787-5518

Website: [www.perio.org](http://www.perio.org)

***The Mouth/Body Connection: Diabetes*** Fact Sheet  
[www.perio.org/consumer/mbc.diabetes.htm](http://www.perio.org/consumer/mbc.diabetes.htm)

## American Association of Diabetes Educators (AADE)

AADE is a multi-disciplinary organization for health professionals involved in diabetes patient education with state and regional chapters. The association sponsors a diabetes educator certification program, provides grants, scholarships, and awards for educational research and teaching activities, provides curriculum guides, consensus statements, self-study programs, and other resources for diabetes educators.

Toll-free: (800) 338-3633

Email: [aade@aadenet.org](mailto:aade@aadenet.org)

Website: [www.diabeteseducator.org](http://www.diabeteseducator.org)

### ***Diabetes Educator Access Line***

Toll-free: (800) 832-6874

*provides names and addresses of  
local certified diabetes educators*

## American Dental Association

The American Dental Association is the professional association of dentists committed to the public's oral health, ethics, science, and professional advancement.

Tel: (312) 440-2500

Website: [www.ada.org](http://www.ada.org)

***Diabetes and Your Oral Health*** Fact Sheet  
[www.ada.org/public/topics/diabetes.asp](http://www.ada.org/public/topics/diabetes.asp)

## American Diabetes Association (ADA)

The mission of this organization is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. To fulfill this mission, the American Diabetes Association funds research, publishes scientific findings, and provides information and other services to people with diabetes, their families, health care professionals, and the public.

ADA National Office

Toll-free: (800) 342-2383

Website: [www.diabetes.org](http://www.diabetes.org)

ADA Wisconsin Area Office

Toll-free: (888) 342-2383

Tel: (414) 778-5500

**ADA Recognized Programs in Wisconsin**

ADA Recognition is a national voluntary process formally identifying diabetes patient education programs that meet National Standards for Diabetes Patient Education. Visit [www.diabetes.org/education/edustate2.asp](http://www.diabetes.org/education/edustate2.asp) or call ADA at (888) 342-2383 for a current listing of Wisconsin's Recognized Programs.

**Diabetes Support Groups in Wisconsin**

Contact the ADA at (888) 342-2383 for a current listing of diabetes support groups in Wisconsin.

**Become a Diabetes Advocate**

The Diabetes Advocate Program encourages people concerned about diabetes issues to write or speak to policy makers about diabetes. The Advocacy Action Center contains information about federal legislation, research funding, disability issues, health care insurance issues, and an option to become a Diabetes Advocate. To reach the Advocacy Action Center, go to:

[http://advocacy.diabetes.org/site/PageServer?pagename=AC\\_homepage](http://advocacy.diabetes.org/site/PageServer?pagename=AC_homepage)

**American Dietetic Association**

The American Dietetic Association is an organization for registered dietitians and other professionals providing nutrition care and education services. The association publishes the monthly *Journal of the American Dietetic Association*.

The Diabetes Care and Education (DCE) Practice Group develops guidelines for the nutritional management of diabetes and maintains a network of practicing dietitians available for consultation. The DCE Practice Group publishes two newsletters, *Newsflash* and *On the Cutting Edge*. Other materials are available for professionals and patients.

American Dietetic Association  
Toll-free: (800) 877-1600  
Website: [www.dce.org](http://www.dce.org)  
[www.eatright.org](http://www.eatright.org)

Wisconsin Dietetic Association  
Toll-free: (888) 232-8631  
Email: [wda@centurytel.net](mailto:wda@centurytel.net)  
Website: [www.eatrightwisc.org](http://www.eatrightwisc.org)

**Consumer Nutrition Information Line and Registered Dietitian Locator:**

Toll-free: (800) 366-1655

**American Heart Association (AHA)**

The American Heart Association is a nonprofit association dedicated to fighting heart disease and stroke through research and education. Professional resources include professional development seminars and meetings, emergency cardiac care training, and research information and opportunities. Consumer resources include free or low-cost brochures, pamphlets, newsletters, etc. related to the prevention of heart disease and stroke as well as disease-specific information.

AHA National Center  
Toll-free consumers: (800) 242-8721  
Toll-free professionals: (800) 787-8984  
Website: [www.americanheart.org](http://www.americanheart.org)

AHA in Wisconsin  
Many local divisions: See "Local Info" link on website.

### American Stroke Association (ASA)

The American Stroke Association is a division of the American Heart Association that focuses on reducing risk, disability, and death from stroke through research, education, fund raising, and advocacy.

Toll-free: (888) 478-7653

Website: [www.americanheart.org](http://www.americanheart.org)

### American Urologic Association Foundation

The American Urological Association Foundation partners with physicians, researchers, health care professionals, patients, caregivers, families, and the public to support and promote research, patient/public education, and advocacy to improve the prevention, detection, treatment, and cure of urologic diseases.

Toll-free: (866) 746-4282

Email: [patienteducation@auafoundation.org](mailto:patienteducation@auafoundation.org)

Website: [www.auafoundation.org](http://www.auafoundation.org)

### Centers for Disease Control (CDC) Foundation

The CDC Foundation is an independent, nonprofit enterprise that forges effective partnerships between CDC and others to fight threats to health and safety. The Foundation can accept funding and responsibly create programs that help donors and CDC scientists achieve their common goals.

Toll-free: (888) 880-4CDC

Website: [www.cdcfoundation.org](http://www.cdcfoundation.org)

### Diabetes Action Research and Education Foundation

The mission of the Diabetes Action Research and Education Foundation is to support and promote education and scientific research to enhance the quality of life for all people affected by diabetes. Materials provided include exercise videos designed for people with diabetes. The booklet *Diabetes Self-Management: Basics and Beyond*, as well as recipes and tips are available on their website.

Tel: (202) 333-4520

Website: [www.daref.org](http://www.daref.org)

### Diabetes Exercise and Sports Association (DESA)

DESA's mission is to enhance the quality of life for people with diabetes through exercise and physical fitness. DESA publishes a quarterly newsletter, *The Challenge*, and sponsors a variety of events.

Toll-free: (800) 898-4322

Email: [desa@diabetes-exercise.org](mailto:desa@diabetes-exercise.org)

Website: [www.diabetes-exercise.org](http://www.diabetes-exercise.org)

### Diabetes Research and Training Centers (DRTCs)

The National Institute of Diabetes and Digestive and Kidney Diseases supports six DRTCs. These centers offer seminars and workshops for health care professionals on diabetes management and offer professional expertise in developing and implementing diabetes programs. Individual centers produce a variety of educational materials, including audiovisuals for health care professionals.

For a complete list of DRTCs, go to: <http://diabetes.niddk.nih.gov/dm/pubs/drtc>

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### Great Lakes Inter-Tribal Council, Inc. (GLITC)

GLITC is a private nonprofit consortium that assists Native Americans in Wisconsin with health and social services.

Tel: (715) 588-3324

Email: [glitc@glitc.org](mailto:glitc@glitc.org)

Website: [www.glitc.org](http://www.glitc.org)

### Hadley School for the Blind

The Hadley School for the Blind in Winnetka, Illinois, offers more than 90 distance education courses to eligible students completely free of charge, including “*You, Your Eyes and Diabetes.*” Individuals must meet one of the following criteria to be eligible: (1) a blind adult (14+ years of age); (2) a relative of a blind or visually impaired child; (3) a family member of a blind or visually impaired adult; or (4) a professional in the blindness field.

Toll-free: (800) 323-4238

Email: [info@hadley.edu](mailto:info@hadley.edu)

Website: [www.hadley-school.org](http://www.hadley-school.org)

### International Diabetes Center (IDC)

IDC offers education classes for people with diabetes as well as training programs and consultation services for health professionals. They have developed the Staged Diabetes Management program, a system of clinical pathways that helps primary care providers and diabetes educators partner with patients to gain control of their diabetes and prevent complications. IDC and its affiliates also conduct research on the prevention and treatment of diabetes. IDC has a variety of patient education material available.

Toll-free: (888) 825-6315

Website: [www.idcdiabetes.org](http://www.idcdiabetes.org)

### International Diabetes Federation (IDF)

The IDF is a non-governmental organization in official relations with the World Health Organization (WHO) and the Pan American Health Organization (PAHO). IDF carries out broad global initiatives through task forces, working groups, conferences, and educational development. Materials published by IDF include the *Diabetes Voice*, *Bulletin of the IDF*, leaflets, fact sheets, and other publications including a directory of online resources and a directory of clinical practice guidelines.

Tel: +32-2-5385511

Email: [info@idf.org](mailto:info@idf.org)

Website: [www.idf.org](http://www.idf.org)

### Joslin Diabetes Center

The Joslin Diabetes Center offers inpatient and outpatient treatment, education, and other support services to adults and children with diabetes; provides professional medical education; sponsors camps for children with diabetes; and, supports research to improve treatment and find a cure for diabetes and its complications. In addition to its headquarters in Boston, there are affiliated diabetes treatment centers nationwide.

Tel: (617) 732-2400

Website: [www.joslin.harvard.edu](http://www.joslin.harvard.edu)

### Juvenile Diabetes Research Foundation International (JDRF)

JDRF is a private, nonprofit, voluntary health agency with chapters and affiliates throughout the world. JDRF raises funds to support research on the cause, cure, treatment, and prevention of diabetes and its complications. The organization awards research grants for laboratory and clinical investigations and also provides training programs, workshops, and conferences for researchers.

JDRF International

Toll-free: (800) 533-2873

Email: [info@jdrf.org](mailto:info@jdrf.org)

Website: [www.jdrf.org](http://www.jdrf.org)

JDRF, Southeastern Wisconsin Chapter

Tel: (414) 453-4673

Email: [southeastwi@jdrf.org](mailto:southeastwi@jdrf.org)

JDRF, Western Wisconsin Chapter

Tel: (608) 833-2873

Email: [westernwi@jdrf.org](mailto:westernwi@jdrf.org)

JDRF, Northeast Wisconsin Chapter

Tel: (920) 997-0038

Email: [northeastwi@jdrf.org](mailto:northeastwi@jdrf.org)

Website:

[www.jdrf.org/chapters/WI/Northeast-Wisconsin](http://www.jdrf.org/chapters/WI/Northeast-Wisconsin)

### Latino Health Organization

The Latino Health Organization helps bridge the gap in access to health care for people of Latin American descent living in Milwaukee. Services include a home visiting outreach program, written and verbal translation services, and a health promoters training program.

Tel: (414) 647-9990

Website: [www.latinohealthorganization.org](http://www.latinohealthorganization.org)

### Lighthouse International

Lighthouse International's mission is to enable people of all ages to overcome vision impairment through worldwide leadership in vision rehabilitation services, education, research, and advocacy. Lighthouse has a variety of products, publications, and resources available for those affected with vision impairment.

