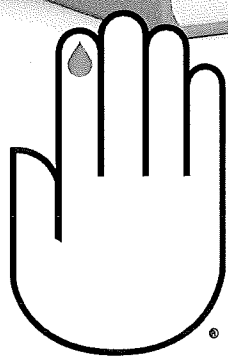
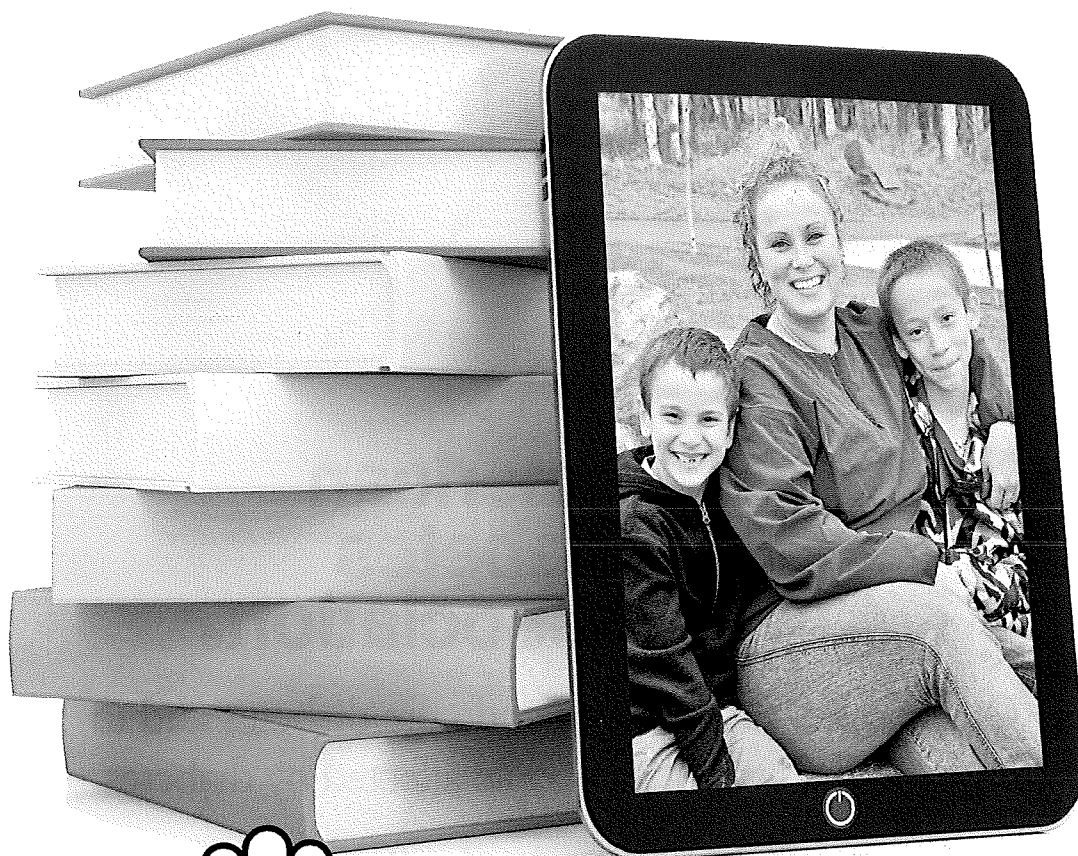


