

My Support Plan

Name _____

Date / /

Check the box of each support resource that is of interest to you.

General Diabetes Education

- Diabetes Online Community
beyondtype1.org/the-diabetes-online-community-doc
- 4 Steps to Manage Your Diabetes for Life
cdc.gov/diabetes/ndep/toolkits/4steps.html

Diabetes Magazines

- Diabetes Self-Management
diabetesselfmanagement.com
- Diabetes Health
diabeteshealth.com

Online Diabetes Magazines

- A Sweet Life
asweetlife.org
- diaTribe Foundation
diatribe.org/foundation

Online Mental/Emotional Health Resources

- Mental Health Provider Referral Directory
professional.diabetes.org/mhp_listing
- Diabetes and Mental Health
cdc.gov/diabetes/managing/mental-health.html

Online Nutrition/Healthy Eating Resources

- ADA Nutrition
diabetes.org/nutrition
- Diabetes Food Hub
diabetesfoodhub.org
- Calorie King
calorieking.com/us/en

Online Physical Activity Resources

- ADA Fitness
diabetes.org/fitness
- Make Your Workout Work for You
cdc.gov/features/diabetes-physical-activity/index.html

Smoking Cessation

- All About Quitting Smoking
professional.diabetes.org/pel/all-about-quitting-smoking-english-0

Support Groups

- Find Diabetes Support in the Community
diabetes.org/community
- Online Support Community
community.diabetes.org/home

Weight Management

- Taking Off Pounds Sensibly (TOPS)
tops.org
- WW (formerly Weight Watchers)
weightwatchers.com/us

Local Support Options

Nutrition

Physical Activity

Support Groups

Other Resources