Tel: (212) 821-9200

TTY: (212) 821-9713

Email: [info@lighthouse.org](mailto:info@lighthouse.org)

Website: [www.lighthouse.org](http://www.lighthouse.org)

### MetaStar, Inc.

MetaStar is a health care quality improvement organization based in Madison, Wisconsin. MetaStar helps to assure cost-effective, quality health care through projects with health care organizations involving quality improvement, data analysis, and cost containment. MetaStar will work together with healthcare systems and clinics to improve care for their patients with diabetes.

Toll free: (800) 362-2320

Website: [www.metastar.com](http://www.metastar.com)

### MidWest Clinicians' Network (MWCN)

MWCN's mission is to enhance professional and personal growth for clinicians to become effective leaders in their health centers and promoters of quality, community-based primary health care. The Health Disparities Collaboratives are a quality improvement initiative for primary health care centers.

Tel: (517) 381-8000

Email: [mwcn-info@mpca.net](mailto:mwcn-info@mpca.net)

Website: [www.midwestclinicians.org](http://www.midwestclinicians.org)

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### Milwaukee Area Health Education Center (Milwaukee AHEC)

The mission of Milwaukee AHEC is to improve access to health care in Southeastern Wisconsin's underserved communities, through the development of community-based, client oriented, culturally relevant, collaborative health professions education programs. Milwaukee AHEC accomplishes its mission by fostering cooperation and collaboration among health professionals, educational institutions and the communities. Milwaukee AHEC offers health careers and cultural competency information and presentations at a low cost.

Tel: (414) 344-0675

Email: [mail@milahec.org](mailto:mail@milahec.org)

Website: [www.milahec.org](http://www.milahec.org)

### Milwaukee Urban League

The Milwaukee Urban League's mission is to provide essential services . . . strong results-oriented programming . . . to those who share with all of us a desire to be productive, contributing members of the community. A dedicated team of staff, volunteers, sponsors, and the Board open doors to information, skill development, and other support to help African Americans achieve their full potential and participate in the social mainstream, to secure economic self-sufficiency, parity and power, and civil rights.

Tel: (414) 374-5850

Email: [tmalone@tmul.org](mailto:tmalone@tmul.org)

Website: [www.tmul.org](http://www.tmul.org)

### MUMS: National Parent-to-Parent Network

MUMS is a national Parent-to-Parent organization for parents or care providers of a child with any disability or health condition. MUMS' main purpose is to provide support to parents in the form of a networking system that matches them with other parents whose children have the same or similar condition. Parents can then exchange valuable information and provide each other with emotional support.

Toll-free Parents Only: (877) 336-5333

Email: [mums@netnet.net](mailto:mums@netnet.net)

Tel: (920) 336-5333

Website: [www.netnet.net/mums](http://www.netnet.net/mums)

### National Asian Women's Health Organization (NAWHO)

NAWHO's diabetes education program, *Transforming Information into Action*, seeks to increase awareness of diabetes among Asian American community members, educate health care professionals about diabetes and Asian Americans, train health advocates to be informed diabetes spokespeople, and create culturally-appropriate diabetes education materials.

Tel: (415) 773-2838

Email: [info@nawho.org](mailto:info@nawho.org)

Website: [www.nawho.org](http://www.nawho.org)

### National Certification Board for Diabetes Educators (NCBDE)

The mission of the NCBDE is to promote excellence in the profession of diabetes education through the development, maintenance, and protection of the Certified Diabetes Educator (CDE) credential and certification process.

Tel: (847) 228-9795

Email: [info@ncbde.org](mailto:info@ncbde.org)

Website: [www.ncbde.org](http://www.ncbde.org)

### National Federation of the Blind: The Diabetes Action Network

The Diabetes Action Network, a division of the National Federation of the Blind, is a support and information network for all people with diabetes, especially those who are blind or losing vision. The Network publishes a quarterly magazine, *Voice of the Diabetic*, and a resource guide. A wide variety of other resources and information are available through the National Federation of the Blind.

Website: [http://www.nfb.org/nfb/Diabetes\\_Action\\_Network.asp?SnID=1773308](http://www.nfb.org/nfb/Diabetes_Action_Network.asp?SnID=1773308)

### National Kidney Foundation, Inc. (NKF)

The NKF is a voluntary health organization dedicated to preventing kidney and urinary tract diseases, improving the health and well-being of individuals and families affected by these diseases, and increasing the availability of all organs for transplantation. The National Kidney Foundation of Wisconsin (NKF-WI) is committed to reducing the impact of chronic kidney disease through its prevention, detection, and early intervention programs; constituent and professional education programs; public policy and advocacy initiatives; organ and tissue donor awareness; community collaborations; and, direct support for kidney-related research.

NKF, Inc.

Toll-free: (800) 622-9010

Email: [info@kidney.org](mailto:info@kidney.org)

Website: [www.kidney.org](http://www.kidney.org)

NKF of Wisconsin, Inc.

Toll-free: (800) 543-6393

Email: [nkfw@kidneywi.org](mailto:nkfw@kidneywi.org)

Website: [www.kidneywi.org](http://www.kidneywi.org)

### National Lipid Education Council (NLEC)

The NLEC is a multidisciplinary panel of experts in lipid management, cardiology, endocrinology, and primary care. The organization provides an online resource for healthcare professionals called Lipid Health. The site provides access to a newsletter, *Lipid Management*, current literature and case studies, events, and CME opportunities.

Email: [info.CCMDweb@pps.thomson.com](mailto:info.CCMDweb@pps.thomson.com) Website: [www.lipidhealth.org](http://www.lipidhealth.org)

### Northern Wisconsin Area Health Education Center (NAHEC)

The mission of NAHEC is to improve access to health care in northern Wisconsin's underserved communities primarily through the education of present and future health care professionals. NAHEC accomplishes its mission by offering continuing education programs and trainings for health professionals, and providing a variety of resources for both health professionals and consumers.

Tel: (715) 849-2432

Email: [info@nahec-wi.org](mailto:info@nahec-wi.org)

Website: [www.nahec-wi.org](http://www.nahec-wi.org)

### Prevent Blindness America

Prevent Blindness America is the nation's leading volunteer eye health and safety organization with the sole mission of preventing blindness and preserving sight. Diabetes-Sight.org, sponsored by Prevent Blindness America, is designed to help both patients and health care professionals find the information and resources they need for the prevention of vision loss from diabetes.

Prevent Blindness America

Toll-free: (800) 331-2020

Email: [info@preventblindness.org](mailto:info@preventblindness.org)

Website: [www.preventblindness.org](http://www.preventblindness.org)  
[www.diabetes-sight.org](http://www.diabetes-sight.org)

Prevent Blindness Wisconsin

Tel: (414) 765-0505

Email: [info@preventblindnesswisconsin.org](mailto:info@preventblindnesswisconsin.org)

Website: [www.preventblindness.org/wi](http://www.preventblindness.org/wi)

### Wisconsin Dental Association

The WDA is dedicated to giving both their members and the public timely information about Wisconsin dentistry.

Tel: (414) 276-4520

Website: [www.wda.org](http://www.wda.org)

### Wisconsin Lions Foundation, Inc.

The mission of the Wisconsin Lions Foundation, Inc. is to provide a vehicle for the Lions, Lioness, and Leo Clubs to work together towards a common cause, a vision, or a project while servicing the residents of Wisconsin. The Lions Club is a service organization, whose purpose is to provide help to people who need financial assistance, especially for services related to vision.

Toll-free: (877) 463-6953

Tel: (715) 677-4969

Email: [wlf@wi-net.com](mailto:wlf@wi-net.com)

Website: [www.wlf.info](http://www.wlf.info)

### Wisconsin Primary Health Care Association

The Wisconsin Primary Health Care Association is a private, nonprofit trade and advocacy organization of community, migrant, and homeless health centers, and other groups and individuals concerned about access to primary health care for underserved rural and urban communities. The Association works with Wisconsin's Health Centers in the areas of public education, legislative advocacy, and technical support, as well as promotes access to comprehensive community-oriented primary health care services for medically underserved communities in Wisconsin. *See Appendix B for a complete listing of Wisconsin's Community Health Centers.*

Tel: (608) 277-7477

Email: [wphca@wphca.org](mailto:wphca@wphca.org)

Website: [www.wphca.org](http://www.wphca.org)

### Wound Care Institute (WCI)

The WCI is a nonprofit organization involved in the advancement of wound healing and diabetic foot care. Educational seminars, research studies, educational grants, a speakers' bureau, preceptorship programs, and patient literature are some of the WCI's goals.

Tel: (305) 919-9192

Email: [tamara@woundcare.org](mailto:tamara@woundcare.org)

Website: <http://woundcare.org>

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### Community Guide to Preventive Services

This Guide provides evidence-based recommendations for programs and policies to promote population health. A variety of topics are covered including diabetes, nutrition, and oral health. The *Community Guide* is sponsored by the Centers for Disease Control and Prevention's National Center for Health Marketing and the *Community Guide* partners.

Email: [communityguide@cdc.org](mailto:communityguide@cdc.org)

Website: <http://thecommunityguide.org>

### Diabetes Prevention Program (DPP)

The DPP was the first nationwide research study designed to determine whether type 2 diabetes can be prevented through diet and physical activity, or medication. The DPP study, sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases (part of the National Institutes of Health), was administered at 27 medical centers across the country. In addition to information on the study and the results, diabetes information fact sheets for specific populations and statistical summaries are available from the website.

Website: <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/index.htm>

### Diabetes-Sight.org

Diabetes-Sight.org, sponsored by Prevent Blindness America, is designed to help both patients and health care professionals find the information and resources they need for the prevention of vision loss from diabetes. Prevent Blindness America is the nation's leading volunteer eye health and safety organization with the sole mission of preventing blindness and preserving sight.

Toll-free: (800) 331-2020

Email: [info@preventblindness.org](mailto:info@preventblindness.org)

Website: [www.preventblindness.org](http://www.preventblindness.org)  
[www.diabetes-sight.org](http://www.diabetes-sight.org)

### Emergency Medical Services for Children

The Child Alert Program is part of the EMS for Children Program in the Bureau of Local Health Support and EMS, Division of Public Health, Department of Health and Family Services. The goal of the Child Alert Program is to develop a statewide system of access improving the preparation of pre-hospital and emergency care for children and youth with special health care needs.