Education and *Support* Services

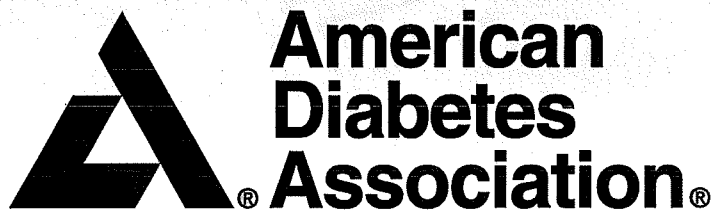
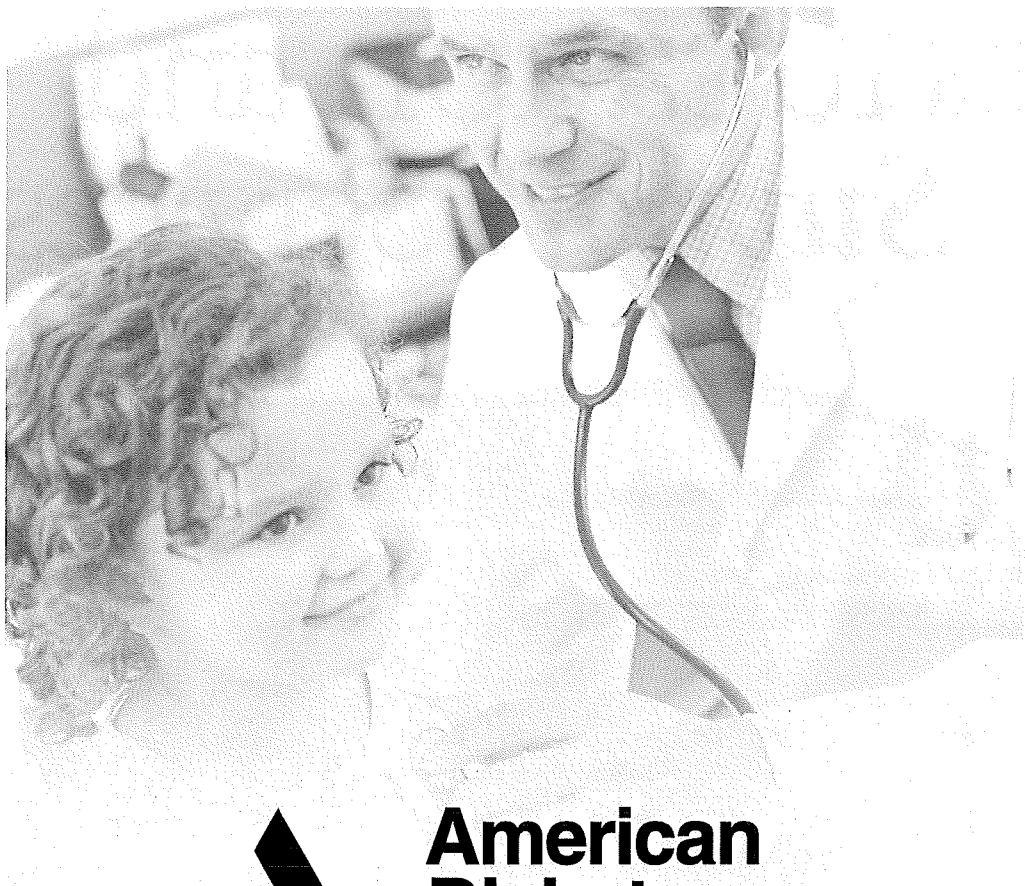


TOGETHER WE CAN
**STOP
DIABETES.**

 **American Diabetes Association.**

American Diabetes Association • Upstate New York Office
160 Allens Creek Rd. • Rochester, NY 14618

www.diabetes.org



Our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

We lead the fight against the deadly consequences of diabetes and fight for those affected – by diabetes.

- We fund research to prevent, cure and manage diabetes.
- We deliver services to hundreds of communities.
- We provide objective and credible information.
- We give voice to those denied their rights because of diabetes.

We need *you.*



 American Diabetes Association.

At the American Diabetes Association, we are dedicated to changing the future of diabetes by spearheading a national movement that invites people to help confront and fight diabetes. Our ultimate goal is to Stop Diabetes® — once and for all.

We cannot achieve this goal alone. Your dedication and passion are critical to strengthening our movement and realizing our mission.


Your involvement as an American Diabetes Association volunteer will help us expand our community outreach and impact, inspire healthy living, intensify our advocacy efforts, raise critical dollars to fund our mission, and uphold our reputation as the moving force and trusted leader in the diabetes community.

**Call today and find out how you
can change lives in our community
(585) 458-3040.**

ADA Programs

1-800-DIABETES www.diabetes.org

Were you recently diagnosed?

