

MPV NEW JERSEY MEDICAL GROUP

Diabetes Self-Management Support Plan

Diabetes Support Groups

- ◆ Diabetes Foundation- www.diabetesfoundationinc.org

Emotional Support

- ◆ National Alliance on Mental Illness (NAMI) – (Depression, bipolar and other support) 800-950-6264; www.nami.org

- ◆ Depression & Bipolar Support Alliance - 800-826-3632; www.dbsalliance.org

- ◆ Anxiety & Depression Association of America - 240-485-1001;

Find a local support groups & therapist by zip code at www.adaa.org

Weight Management

- ◆ Weight Watchers - 800-621-6000; www.weightwatches.com

- ◆ Over Eaters Anonymous - 505-891-2664 (support group)- www.oa.org

Exercise

- ◆ Curves - 877-673-3144- www.curves.com

- ◆ 24 Hour Fitness - 800-224-0240- www.24hourfitness.com

- ◆ New York Sports Club - www.newyorksportsclubs.com

Smoking Cessation

- ◆ www.smokefree.gov

Journals

- ◆ Diabetes Forecast - 800-342-2383- www.diabetesforecast.org

- ◆ Diabetes Self-Management - 855-367-4813- www.diabetesselfmanagement.com

Apps

- ◆ Calorie King
- ◆ Glucose Buddy (Free, tracks blood glucose, graphs)
- ◆ SparkQuote (Free, inspiring quote for the day)