Tel: (608) 266-7457

Email: [koppbc@dhfs.state.wi.us](mailto:koppbc@dhfs.state.wi.us)

Website: <http://dhfs.wisconsin.gov/health/injuryprevention/emsc>

### Everyday Choices for a Healthier LIFE

This website, sponsored by the American Cancer Society, American Diabetes Association and American Heart Association, encourages people to impact their health through everyday choices.

Website: [www.everydaychoices.org](http://www.everydaychoices.org)

### Feet Can Last a Lifetime: Foot Care Kit for Diabetes

This kit is a foot care campaign from the National Diabetes Education Program. Materials available include a kit for healthcare professionals and one for patients. Exam room flyers, tip sheets, and other materials are also available.

Website: <http://ndep.nih.gov/resources/feet>

### Healthy Wisconsin People

The *Healthy Wisconsin People* website is dedicated to providing reliable health information for the residents of Wisconsin. The site features links to a broad range of health-related websites and organizations, with a special emphasis on health services for Wisconsinites. Healthy Wisconsin People was created through a joint project of the Northern Wisconsin Area Health Education Center and the Southwest Wisconsin Area Health Education Center.

Email: [info@nahec-wi.org](mailto:info@nahec-wi.org)

Website: [www.healthywisconsin.org](http://www.healthywisconsin.org)

### LEAP (Lower Extremity Amputation Prevention) Program

The LEAP Program is a comprehensive prevention program that can help to dramatically reduce lower extremity amputations in individuals with diabetes. The Program includes materials for healthcare providers along with a patient education booklet.

Toll-free: (800) 642-2477

Website: [www.bphc.hrsa.gov/leap](http://www.bphc.hrsa.gov/leap)

### Making Systems Changes for Better Diabetes Care

This website, from the National Diabetes Education Program, provides information, models, links, resources, and tools to help health care professionals assess needs for systems change, develop strategic plans, implement tools for action, and evaluate the systems change process.

Website: <http://www.betterdiabetescare.nih.gov>

### National Cholesterol Education Program (NCEP)

NCEP offers publications aimed at raising awareness and understanding about high blood cholesterol as a risk for coronary heart disease and the benefits of lowering cholesterol levels. A wide variety of publications may be downloaded and/or printed materials may be ordered.

Tel: (301) 592-8573

Email: [nhlbiinfo@nhlbi.nih.gov](mailto:nhlbiinfo@nhlbi.nih.gov)

Website: [www.nhlbi.nih.gov/about/ncep](http://www.nhlbi.nih.gov/about/ncep)

### National Diabetes Education Initiative (NDEI)

The NDEI is an online, multi-component educational program on type 2 diabetes designed for healthcare professionals. The NDEI develops programs that address the spectrum of type 2 diabetes and also provides healthcare professionals with updated diabetes data and research information through a variety of mediums.

Toll-free: (800) 471-7745

Email: [feedback@ndei.org](mailto:feedback@ndei.org)

Website: [www.ndei.org](http://www.ndei.org)

### National Diabetes Education Program (NDEP)

The National Diabetes Education Program provides a wide variety of materials for both providers and patients. Many are available in 16 different languages. Special campaigns sponsored through this site include: *Small Steps, Big Rewards*; *Prevent Type 2 Diabetes*; *Control Your Diabetes for Life*; and, *Be Smart About Your Heart – Control the ABCs of Diabetes*.

Toll-free: (800) 438-5383

Website: [www.ndep.nih.gov](http://www.ndep.nih.gov)

Tel: (770) 488-5037

### National Eye Health Education Program (NEHEP)

This program, developed by the National Eye Institute, promotes public and professional awareness of the importance of early diagnosis and treatment of diabetic eye disease.

Tel: (301) 496-5248

Email: [2020@nei.nih.gov](mailto:2020@nei.nih.gov)

Website: [www.nei.nih.gov/nehep](http://www.nei.nih.gov/nehep)

### National Fruit and Vegetable Program

The National Fruit and Vegetable Program is a nutrition campaign to encourage Americans to eat more fruits and vegetables for better health. A variety of public education materials and research information is available. Health professionals seeking fruit and vegetable materials for programs and activities should contact the National Fruit and Vegetable Program Coordinator in Wisconsin.

National Fruit and Vegetable Program

Tel: (770) 488-6026

Website: [www.5aday.gov](http://www.5aday.gov)

Fruit and Vegetable Nutrition Coordinator – Wisconsin

Amy Meinen

Tel: (608) 267-9194

Email: [meineam@dhfs.state.wi.us](mailto:meineam@dhfs.state.wi.us)

Website:

<http://dhfs.wisconsin.gov/health/physicalactivity/5aDay>

### National Glycohemoglobin Standardization Program (NGSP)

NGSP's mission is to standardize glycohemoglobin test results so that clinical laboratory results are comparable to those reported in the Diabetes Control and Complications Trial (DCCT), where relationships to mean blood glucose and risk for vascular complications were established.

Tel: (573) 882-1257

Website: [www.missouri.edu/~diabetes/ngsp.html](http://www.missouri.edu/~diabetes/ngsp.html)

### National High Blood Pressure Education Program (NHBPEP)

NHBPEP is administered and coordinated by the National Heart, Lung, and Blood Institute (NHLBI). The goal of the NHBPEP is to reduce death and disability related to high blood pressure through programs of professional, patient, and public education.

Tel: (301) 592-8573

Website: [www.nhlbi.nih.gov/about/nhbpep](http://www.nhlbi.nih.gov/about/nhbpep)

### National Kidney Disease Education Program (NKDEP)

NKDEP is a program of the National Institutes of Health to reduce the deaths and disabilities from kidney disease and its complications. Kidney disease information is available for both patients and health professionals.

Toll-free: (866) 454-3639

Email: [nkdep@info.niddk.nih.gov](mailto:nkdep@info.niddk.nih.gov)

Website: [www.nkdep.nih.gov](http://www.nkdep.nih.gov)

### Obesity Education Initiative (OEI)

The overall purpose of OEI is to help reduce the prevalence of overweight along with the prevalence of physical inactivity in order to reduce the risk of coronary heart disease (CHD) and overall morbidity and mortality from CHD. Information is available on the OEI's programs as well as health information for professionals and patients.

Tel: (301) 592-8573

Website: [www.nhlbi.nih.gov/about/oei](http://www.nhlbi.nih.gov/about/oei)

### President's Council on Physical Fitness and Sports

The President's Council on Physical Fitness and Sports serves as a catalyst to promote, encourage and motivate Americans of all ages to become physically active and participate in sports. The President's Council initiates and administers programs, often in partnership with other groups, which reach individual people in schools, homes, workplaces and communities. Fact sheets, reports, and resources are available.

Tel: (202) 690-9000

Websites: [www.fitness.gov](http://www.fitness.gov)  
[www.presidentschallenge.com](http://www.presidentschallenge.com)

### Proctor and Gamble Dental Care

This website offers a wide range of patient education materials, including information sheets on diabetes and periodontal disease, plaque, tartar control, and brushing/flossing instructions. Materials are available in multiple languages.

Website: [www.dentalcare.com](http://www.dentalcare.com)

### SeniorHealth.gov

SeniorHealth.gov makes aging-related health information easily accessible for family members and friends seeking reliable, easy-to-understand online health information. This site was developed by the National Institute on Aging (NIA) and the National Library of Medicine (NLM) both part of the National Institutes of Health (NIH). SeniorHealth.gov features authoritative and up-to-date health information from Institutes and Centers at NIH. In addition, the American Geriatrics Society provides expert and independent review of some of the material found on this website. Each health topic includes general background information, open-captioned videos, quizzes, and frequently asked questions (FAQs). New topics are added to the site on a regular basis.

Email: [custserv@nlm.nih.gov](mailto:custserv@nlm.nih.gov)

Website: <http://nihseniorhealth.gov>

### Sharps Disposal in Wisconsin

The Waste Management Program of the Wisconsin Department of Natural Resources maintains information on their website regarding proper sharps disposal including frequently asked questions, publications and contacts.

Email: [medical.waste@dnr.state.wi.us](mailto:medical.waste@dnr.state.wi.us)

Website: [www.dnr.wisconsin.gov/org/aw/wm/medinf](http://www.dnr.wisconsin.gov/org/aw/wm/medinf)

### Weight-Control Information Network (WIN)

WIN is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). WIN was established in 1994 to provide health professionals and consumers with science-based information on obesity, weight control, and nutrition. A variety of materials and publications are available.

Toll-free: (877) 946-4627

Email: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

Tel: (202) 828-1025

Website: <http://win.niddk.nih.gov>

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### DiabetesAtWork.org Program

This online diabetes and health resource kit, part of the National Diabetes Education Program, helps businesses and managed care companies assess the impact of diabetes in their workplace. It also provides easy-to-understand information for employers to help their employees manage their diabetes and take steps toward reducing the risk for diabetes-related complications such as heart disease. The website offers user-friendly fact sheets and ready-to-present lesson plans.

Website: [www.DiabetesAtWork.org](http://www.DiabetesAtWork.org)

### Diabetes Toolbox

The Diabetes Toolbox was designed by the Alliance to help employers improve employee wellness and reduce the burden of diabetes. The Toolbox contains detailed information on specific workplace strategies including: Diabetes Overview, Early Detection, Education, Supportive Work Environment, and Tools to Assist Individuals with Diabetes.

Website: [www.alliancehealthcoop.com/diabetes](http://www.alliancehealthcoop.com/diabetes)

### National Business Group on Health

The National Business Group on Health, formerly the Washington Business Group on Health, is the only national nonprofit organization exclusively devoted to representing the perspective of large employers and providing practical solutions to its members' most important health care problems.

Website: [www.businessgrouphealth.org](http://www.businessgrouphealth.org)

### Wellness Councils of America (WELCOA)

A national nonprofit membership organization dedicated to promoting healthier lifestyles for all Americans, especially through health promotion initiatives at the worksite. Organizationally, WELCOA serves as an umbrella, linking communities and coalitions together into a supportive network that includes locally affiliated Wellness Councils, Well City initiatives, Well Workplaces, and individual and corporate members throughout the United States.

Tel: (402) 827-3590

Email: [wellworkplace@welcoa.org](mailto:wellworkplace@welcoa.org)

Website: [www.welcoa.org](http://www.welcoa.org)

### Wellness Council of Wisconsin

The Wellness Council is the only nonprofit organization in Wisconsin dedicated exclusively to helping employers design results-oriented wellness programs to maximize the health and productivity of their most valuable asset – their employees. The Wisconsin affiliate of Wellness Councils of America, all programs and services are consistent with the mission to promote worksite wellness in Wisconsin.