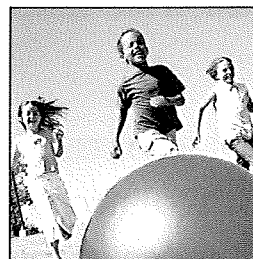
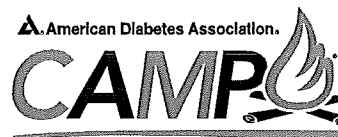
 **American Diabetes Association.**
Living With Type 2 Diabetes



Living with Type 2 Diabetes guides you during your first year. Living with Type 2 Diabetes is designed as a resource for primary care providers for newly diagnosed patients at diagnosis. It provides detailed information and tools to help people manage diabetes and improve health behaviors and prevent or delay onset of complications.

Camp Aspire

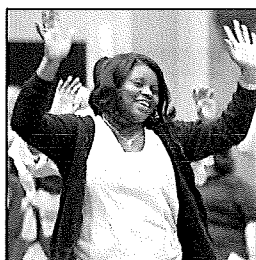
Camp Aspire is a residential summer camp that takes place at the Rotary Sunshine Campus in Rush, NY. This program enables campers to have a safe, outdoor, recreational experience, gain the self-confidence necessary to effectively manage their diabetes, and gain the skills necessary to effectively manage their diabetes.



Live Empowered

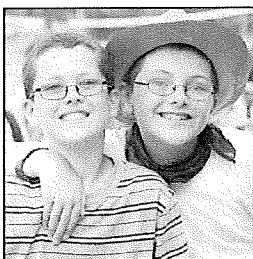
LIVE EMPOWERED
LEARNING TO THRIVE WITH & PREVENT DIABETES

 **American Diabetes Association.**



Live Empowered includes culturally appropriate materials and community-based activities that empower, educate and create measurable differences in the prevalence of diabetes and its complications among people of African descent.

Safe at School



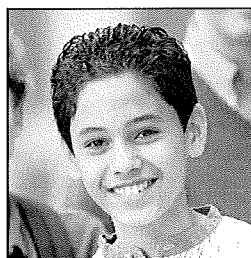
Through Safe at School, ADA provides a web community with sample diabetes care plans, education plans, and other helpful resources; Parent Workshops that help parents understand their child's legal rights for diabetes care at school and provide strategies for working with schools to achieve this care; School Training Resources that help school nurses teach school personnel with proper diabetes care; and Safe at School Advocates who are trained to help individual diabetes care challenges at school.

Por tu Familia

Through the Por tu Familia program, ADA provides valuable diabetes information in English and Spanish to communities that are disproportionately affected by diabetes. Health fairs, educational conferences, Diabetes Day, Health and Flavor in the Latino Kitchen, and other activities/workshops reach people with culturally appropriate information and strategies.

 American Diabetes Association.