Tel: (414) 291-9355

Email: [wcwi@wellnesscouncilwi.org](mailto:wcwi@wellnesscouncilwi.org)

Website: [www.wellnesscouncilwi.org](http://www.wellnesscouncilwi.org)

### Worksite Wellness Resource Kit

The Worksite Wellness Resource Kit is a tool to assist worksites with implementing strategies that have been proven to be effective. The kit provides information to implement a broad range of strategies or programming; some will require very little or no resources while other strategies may require considerable resources. The kit shows you ways to get started and make a difference in the health of your employees, regardless of the size of your worksite and its available resources. The kit was developed through a collaborative effort between the Nutrition and Physical Activity Program, Diabetes Prevention and Control Program, Heart Disease and Stroke Prevention Program, Comprehensive Cancer Control Program, and Arthritis Program.

Website: <http://dhfs.wisconsin.gov/health/physicalactivity/Sites/Worksitekit.htm>

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## *Additional Internet Resources*

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**NOTE:** *The internet addresses listed in this section are not necessarily listed in other sections of the resource guide. Please see the previous sections for internet addresses of specific organizations, government agencies, etc.*

## Care Guidelines

Wisconsin Essential Diabetes Mellitus Care Guidelines

<http://dhfs.wisconsin.gov/health/diabetes/DBMCCGuidelns.htm>

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults

[www.nhlbi.nih.gov/guidelines/obesity/ob\\_home.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm)

Compendium of Diabetes Best Practices

[www.dqip.org/compendium/index.html](http://www.dqip.org/compendium/index.html)

Detection, Evaluation and Treatment of High Blood Cholesterol in Adults

[www.nhlbi.nih.gov/guidelines/cholesterol/index.htm](http://www.nhlbi.nih.gov/guidelines/cholesterol/index.htm)

Diabetes Clinical Practice Recommendations (2007)

*Updated annually, check website for new links.*

[http://care.diabetesjournals.org/content/vol30/suppl\\_1](http://care.diabetesjournals.org/content/vol30/suppl_1)

Dietary Guidelines for Americans

[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

Hypertension and Diabetes

[www.nhlbi.nih.gov/health/prof/heart/hbp/hbp\\_diab.htm](http://www.nhlbi.nih.gov/health/prof/heart/hbp/hbp_diab.htm)

Institute for Clinical Systems Improvement (ICSI) Guidelines for Management of Diabetes Mellitus, Type 2

[www.icsi.org/knowledge/detail.asp?catID=29&itemID=182](http://www.icsi.org/knowledge/detail.asp?catID=29&itemID=182)

National Guideline Clearinghouse

[www.guideline.gov](http://www.guideline.gov)

National Kidney Foundation's K/DOQI Clinical Practice Guidelines for Chronic Kidney Disease: Evaluation, Classification and Stratification

[www.kidney.org/professionals/kdoqi/guidelines.cfm](http://www.kidney.org/professionals/kdoqi/guidelines.cfm)

Sixth Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure

[www.nhlbi.nih.gov/guidelines/hypertension/jncintro.htm](http://www.nhlbi.nih.gov/guidelines/hypertension/jncintro.htm)

Task Force Report (1987) on High Blood Pressure in Children and Adolescents

[www.nhlbi.nih.gov/health/prof/heart/hbp/hbp\\_ped.htm](http://www.nhlbi.nih.gov/health/prof/heart/hbp/hbp_ped.htm)

Tobacco Cessation Guidelines

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

## ***Diabetes Medical Alert Jewelry***

911 Medical Alert Jewelry: [www.911medicalalertjewelry.com](http://www.911medicalalertjewelry.com)

AboutMe Jewelry: [www.aboutmejewelry.com](http://www.aboutmejewelry.com)

American Medical ID: [www.americanmedical-id.com](http://www.americanmedical-id.com)

Creative Medical ID.com: [www.creativemedicalid.com](http://www.creativemedicalid.com)

HAH Originals: [www.hahoriginals.com](http://www.hahoriginals.com)

JewelBasket.com: [www.jewelbasket.com/medical-alert-jewelry.html](http://www.jewelbasket.com/medical-alert-jewelry.html)

Lauren's Hope: [www.laurenshope.com](http://www.laurenshope.com)

Life Jewelry: [www.lifejewelry.com](http://www.lifejewelry.com)

Lifewear: [www.mylifewear.com](http://www.mylifewear.com)

Make Me This.com: [www.makemethis.com](http://www.makemethis.com)

MedicAlert: [www.medicalert.org](http://www.medicalert.org)

Medic Assist: [www.medicassist.com](http://www.medicassist.com)

Medic ID International: [www.medicid.com](http://www.medicid.com)

Medical Identification Jewelry Store: [www.medicalidalertbracelet.com](http://www.medicalidalertbracelet.com)

MedIDs.com: [www.medids.com](http://www.medids.com)

Miss Ruthie's Kids Medical ID Jewelry: [www.lifejewelry.com](http://www.lifejewelry.com)

N-Style ID: [www.n-styleid.com](http://www.n-styleid.com)

TabBand Positive Identification Systems: [www.tabband.com](http://www.tabband.com)

## ***General Diabetes Knowledge and Management***

Children with Diabetes: [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

*Diabetes In Control* News and Information for Medical Professionals:  
[www.diabetesincontrol.com](http://www.diabetesincontrol.com)

Diabetes Interview: [www.diabetesworld.com](http://www.diabetesworld.com)

Diabetes Mall: [www.diabetesmall.org](http://www.diabetesmall.org)

Diabetes Self-Management Magazine: [www.diabetes-self-mgmt.com](http://www.diabetes-self-mgmt.com)

dLife TV: [www.dlife.com](http://www.dlife.com)

EndocrineWeb.com The Diabetes Center: [www.endocrineweb.com/diabetes](http://www.endocrineweb.com/diabetes)

*Think Like a Pancreas* Resource Guide for Teens with Type 1 Diabetes:  
[www.thinklikeapancreas.com](http://www.thinklikeapancreas.com)

## **Government**

Administration on Aging: [www.aoa.dhhs.gov](http://www.aoa.dhhs.gov)

Agency for Healthcare Research and Quality: [www.ahrq.gov](http://www.ahrq.gov)

Centers for Disease Control and Prevention (CDC): [www.cdc.gov](http://www.cdc.gov)

Centers for Medicare and Medicaid Services (CMS): [www.cms.hhs.gov](http://www.cms.hhs.gov)

Combined Health Information Database (CHID): [www.chid.nih.gov](http://www.chid.nih.gov)

Food and Drug Administration (FDA): [www.fda.gov](http://www.fda.gov)

Healthfinder.gov: [www.healthfinder.gov](http://www.healthfinder.gov)

Healthier U.S.: [www.healthierus.gov](http://www.healthierus.gov)

Healthiest Wisconsin 2010 (Wisconsin State Health Plan):  
<http://dhfs.wisconsin.gov/StateHealthPlan>

Healthy People 2010: [www.healthypeople.gov](http://www.healthypeople.gov)

National Health Information Center: [www.health.gov/nhic](http://www.health.gov/nhic)

The National Center for Health Statistics (NCHS): [www.cdc.gov/nchs](http://www.cdc.gov/nchs)

National Institute of Dental and Craniofacial Research (NIDCR): [www.nidr.nih.gov](http://www.nidr.nih.gov)

National Institutes of Health: [www.nih.gov](http://www.nih.gov)

U.S. Department of Health and Human Services: [www.hhs.gov](http://www.hhs.gov)

U.S. National Library of Medicine (NLM): [www.nlm.nih.gov](http://www.nlm.nih.gov)

Wisconsin Health Statistics: <http://dhfs.wisconsin.gov/stats>

## ***Nutrition, Physical Activity, and Weight Management***

American Council on Exercise: [www.acefitness.org](http://www.acefitness.org)

Bam! Body and Mind: [www.bam.gov](http://www.bam.gov)

Body Mass Index (BMI) for adults up to 250 pounds: [www.shapeup.org/prof/bmi6.pdf](http://www.shapeup.org/prof/bmi6.pdf)

Body Mass Index (BMI) for adults above 250 pounds: [www.shapeup.org/prof/bmi6a.pdf](http://www.shapeup.org/prof/bmi6a.pdf)

Canada's Physical Activity Guide: [www.paguide.com](http://www.paguide.com)

CDC – Physical Activity and Nutrition Information: [www.cdc.gov/nccdphp/dnpa/index.htm](http://www.cdc.gov/nccdphp/dnpa/index.htm)

Diabetes Exercise and Sports Association (DESA): [www.diabetes-exercise.org](http://www.diabetes-exercise.org)

Diabetic Gourmet Magazine: <http://diabeticgourmet.com>

Dietary Guidelines for Americans: [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)

Food Guide Pyramids (various languages and cultural/ethnic Guides):

[www.nal.usda.gov/fnic/Fpyr/pyramid.html](http://www.nal.usda.gov/fnic/Fpyr/pyramid.html)

[www.mypyramid.gov](http://www.mypyramid.gov)

Gourmet Connection Network: [www.gourmetconnection.com](http://www.gourmetconnection.com)

Healthier United States: [www.healthierus.gov](http://www.healthierus.gov)

Just Move – American Heart Association: [www.justmove.org](http://www.justmove.org)

Kids Walk to School: [www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm](http://www.cdc.gov/nccdphp/dnpa/kidswalk/index.htm)

National Institute of Health Obesity Education Initiative:

[www.nhlbi.nih.gov/about/oei/index.htm](http://www.nhlbi.nih.gov/about/oei/index.htm)

Nutrition.gov: [www.nutrition.gov](http://www.nutrition.gov)

Recreation.gov: [www.recreation.gov](http://www.recreation.gov)

Shape Up America: [www.shapeup.org](http://www.shapeup.org)

VERB: [www.verbnow.com](http://www.verbnow.com)

Wisconsin Nutrition and Physical Activity Program:

<http://dhfs.wisconsin.gov/health/physicalactivity>

## ***Professional/Consumer Associations***

AARP: [www.aarp.org](http://www.aarp.org)

American Academy of Family Physicians: [www.aafp.org](http://www.aafp.org)

Wisconsin Academy of Family Physicians: [www.wafp.org](http://www.wafp.org)

American Academy of Ophthalmology: [www.aao.org](http://www.aao.org)

American Academy of Pediatrics: [www.aap.org](http://www.aap.org)

American Academy of Periodontology: [www.perio.org](http://www.perio.org)

American Association of Clinical Endocrinologists: [www.aace.com](http://www.aace.com)

American Association of Diabetes Educators: [www.diabeteseducator.org](http://www.diabeteseducator.org)

American Dental Association: [www.ada.org](http://www.ada.org)

Wisconsin Dental Association: [www.wda.org](http://www.wda.org)

American Dietetic Association: [www.eatright.org](http://www.eatright.org)

Wisconsin Dietetic Association: [www.eatrightwisc.org](http://www.eatrightwisc.org)

American Medical Association: [www.ama-assn.org](http://www.ama-assn.org)

American Nurses Association: [www.nursingworld.org](http://www.nursingworld.org)

Wisconsin Nurses Association: [www.wisconsinnurses.org](http://www.wisconsinnurses.org)

American Optometric Association: [www.aoanet.org](http://www.aoanet.org)

Wisconsin Optometric Association: [www.woa-eyes.org](http://www.woa-eyes.org)

American Podiatric Medical Association (APMA): [www.apma.org](http://www.apma.org)

American Public Health Association (APHA): [www.apha.org](http://www.apha.org)

Wisconsin Public Health Association (WPHA): [www.wpha.org](http://www.wpha.org)

Association of American Indian Physicians: [www.aaip.com](http://www.aaip.com)

Badger Association of the Blind and Visually Impaired, Inc.: [www.badgerassoc.org](http://www.badgerassoc.org)

Consumer Healthcare Products Association: [www.chpa-info.org](http://www.chpa-info.org)

Endocrine Society: [www.endo-society.org](http://www.endo-society.org)

National Kidney Foundation: [www.kidney.org](http://www.kidney.org)

National Kidney Foundation of Wisconsin: [www.kidneywi.org](http://www.kidneywi.org)

National Mental Health Association: [www.nmha.org](http://www.nmha.org)

Pedorthic Footwear Association: [www.pedorthics.org](http://www.pedorthics.org)

Pharmacy Society of Wisconsin: [www.pswi.org](http://www.pswi.org)

Wisconsin Medical Society: [www.wisconsinmedicalsociety.org](http://www.wisconsinmedicalsociety.org)

## ***Research***

CenterWatch – Clinical Trials Listing Service: [www.centerwatch.com](http://www.centerwatch.com)

Diabetes Control and Complications Trial (DCCT):  
[www.niddk.nih.gov/health/diabetes/pubs/dcct1/dcct.htm](http://www.niddk.nih.gov/health/diabetes/pubs/dcct1/dcct.htm)

Diabetes Prevention Program (DPP):  
<http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram/index.htm>

Diabetes Prevention Trial – Type 1 (DPT): [www.niddk.nih.gov/patient/dpt\\_1/dpt\\_1.htm](http://www.niddk.nih.gov/patient/dpt_1/dpt_1.htm)

UK Prospective Diabetes Study (UKPDS): [www.dtu.ox.ac.uk/index.php?maindoc=/ukpds/](http://www.dtu.ox.ac.uk/index.php?maindoc=/ukpds/)

## ***Scientific Journals***

American Journal of Kidney Diseases: [www.ajkd.org](http://www.ajkd.org)

American Journal of Public Health: [www.ajph.org](http://www.ajph.org)

Archives of Internal Medicine: <http://archinte.ama-assn.org>

British Medical Journal: <http://bmj.org>

Diabetes: <http://diabetes.diabetesjournals.org>

Diabetes Care: <http://care.diabetesjournals.org>

Diabetes Spectrum: <http://spectrum.diabetesjournals.org>

Journal of the American Medical Association (JAMA): <http://jama.ama-assn.org>

Journal of Family Practice: [www.jfampract.com](http://www.jfampract.com)

Morbidity and Mortality Weekly Report: [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

New England Journal of Medicine: [www.nejm.org](http://www.nejm.org)

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## ***Universities, Research Centers, and Medical Facilities***

Diabetes Research Institute: [www.drinet.org](http://www.drinet.org)

Emory University Health Sciences Center Library, MedWeb: [www.medweb.emory.edu](http://www.medweb.emory.edu)

University of Pittsburgh School of Public Health Diabetes Health Economics Study Group:  
[www.pitt.edu/~tjs/diabecon.html](http://www.pitt.edu/~tjs/diabecon.html)

UW Population Health Institute: [www.pophealth.wisc.edu/uwphi](http://www.pophealth.wisc.edu/uwphi)

## ***Miscellaneous***

Cybernephrology (NKF): [www.kidney.org/professionals/cyber](http://www.kidney.org/professionals/cyber)

Diabetes Monitor: [www.diabetesmonitor.com](http://www.diabetesmonitor.com)

Diabetic Gift Baskets: [www.diabeticgiftbaskets.com](http://www.diabeticgiftbaskets.com)

Dr. Koop: [www.drkoop.com](http://www.drkoop.com)

MedicinePlus.gov: [www.medscape.com](http://www.medscape.com)

Medscape for Health Professionals and Medline access: [www.medscape.com](http://www.medscape.com)

WebMD Health: <http://my.webmd.com>

## ***Appendix A: Pharmaceutical Companies and Assistance Programs***

Most pharmaceutical companies provide free diabetes educational materials and patient assistance programs. For information contact:

Abbott Diabetes Care  
1360 South Loop Road

Alameda, CA 94502

Toll-free: (800) 527-3339

<http://abbottdiabetescare.com>

Patient Assistance Program

Toll-free: (800) 222-6885

Bristol-Myers Squibb Company

345 Park Avenue

New York, NY 10154-0037

Tel: (212) 546-4000

[www.bms.com](http://www.bms.com)

Patient Assistance Program

Toll-free: (800) 736-0003

Amylin Pharmaceuticals, Inc.

9360 Towne Centre Drive

San Diego, CA 92121

Tel: (858) 552-2200

[www.amylin.com](http://www.amylin.com)

Patient Assistance Program

Toll-free: (800) 330-7647

Disetronic Medical Systems, Inc.

11800 Exit 5 Parkway, Suite 120

Fishers, IN 46037

Toll-free: (800) 280-7801

Email: [info@disetronic-usa.com](mailto:info@disetronic-usa.com)

[www.disetronic-usa.com](http://www.disetronic-usa.com)

Aventis Pharmaceuticals, Inc.

300 Somerset Corporate Blvd.

Bridgewater, NJ 08807

Toll-free: (800) 981-2491

[www.aventis.com](http://www.aventis.com)

Patient Assistance Program

Toll-free: (800) 221-4025

Eli Lilly and Company

Lilly Corporate Center

Indianapolis, IN 46285

Toll-free: (800) 545-5979

[www.lilly.com](http://www.lilly.com)

Lilly Cares Patient Assistance Program

Toll-free: (800) 545-6962

Bayer Corporation

100 Bayer Rd

Pittsburgh, PA 15205-9741

Tel: (412) 777-2000

[www.bayerus.com](http://www.bayerus.com)

Patient Assistance Program

Toll-free: (800) 998-9180

GlaxoSmithKline

One Franklin Plaza

P O Box 7929

Philadelphia, PA 19101

Toll-free: (888) 825-5249

[www.gsk.com](http://www.gsk.com)

Bridges to Access Program

Toll-free: (866) 728-4368

Together Rx Access Program

Toll-free: (800) 444-4106

BD Medical-Diabetes Care

1 Becton Drive

Franklin Lakes, NJ 07417-1883

Toll-free: (888) 232-2737

[www.bd.com](http://www.bd.com)

## Hoffman-La Roche Inc.

340 Kingsland Street  
Nutley, NJ 07110  
Toll-free: (800) 845-7355  
Tel: (973) 235-5000

[www.roche.com](http://www.roche.com)

Patient Assistance Program  
Toll-free: (800) 877-757-6243

## Takeda Pharmaceuticals

475 Half Day Road  
Lincolnshire, IL 60069  
Toll-free: (877) 582-5332  
Tel: (847) 383-3000

[www.tpna.com](http://www.tpna.com)

Patient Assistance Program  
Toll-free:  
(800) 830-9159 or (877) 582-5332

## LifeScan, Inc.

1000 Gibraltar Drive  
Milpitas, CA 95035  
Toll-free: (800) 227-8862  
Email: [CustomerService@LifeScan.com](mailto:CustomerService@LifeScan.com)  
[www.lifescan.com](http://www.lifescan.com)

## Novo Nordisk Pharmaceuticals, Inc.

100 College Road West  
Princeton, NJ 08540  
Toll-free: (800) 727-6500 (med/tech info only)  
Tel: (609) 987-5800

[www.novonordisk-us.com](http://www.novonordisk-us.com)

Patient Assistance Program  
Toll-free: (800) 310-7549

## Pfizer, Inc.

235 E. 42<sup>nd</sup> St.  
New York, NY 10017  
Toll-free: (800) 879-3477  
Tel: (212) 573-2323

[www.pfizer.com](http://www.pfizer.com)

Pfizer Helpful Answers  
Toll-free: (800) 706-2400  
[www.PfizerHelpfulAnswers.com](http://www.PfizerHelpfulAnswers.com)

## Sanofi-Aventis

300-400 Somerset Corp. Blvd.  
Bridgewater, NJ 08807-0977  
Toll-free: (800) 207-8049

[www.sanofi-aventis.us](http://www.sanofi-aventis.us)

Patient Assistance Program  
Toll-free: (800) 446-6276

## Schering-Plough

2000 Galloping Hill Road  
Kenilworth, NJ 07033-0530  
Tel: (908) 298-4000

[www.schering-plough.com](http://www.schering-plough.com)

Patient Assistance Program  
Toll-free: (800) 347-7503

## **Appendix B: Wisconsin Primary Health Care Association's Community Health Centers**

*Members of the Wisconsin Primary Health Care Association*  
*Fees at these clinics are based on a sliding scale or the patient's ability to pay.*

### **Access Community Health Centers**

Wm. T. Evjue Clinic  
3434 E. Washington Avenue  
**Madison, WI 53704**  
Tel: (608) 443-5480

Additional Madison Community Health Center  
location:

South Side Clinic  
2202 South Park Street  
**Madison, WI 53713**  
Tel: (608) 261-9270

### **Community Health Systems, Inc.**

74 Beloit Mall  
**Beloit, WI 53511**  
Tel: (608) 361-0311

Additional Community Health Systems, Inc.  
locations:

Beloit Area Community Health Center  
74 Beloit Mall  
**Beloit, WI 53511**  
Tel: (608) 361-0311

Janesville Community Health Center  
849 Kellogg Avenue  
**Janesville, WI 53546**  
Tel: (608) 758-7814

Racine Community Health Center  
2405 Northwestern Avenue  
**Racine, WI 53404**  
Tel: (262) 886-0474

### **Bridge Community Health Clinic**

1810 North Second Street  
**Wausau, WI 54403**  
Tel: (715) 848-4884

### **Family Health Center of Marshfield, Inc.**

1000 North Oak Avenue  
**Marshfield, WI 54449-5790**  
Toll-free: (800) 782-8581  
Tel: (715) 387-5511

Additional Family Health Center locations:

Athens Center  
729 Pine Street  
**Athens, WI 54411**  
Tel: (715) 257-7521

Bruce Center  
405 Bruce Lake Road  
**Bruce, WI 54819**  
Tel: (715) 868-1111

Cadott Center  
305 S. Hwy 27  
**Cadott, WI 54727**  
Tel: (715) 289-3102

Chippewa Center  
2655 Cty Hwy I  
**Chippewa Falls, WI 54729**  
Tel: (715) 726-4200

Chippewa Pediatric Dentistry  
2509 Cty Hwy I  
**Chippewa Falls, WI 54729**  
Tel: (715) 729-9312

Colby-Abbotsford Center  
111 Dehne Drive  
**Colby, WI 54421**  
Tel: (715) 223-2331

Cornell Center  
221 Main Street  
**Cornell, WI 54732**  
Tel: (715) 239-6344

Greenwood Center  
102 W Cannery St.  
**Greenwood, WI 54437**  
Tel: (715) 267-6600

Ladysmith Center  
906 College Avenue West  
**Ladysmith, WI 54848**  
Tel: (715) 532-2300

Ladysmith Dental Center  
315 Miner Avenue West  
**Ladysmith, WI 54848**  
Tel: (715) 532-2500

Loyal Center  
141 North Main Street  
**Loyal, WI 54446**  
Tel: (715) 255-8595

Mosinee Center  
385 Orbiting Drive  
**Mosinee, WI 54455**  
Tel: (715) 693-9100

Owen Dental Center  
202 Central Avenue  
**Owen, WI 54460**  
Tel: (715) 229-4337

Park Falls Center  
50 Sherry Avenue  
**Park Falls, WI 54552**  
Tel: (715) 762-7311

Phillips Center  
104 Trinity Drive  
**Phillips, WI 54555**  
Tel: (715) 339-2101

Stratford Center  
101 Wisconsin Ave  
**Stratford, WI 54484**  
Tel: (715) 687-4211

Thorp Center  
704 South Clark  
**Thorp, WI 54771**  
Tel: (715) 669-5536

#### **Family Health Medical and Dental Center**

La Clinica de los Campesinos, Inc.  
400 S. Town Line Road  
**Wautoma, WI 54982**  
Toll-free: (800) 942-5330  
Tel: (920) 787-5514

#### **Fox Cities Community Health Center**

Centro de Salud ~ Tsev Kuaj Mob  
1800 N. Appleton Road  
**Menasha, WI 54952**  
Tel: (920) 731-7445

#### **Gerald L. Ignace Indian Health Center**

1711 S. 11<sup>th</sup> Street  
**Milwaukee, WI 53204**  
(414) 383-9526  
Hours: Mon/Wed, 8 am – 5 pm; Tues/Thur,  
8 am – 7 pm; Fri, 8 am – Noon; clinic provides  
comprehensive health care to persons of American  
Indian descent and their families

**Health Care for the Homeless of Milwaukee**  
Outreach, Community Support Program, Case  
Management and Housing Services Office  
711 West Capitol Drive  
**Milwaukee, WI 53206**  
Tel: (414) 374-2400

Additional Health Care for the Homeless locations:

Angel of Hope Clinic  
209 West Orchard Street  
**Milwaukee, WI 53204**  
Tel: (414) 385-5395

Behavioral Health Clinic  
711 West Capitol Drive  
**Milwaukee, WI 53206**  
Tel: (414) 374-2400

Madre Angela Dental Clinic  
1308 S. 16th Street  
**Milwaukee, WI 53204**  
Tel: (414) 383-3220

St. Ben's Clinic  
1027 North 9th Street  
**Milwaukee, WI 53233**  
Tel: (414) 765-0606

Salvation Army Clinic  
1730 North 7th Street  
**Milwaukee, WI 53205**  
Tel: (414) 265-6360

Walkers Point Community Clinic  
611 West National, Suite 400  
**Milwaukee, WI 53204**  
Tel: (414) 384-1400

#### **Kenosha Community Health Center, Inc.**

4536 22<sup>nd</sup> Avenue  
**Kenosha, WI 53140**  
Tel: (262) 656-0044

#### **Lake Superior Community Health Center**

4325 Grand Avenue  
**Duluth, MN 55807**  
Tel: (218) 722-1497

Additional Lake Superior Community Health  
Center location:

Lake Superior Community Health Center  
3600 Tower Avenue  
**Superior, WI 54880**  
Tel: (715) 392-1955

**Milwaukee Health Services, Inc.**

MLK Heritage Health Center  
2555 N. Martin Luther King Jr. Drive  
**Milwaukee, WI 53212**  
Tel: (414) 372-8080

Additional Milwaukee Health Services location:

Isaac Coggs Heritage Health Center  
8200 W. Silver Spring Drive  
**Milwaukee, WI 53218**  
Tel: (414) 760-3900

**N.E.W. Community Clinic**

622 Bodart Street  
**Green Bay, WI 54301**  
Tel: (920) 437-9773

Additional N.E.W. Community Clinic locations:

Family Violence Center  
**Green Bay, WI 54305-0727**  
Tel: (920) 435-0100

Freedom House  
308 North Irwin  
**Green Bay, WI 54301**  
Tel: (920) 432-4646

House of Hope  
1660 Christiana Street  
**Green Bay, WI 54303**  
Tel: (920) 884-6740

N.E.W. Community Shelter  
301 Mather Street  
**Green Bay, WI 54303**  
Tel: (920) 437-3766

Salvation Army  
626 Union Street  
**Green Bay, WI 54303**  
Tel: (920) 497-7053

**North Woods Community Health Centers**

600 Shell Creek Road  
**Minong, WI 54859**  
Tel: (715) 466-2201

Additional North Woods Community Health Center location:

North Woods Community Health Centers  
11128 N. State Hwy 77/27  
**Hayward, WI 54843**  
Tel: (715) 634-2541

**Northern Health Centers, Inc.**

15397 Highway 32  
**Lakewood, WI 54138**  
Tel: (715) 276-6321

**Scenic Bluffs Community Health Centers**

238 Front Street  
**Cashton, WI 54619**  
Tel: (608) 654-5100

Additional Scenic Bluffs Community Health Centers locations:

Scenic Bluffs – Norwalk  
200 W. North Street  
**Norwalk, WI 54648**  
Tel: (608) 823-7853

Scenic Bluffs – Three Rivers  
Health Science Center  
1300 Badger Street  
**La Crosse, WI 54601**  
Tel: (608) 789-6293

**Sixteenth Street Community Health Center**

1032 South 16<sup>th</sup> Street  
**Milwaukee, WI 53204**  
Tel: (414) 672-1353

Additional Sixteenth Street Community Health Center location:

Parkside Campus  
2906 S. 20<sup>th</sup> Street  
**Milwaukee, WI 53215**  
Tel: (414) 654-0221

**Westside Healthcare Association, Inc.**

Lisbon Avenue Health Center  
3522 W. Lisbon Avenue  
**Milwaukee, WI 53208**  
Tel: (414) 935-8000

Additional Westside Healthcare Association location:

Hillside Family Health Center  
1452 N. 7<sup>th</sup> Street, 2<sup>nd</sup> Floor  
**Milwaukee, WI 53208**  
Tel: (414) 287-0918

## Appendix C: Medical Services and Free/Low-Cost Clinics

✎ *NOT* members of the Wisconsin Primary Health Care Association ✎

*Fees at many of these clinics are free, based on a sliding scale, or the patient's ability to pay.*

### Eye Exams and Eye Glasses

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Eye Care America's Diabetes EyeCare Program (DEP)

The DEP provides free diabetic eye disease educational materials and facilitates access to eye care. People eligible for a referral through the program receive a comprehensive, medical eye exam and up to one year of treatment – at no out-of-pocket expense – for any condition diagnosed during the initial exam. Volunteer ophthalmologists accept Medicare and/or other insurance reimbursement as payment in full.

**Diabetes Help Line**

Toll-free: (800) 391-3937

Website: [www.eyecareamerica.org](http://www.eyecareamerica.org)

New Eyes for the Needy

New Eyes for the Needy strives to improve the vision of the less fortunate by purchasing new eyeglasses in the United States and recycling donated glasses for distribution worldwide. See website for details and application.

Tel: (973) 376-4903

Website:

[www.neweyesfortheneedy.org/users/individuals.html](http://www.neweyesfortheneedy.org/users/individuals.html)

Sight for Students Program

Sight for Students is a Vision Service Plan (VSP) charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a community partner network that identifies children in need and VSP network doctors who provide the eye care services. See website for details.

Toll-free: (888) 290-4964

Website: [www.sightforstudents.org](http://www.sightforstudents.org)

Vision USA

The Vision USA Program, an American Optometric Association program, has participating optometrists all over the country who provide free eye exams to those in need. In Wisconsin, the program is limited to children under the age of 18. Call for services in your area.

**Vision USA – The Wisconsin Project**

Toll-free: (877) 435-2020

### Dental Exams

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**Donated Dental Services** is a low-cost dental care program of the Wisconsin Dental Association. In order to be eligible, an individual must be permanently disabled, critically ill, or elderly and the condition must be severe enough to prohibit or limit gainful employment. Call toll-free for services in your area: **(888) 338-6852**.

**Harambee Dental Clinic**

2202 S. Park Street  
**Madison, WI 53713**  
 (608) 267-1174

**Family Dental Center**

3500 W. Lisbon Avenue  
**Milwaukee, WI 53208**  
 (414) 342-0378

**Mid-City Dental Group**

2040 W. Wisconsin Avenue, Suite 480  
**Milwaukee, WI 53233**  
 (414) 344-1828

**South Side Guadalupe Dental Clinic, Inc.**

1112 S. 3<sup>rd</sup> Street  
**Milwaukee, WI 53204**  
 (414) 643-8787

Please note that many of the health clinics below also provide dental services.

**Free or Low-Cost Medical Clinics**

*These clinics are not members of the Wisconsin Primary Health Care Association (Appendix B).*

(Clinics are organized alphabetically by city.)