por tu familia

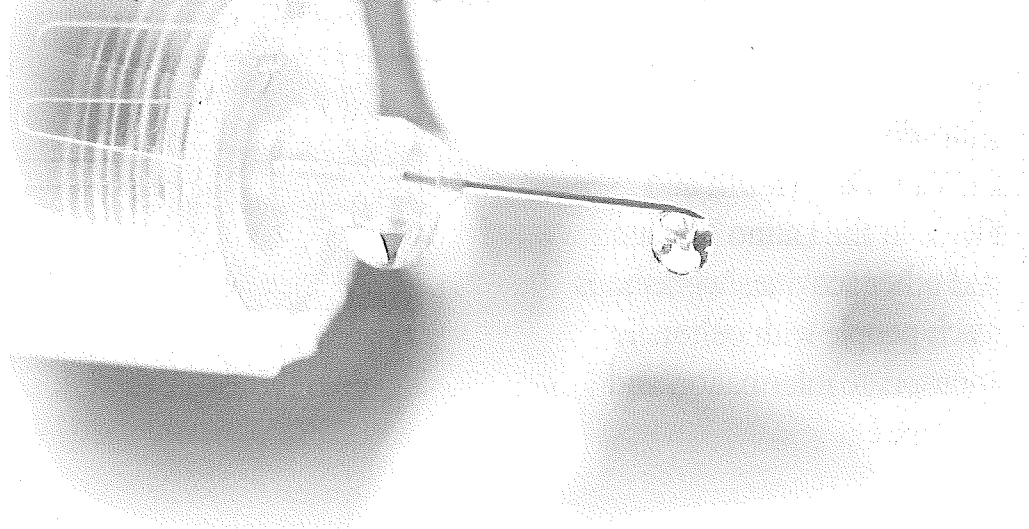


Resources for Tough Times

With the ups and downs of the economy and lean job market, many people with diabetes find themselves with limited resources to manage diabetes effectively. In times like these it's often hard to know where to turn. However, knowing what resources are available can help make managing diabetes on a limited budget possible.

Prescription Drug Assistance Programs

Many pharmaceutical companies have special programs to help those in need obtain medications at little to no cost. Such programs require an application process which is often initiated by a physician who also will receive the medication(s). Prescription Drug Assistance Programs change regularly with drugs being added or removed. Be aware, applying for such programs may take up to 2-6 weeks for processing. Use the internet to obtain current information. If access to a computer is an issue, go to the nearest library. Libraries have computers available for public use.



Internet Resources Offering Access to Patient/Prescription Drug Assistance Programs

www.PPARx.org Partnership for Prescription Assistance is a service provided by PhRMA (Pharmaceutical Research and Manufacturers of America) to help the uninsured or underinsured locate and apply for patient assistance programs based on financial need. The service is free and offers information about pharmaceutical company programs for more than 2,500 brand-name and generic medications. For more information call (888) 477-2669.

www.needymeds.com A good resource with access to all drug programs. The website includes a list of prescription drugs available through patient assistance programs, a list of pharmaceutical companies who offer assistance, discount card comparisons, patient assistance program applications and links to Medicaid sites.

www.prescriptionhope.com For the under-insured and un-insured who do not have prescription drug coverage. This program serves those who earn up to \$30,000/year as a single person or up to \$50,000/year as a couple. Seniors on Medicare may qualify. Those using a discount prescription drug card may qualify. No age limit. \$12/prescription per month with access to more than 1,500 brand-name medications. For more information call 1 (877) 296-4673.

www.rxoutreach.com Offers generic brand medicines for diabetes, asthma, high blood pressure and depression. Easy to access regardless of age. No contracts or monthly bills. Can utilize even if on another discount medicine program or patient assistance program. Fee - \$18 / 3 months / prescription or \$30 / 6 months / prescription. For more information call (800) 769-3880.

www.rxassist.org Provided by Volunteers in Health Care via support by the Robert Wood Johnson Foundation, RxAssist offers resources to help locate patient assistance programs. Also available to print via a .pdf file is an information packet with tips to help locate resources. For more information call (877) 844-8442.

www.meddataservices.com A site similar to rxhope.com with requirements, information (for those who financially qualify) on over 150 companies with access to over 800 medications. Options for manual fill or auto fill applications, on-line renewal and data tracking. For more information call (888) 246-1085 central time 9am-5pm Monday-Friday.

Prescription Drug Assistance Programs Specific to Insulin Use

Novo Nordisk: Available products include Novolin, Novopen III, Novopen IV, NovoLog, NovoLog Mix 70/30 or Velosulin BR. A physician's office calls (800) 727-6500 #4 to request an application. After approval insulin is sent to the provider's office within 4-6 weeks. A three-month supply is available for one time only. Renewals require a new application and are subject to a case-by-case basis. A maximum of a one-year supply may be granted.

Sanofi-Aventis Pharmaceuticals: Lantus is available for those who meet specific income requirements. (Other medications produced by Aventis are also listed.) An application is available by calling (800) 221-4025 and requires income/expense information for the applying household. If approved Lantus is available at a minimum of 10 vials and in increments of ten. Supplies are sent directly to a physician's office. A new application is required with every refill with no specified time limits.