**Church Health Services, Inc.**

308 Oneida Street  
**Beaver Dam, WI 53916**  
 (920) 887-1766  
 Hours: Tues–Thurs, by appointment only,  
 primarily afternoon hours

**Open Door Clinic****First Presbyterian Church**

130 W. Central Street  
**Chippewa Falls, WI 54729**  
 (715) 720-1443  
 Hours: Tues, 4 – 8 pm

**Springer Health Access Program**

Available at all Ministry Health Northwoods  
 locations: **Crandon, Eagle River, Laona,  
 Rhinelander, Tomahawk, Woodruff**  
 (715) 361-2066  
 Hours: 24-hours-a-day, 7 days a week

**Packard Avenue Community Center**

5854 S Packard Avenue  
**Cudahy, WI 53110**  
 (414) 769-2239  
 Hours: Tues, 6 – 8pm (no fee)

**Chippewa Valley Health Clinic**

421 Graham Avenue  
**Eau Claire, WI 54702**  
 (715) 839-8477  
 Hours: call for clinic hours

**Samaritan Free Health Clinic**

St. Agnes Hospital  
 430 E. Division Street  
**Fond du Lac, WI 54935**  
 (920) 926-4841  
 Hours: Tues, vision and dental 3:30 – 5 pm;  
 Tues, regular medical 6 – 8 pm

**Albrecht Free Medical Clinic****Donated Health Care Services, Inc.**

Hartford Memorial Hospital  
 1032 E. Sumner Street  
**Hartford, WI 53027**  
 (262) 670-7774  
 Hours: Tues, 6 – 7:30 pm

**Healthnet of Janesville, Inc.**

23 W. Milwaukee Street  
**Janesville, WI 53545**  
 (608) 756-4638  
 Hours: appointment necessary

**St. Clare Health Mission**

916 Ferry Street  
**La Crosse, WI 54601**  
 (608) 791-9546  
 Hours: Tues/Thurs, 5 – 8 pm

**ARC House MEDIC Clinic**

2009 E. Dayton Street  
**Madison, WI 53704**  
 No phone  
 Hours: 3<sup>rd</sup> Saturday of every month

**Grace Episcopal Drop-In Shelter MEDIC Clinic***For homeless men*

116 W. Washington Avenue

**Madison, WI 53703**

No phone

Hours: Tues, 8 – 10:30 pm

**Michele Tracy Project MEDIC Clinic**

306 N. Brooks Street

**Madison, WI 53715**

No phone

Hours: 2<sup>nd</sup> Tuesday of every month, 5:30–7:30 pm,  
excluding January, June–August**Salvation Army MEDIC Clinic***For homeless families*

630 E. Washington Avenue

**Madison, WI 53703**

No phone

Hours: Tuesday evenings

**Twin Counties Free Clinic**

3130 Shore Drive

**Marinette, WI 54143**

(715) 732-1349

Hours: Tues, 6 – 8:30 pm

**Fox Cities Community Clinic**

1800 N. Appleton Road

**Menasha, WI 54952**

(920) 731-7445

Hours: call for clinic hours

**Community Outreach Health Clinic**

W180 N8085 Town Hall Road

**Menomonee Falls, WI 53051**

(262) 257-3393

Hours: Tues/Thurs, 5:30 – 8:00 pm;

Thurs, 9 am – 1 pm

**Free Clinic of the Greater Menomonee Area**

Red Cedar Medical Center

2211 Stout Road

**Menomonie, WI 54751**

(715) 308-3808

Hours: Tues, 5:15 – 7 pm

**Ozaukee Community Health Clinic**

Columbia St. Mary's Hospital Ozaukee

13111 N. Port Washington Road

**Mequon, WI 53097**

(262) 243-7533

Hours: Wed, 5 – 9 pm

**Bread of Healing Clinic**

Cross Lutheran Church

1821 N. 16<sup>th</sup> Street**Milwaukee, WI 53205**

(414) 977-0001

Hours: call for clinic hours

**C.H. Mason Health Center**

3500 W. Mother Daniels Way

**Milwaukee, WI 53209**

(414) 536-7650

Hours: Mon, Tues, Thurs, and Fri, 9 am – 5 pm;  
Wed, 11 am – 7 pm**City on a Hill**

2224 W. Kilbourn Avenue

**Milwaukee, WI 53233**

(414) 931-6670

Hours: Second Saturday of Every Month  
10 am – 4 pm (screenings only)**Douglas Community Health Center**3620 N. 18<sup>th</sup> Street**Milwaukee, WI 53206**

(414) 449-0450

Hours: Fri, 8:30 am – Noon

**Family House Clinic**

3300 N. 11th Street

**Milwaukee, WI 53206**

(414) 374-8890

Hours: Mon–Fri, 9 am – 5 pm

**Highland Park Wellness Center**1725 N. 17<sup>th</sup> Street**Milwaukee, WI 53233**

(414) 933-3310

Hours: call for clinic hours

**Hillside Family Health Center**1452 N. 7<sup>th</sup> Street**Milwaukee, WI 53205**

(414) 935-8000

Hours: Mon–Thurs, 10:30 am – 7 pm;

Fri, 8:30 am – 5 pm

**House of Peace Community Nursing Center**

1702 Walnut Street

**Milwaukee, WI 53205**

(414) 933-1300

Hours: Mon–Thurs, 9 am – 5 pm

**Johnston Community Health Services**

1230 W. Grant Street

**Milwaukee, WI 53215**

(414) 286-8892

Hours: Mon – Fri, 8:30 am – 5:00 pm;  
physician on-call after hours**Keenan Health Center**3200 N. 36<sup>th</sup> Street**Milwaukee, WI 53216**

(414) 286-8884

Hours: call for clinic hours

**Lapham Park Wellness Center**

650 W. Reservoir Street

**Milwaukee, WI 53205**

Hours: Mon-Sat, call for clinic hours

**Marquette Clinic for Women and Children  
at the Guest House**1216 N. 13<sup>th</sup> Street**Milwaukee, WI 53205**

(414) 345-3250

Hours: Wed/Thurs, 8 am – Noon

**Northwest Health Center**

7630 W. Mill Road

**Milwaukee, WI 53218**

(414) 286-8830

Hours: Tues, 1 – 4 pm; Thurs, 3 – 6 pm

**Philippine Medical Clinic**

5310 W. Capitol Drive, Suite 300

**Milwaukee, WI 53216**

(414) 871-5310

Hours: 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of every month,  
8 am – Noon; walk-ins seen on first-come,  
first-served basis**Riverwest Pierce Community Nursing Center**

2765 N. Fratney Street

**Milwaukee, WI 53212**

(414) 267-4419

Hours: call for clinic hours

**Saturday Clinic for the Uninsured**

Columbia St. Mary's Family Health Center

1121 E. North Avenue

**Milwaukee, WI 53212**

(414) 219-1000 or (414) 291-1612

Hours: Saturdays, 8 am – Noon; first 25 people  
seen on first-come, first-served basis**Sethi Medical Clinic**

3510 W. Burnham Avenue

**Milwaukee, WI 53215**

(414) 643-6454

Hours: Mon–Fri, 9 am – 5 pm

**Silver Spring Community Nursing Center**5460 N. 64<sup>th</sup> Street**Milwaukee, WI 53218**

(414) 535-0432

Hours: Mon–Thurs, 9 am – 5 pm; Fri, 9 am – 1 pm

**Southside Health Center**1639 S. 23<sup>rd</sup> Street**Milwaukee, WI 53204**

(414) 286-8620

Hours: Mon–Fri, 8 am – 4:30 pm;  
evening hours available**Lake Area Free Clinic**

432 S. Lapham Street

**Oconomowoc, WI 53066**

(262) 569-4990

Hours: Tues, 5 – 8 pm

**Living Healthy Clinic/The Health Place**

800 Algoma Boulevard

**Oshkosh, WI 54901**

(920) 424-1242

Hours: Mon–Thurs, 8 am – 4 pm

**St. Frances Community Clinic**

1965 Oshkosh Avenue

**Oshkosh, WI 54902**

(920) 231-2378

Hours: call for clinic hours

**Good Neighbor Clinic**

1906 North Street

**Prairie du Sac, WI 53578**

(608) 643-4749 ext. 14

Hours: Mon/Wed, 1 – 5 pm

**Health Care Network, Inc.**

904 State Street

**Racine, WI 53404**

(262) 632-2400

Hours: Mon–Fri, 8:30 am – 4:45 pm, also  
offers discounted dental services

**Salvation Army Red Shield Free Clinic**

710 Pennsylvania Avenue

**Sheboygan, WI 53082**

(920) 458-3723

Hours: every Thurs 9 am – Noon/6 – 9 pm,

2<sup>nd</sup>/4<sup>th</sup> Monday, 6 – 9 pm;

dental clinic, Tues, 6:30 – 8:30 pm

**St. Clare Health Mission**

310 W. Main Street

**Sparta, WI 54656**

(608) 269-1770

Hours: Tues, registration from 5 – 7 pm and

service continues until all registered are seen

**Open Door Community Health Clinic**345 S. 18<sup>th</sup> Avenue**Sturgeon Bay, WI 54235**

(920) 743-1151

Hours: call for clinic hours

**St. Joseph's Medical and Dental Clinic**

826 N. East Avenue

**Waukesha, WI 53186**

(262) 544-6777

Hours: Mon-Fri, 8 am – 4 pm, Mon/Thurs, 6 – 8 pm,

dental clinic, 1<sup>st</sup>/3<sup>rd</sup> Wed 6 – 8 pm**Waupun Area Free Clinic**

Waupun Memorial Hospital

620 W. Brown Street

**Waupun, WI 53963**

(920) 324-5581

Hours: Apr–Jun/Oct, every 3<sup>rd</sup> Wed, 6:30 – 9 pm;Jan–Mar/July–Sept, every 3<sup>rd</sup> Tues, 6:30 – 9 pm;**Greater Milwaukee Free Clinic, Inc.**

9330 West Lincoln Avenue

**West Allis, WI 53227**

(414) 546-3733

Hours: Tues/Thurs, 5:30 – 6:30 pm

**Albrecht Free Medical Clinic**

1201 Oak Street

**West Bend, WI 53095**

(262) 334-8339

Hours: Thurs, 6 – 8 pm

## ***Appendix D: Updates Since Publication***

Appendix D includes resources discovered after the March 2007 publication of the *2007 Diabetes Resource Guide for Consumers and Health Professionals*.

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### ***FINANCIAL***

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#### BadgerCare Plus

All Wisconsin kids – at all income levels – can enroll in BadgerCare Plus. Families with kids at higher income levels will pay premiums and co-payments for certain services. BadgerCare Plus also covers:

- Pregnant women (up to 300% of the Federal Poverty Level (FPL), which is \$51,510 for a family of three);
- Parents and caretakers at higher income levels (up to 200% of the FPL, which is \$34,340 for a family of three);
- Young adults who are leaving foster care when they turn 18 (regardless of income);
- Parents with incomes up to 200% FPL who have kids in foster care; and,
- More farmers and self-employed families.

Toll-free: (800) 362-3002

Website: <http://dhfs.wisconsin.gov/badgercareplus/>

#### Eye Care America's Diabetes EyeCare Program (DEP)

*Change in phone number.*

##### ***Diabetes Help Line***

Toll-free: (800) 272-3937

#### IPump.org, Inc.

IPump.org provides critical, temporary financial assistance and free supplies to people of all ages with diabetes in need throughout the United States.

Email: [program-director@ipump.org](mailto:program-director@ipump.org)

Website: [www.ipump.org/](http://www.ipump.org/)

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### ***GOVERNMENT AGENCIES***

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#### State of Wisconsin Consumer Guide to Health Care

The purpose of this guide is to help Wisconsin residents make better health care choices by providing easy access to useful information. To meet this goal, we have identified links to Wisconsin-based organizations and databases wherever possible. Links are also provided to the most comprehensive national sites.

Website: <http://dhfs.wisconsin.gov/guide/>

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## **LANGUAGE AND MULTICULTURAL**

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### Diabetes and You

This Michigan State University project is developing a prototype interactive, health education website for low-literacy individuals in the areas of diabetes, called “Diabetes and You.” The development of the initial prototype was based on previous research in the area of low-literate health education and our own design experience. MSU is currently testing the web site with the target audience. Link below is for project overview; click on link at bottom of website to go to actual health education website.

Website: [www.gel.msu.edu/winn/projects/diabetesandyou.html](http://www.gel.msu.edu/winn/projects/diabetesandyou.html)

### Learning About Diabetes, Inc.

A nonprofit corporation providing consumers and health care professionals with simply written information on diabetes care. An area of special interest is using art and design in novel ways to help readers better understand this often complex health care problem.

Tel: (908) 400-6111

Website: [www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org)

### National Network of Libraries of Medicine

Provides list of resources on consumer health information in many languages.

Toll-free: (800) 338-7657

Website:  
<http://nmlm.gov/outreach/consumer/multi.html>

### U.S. Committee for Refugees and Immigrants

Healthy Living Toolkit educates refugees and immigrants to become proactive health consumers and promoters in their communities. The Toolkit supports health professionals, health promoters, ESL teachers, resettlement case managers in assisting refugees and immigrants to navigate the health system in order to reduce the health disparities among these populations. The toolkit has been developed in a culturally appropriate manner and is available in Arabic, Bosnian, Burmese, English, Farsi (Persian), French, Haitian Creole, Hmong, Karen, Kirundi, Russian, Somali, Spanish, Swahili, and Vietnamese. Diabetes materials are located under “Nutrition Related Diseases.”

Tel: (202) 347-3507

Website: [www.refugees.org/hltoolkit](http://www.refugees.org/hltoolkit)

### WorldLingo

WorldLingo, is a leading innovator and provider of translation and localization services and technology. WorldLingo continues to advance internet translation with new technologies and features designed to provide a seamless experience for consumers. Headquartered in Nevada, WorldLingo has a rich history of innovation and today performs thousands of translations every day for business, governments and organizations around the globe.

Website: [www.worldlingo.com/en/products\\_services/worldlingo\\_translator.html](http://www.worldlingo.com/en/products_services/worldlingo_translator.html)

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## ORGANIZATIONS

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### American Foundation for the Blind

American Foundation for the Blind's priorities include broadening access to technology; elevating the quality of information and tools for the professionals who serve people with vision loss; and promoting independent and healthy living for people with vision loss by providing them and their families with relevant and timely resources.

Toll-free: (800) 232-5463

Website: <http://www.afb.org>

### Diabetes Research and Wellness Foundation

The Diabetes Research and Wellness Foundation<sup>®</sup> was founded to help and find the cure for diabetes and until that goal is achieved, to provide the care needed to combat the detrimental and life-threatening complications of this terrible disease.

Tel: (202) 298-9211

Website: <http://www.diabeteswellness.net>

### National Association for the Visually Handicapped

NAVH is committed to ensuring that impaired vision does not result in impaired life. Our mission is to help the "hard of seeing<sup>™</sup>" worldwide cope with the psychological effects of visual impairment and to provide low vision services, visual aids and training to anyone in need of these services.

Tel: (212) 889-3141

Website: <http://www.navh.org>

### Patient Advocate Foundation

Patient Advocate Foundation is a national nonprofit organization that seeks to safeguard patients through effective mediation assuring access to care, maintenance of employment and preservation of their financial stability relative to their diagnosis of life threatening or debilitating diseases.

Toll-free: (800) 532-5274

Website: <http://www.patientadvocate.org>

### Wisconsin School for the Blind and Visually Impaired (WCBVI)

The WCBVI operates the Wisconsin School for the Visually Handicapped (WSVH), a residential school for blind and visually impaired K-12 students in Janesville. The school, in addition to providing a general education curriculum, offers intensive instruction in skills which minimize the effects of blindness (e.g. Braille instruction, travel with white cane, use of technology, appropriate social skills which would otherwise be learned incidentally through sight, etc.).

Toll-free: (800) 832-9784

Website:  
<http://www.wcbvi.k12.wi.us/index.html>

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## **PROGRAMS AND INITIATIVES**

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### Americans in Motion (AIM)

Americans In Motion (AIM) is an American Academy of Family Physicians initiative designed to improve the health of all Americans by implementing a multifaceted fitness program addressing physical activity, nutrition and emotional well-being in the individual, family and community. Goals include encouraging family physicians to be fitness role models, improving family physicians' ability to positively affect the fitness of their patients, and enhancing the awareness of the family physicians' unique ability to promote fitness within their communities. Program includes patient education materials, tools for health professionals, and a school-based fitness education program.

Website: [www.aafp.org/online/en/home/clinical/publichealth/aim.html](http://www.aafp.org/online/en/home/clinical/publichealth/aim.html)

Wisconsin Regional Library for the Blind and Physically Handicapped  
Part of the Talking Book Program of the Library of Congress, provides Braille and recorded books and playback equipment for Wisconsin residents who for any physical reason cannot read normal print.

Toll-free: (800) 242-8822  
TDD: (414) 286-3548

Website: <http://www.dpi.wi.gov/rl/wrlbph/index.html>

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## **WORKSITE WELLNESS**

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### Kidney Early Evaluation Program (KEEP)

The National Kidney Foundation's Kidney Early Evaluation Program (KEEP™) offers free worksite screening for those at risk - anyone with high blood pressure, diabetes or a family history of kidney disease. It is designed to raise awareness about kidney disease among high risk individuals and provide free testing and educational information, so that kidney disease and its complications can be prevented or delayed.

Toll-free: (800) 543-6393

Website: [www.kidneywi.org](http://www.kidneywi.org)

### Prevent Blindness Wisconsin's Employee Wellness Program

Prevent Blindness Wisconsin offers the *Healthy Eyes Vision Wellness* program throughout the state to educate employees about preventable, treatable and manageable eye related problems and diseases and to encourage adoption of preventive vision health behaviors. Call for a complimentary copy of the kit.

Tel: (414) 765-0505

Website: [www.preventblindness.org/wi](http://www.preventblindness.org/wi)

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## ***ADDITIONAL INTERNET RESOURCES***

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### ***Care Guidelines***

Institute for Clinical Systems Improvement (ICSI) Health Care Guideline: Management of Type 2 Diabetes Mellitus

[www.icsi.org/diabetes\\_mellitus\\_type\\_2/management\\_of\\_type\\_2\\_diabetes\\_mellitus\\_9.html](http://www.icsi.org/diabetes_mellitus_type_2/management_of_type_2_diabetes_mellitus_9.html)

### ***Diabetes Medical Alert Jewelry***

Diabetes Research & Wellness Foundation

For FREE diabetes ID necklace, scroll down to bottom of this website and click on link:

[www.diabeteswellness.net/](http://www.diabeteswellness.net/)

### ***General Diabetes Knowledge and Management***

The Diabetes Homepage: [www.thediabeteshomepage.com](http://www.thediabeteshomepage.com)

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## ***Appendix A: Pharmaceutical Companies and Assistance Programs***

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*No updates at this time.*

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## ***Appendix B: Wisconsin Primary Health Care Association's Community Health Centers***

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**Chippewa Falls Dental Center**  
*formerly Chippewa Pediatric Dentistry*  
2509 Cty Hwy I  
Chippewa Falls, WI 54729  
Tel: (715) 729-9312

**The Lakes Community Health Center**  
7665 US Hwy. 2  
Iron River, WI 54847  
Tel: (715) 382-5001

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**Appendix C:**  
**Medical Services and Free/Low-Cost Clinics**

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Eye Care America's Diabetes EyeCare Program (DEP)

*Change in phone number.*

**Diabetes Help Line**

Toll-free: (800) 272-3937

Wisconsin Dental Association

As a public service, the WDA periodically tracks clinics throughout the state that provide dental services to low-income, uninsured individuals. Please note this list is NOT comprehensive and is the most up-to-date information the WDA has available. The WDA is not responsible for or involved in setting rates at these clinics.

Website: <http://www.wda.org/tab/public>

**Springer Health Access Program**

*Change in phone number.*

Available at all Ministry Health Northwoods

locations: **Crandon, Eagle River, Laona,**

**Rhineland, Woodruff**

(800) 242-9252

Hours: 24-hours-a-day, 7 days a week

**Community Connections Free Clinic of Iowa  
County**

201 S. Iowa Street

**Dodgeville, WI 53533**

(608) 930-2232

Hours: Tues/Thurs, 5:30-8 pm

**Rock Fiver Free Clinic**

N3995 Annex Road

**Jefferson, WI 54935**

Tel: (920) 674-7275

Hours: Thurs, 5-8 pm

**Richland Community Free Clinic**

301 E. Second Street

**Richland Center, WI 53581**

(608) 647-6161

Hours: Tues, 8 am - noon

**Free Clinic of Pierce and St. Croix Counties**

1687 E. Division Street

**River Falls, WI 54022**

Tel: (715) 307-3948

Hours: Tues, 5-9 pm

**Shalom Holistic Health Services**

1116 Ridge Street

**Stoughton, WI 53589**

(608) 205-0505

By appt, Thursdays 5-9 pm

**Sacred Heart Hospital Foundation Health  
Access Program**

*Change in phone number.*

Ministry Health Northwoods

401 W. Mohawk Drive

**Tomahawk, WI 54487**

(800) 242-9252

Hours: 24-hours-a-day, 7 days a week

**Watertown Area Cares Clinic**

415 S. 8<sup>th</sup> Street

**Watertown, WI 53094**

(920) 206-7797

**Waukesha County Community Dental Clinic**

210 N.W. Barstow Street, Suite 305

**Waukesha, WI 53188**

(262) 522-7645

**Crescent Community Health Center**

1789 Elm Street

**Dubuque, IA 52001**

(563) 690-2850

*Serves tri-state area of IA, IL, and WI*