Lilly Cares Program: Available products include Humalog, glucagon emergency kit and all types of Humulin. (Other medications produced by Lilly are also listed.) Eligibility is based on a case-by-case basis and inability to pay or lack of third-party drug payment assistance (private or government programs.) To initiate this program a physician's office must call (800) 545-6962 for an application. Applicant needs to provide monthly gross income as well as monthly out-of-pocket expenses. Once approved a voucher is issued for a four-month supply of insulin at a local pharmacy. A new application is required with every refill for an indefinite time.

Prescription Discount Cards

Some pharmaceutical companies offer discount cards based on financial need. An example of such a program is **Together Rx** www.TogetherRxAccess.com or call (800) 444-4106.

Together Rx Access offers 25-40% savings or more on brand-name medications and blood glucose testing supplies for Lifescan or TheraSense meters - if financially eligible.

Qualifications for using Prescription Discount Cards include:

- An income of less than \$30,000 or up to \$70,000 for a family of five.
- No prescription drug coverage either public or private.
- Not entitled to Medicaid or Medicare.
- Legal US resident.

Other programs such as the **Nonprofit Warehouse** (in conjunction with **Kmart Pharmacies**) or **The Medicine Program**, www.themedicineprogram.com offer a free drug discount card regardless of age or income. Savings range from 15-65%.

For more information visit www.nonprofitwarehouse.com or call (770) 541-7777. A disadvantage to using drug discount cards is being limited to only using one company. Multiple medications will require applying to each company for a separate card.



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Durable Medical Equipment

Syringes and blood sugar testing supplies such as strips, meter, and lancets are often referred to as Durable Medical Equipment. Unlike prescription drug benefits assistance for Durable Medical Equipment is limited. Available resources include:

BD (Becton Dickinson): Offers a one-time only coupon for 100 syringes redeemable at a local pharmacy. Physician's approval is not required. Supplies can be obtained by calling **(888) 232-2737, option 3 then 1**. A renewal may be available however it is on a case-by-case basis. Coupons may be offered instead.

BG Monitoring Strips: A small supply of strips may be available from a pharmaceutical company by calling the **(1-800) phone number provided on the back of a blood glucose meter**. If strips are not available try asking about coupons or short-dated strips for medically indigent people (be sure to use this phrase to emphasize the need for assistance.) Sometimes manufacturers give away strips that have used up their shelf life and can't be shipped to pharmacies or clinics.

Byram's Uninsured Program: Includes a discount program for diabetes testing supplies. A complimentary Home Diagnostics meter is provided with the first purchase of test strips. For more information call **(877) 902-9726**.

Additional tips include:

- Try asking a diabetes educator. Some educators receive free samples of strips to help with clients in need.
- If the cost of strips is an issue, consider switching to an off-brand meter system that may offer savings on strip expenses or one in which compatible generic strips is an option. Be advised that although generic strips are cheaper some are more accurate than others.
- If the budget is tight, talk with a doctor or diabetes educator about how to optimize monitoring based on available income and blood glucose records. Identify where cut backs can safely occur and when it is most critical to test.
- Don't wipe blood or urine-testing strips with cotton saved from vitamin or medicine bottles. This will produce inaccurate results.
- When extra cash is available buy an emergency stash of strips to keep on hand for sick days or other times of stress. Be sure to check the expiration date since strips do not keep indefinitely.

ADA Recognized Providers



**American
Diabetes
Association®**

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

**Unity Health System:
Unity Diabetes Center**
2655 Ridgeway Avenue Suite 220
Rochester, NY 14626
(585)-368-4560

**Clifton Springs Hospital
Diabetes Self-Management
Education Program**
2 Coulter Road
Clifton Springs, NY 14432
(315)-462-0220

**Lakeside Family Wellness
Center**
156 West Avenue
Brockport, NY 14420
(585)-395-6025 Ext. 4265

**Noyes Memorial Hospital
Diabetes Self-Management
Education Program**
111 Clara Barton Street
Dansville, NY 14437
(585)-335-4355

**Rochester General Hospital
Endocrine-Diabetes Care and
Resource Center
Nutrition & Weight Management
Center**
224 Alexander Park, Suite 200
Rochester, NY 14607
(585)-922-8400

**Thompson Health Diabetes
and Nutrition Therapy**
350 Parrish Street
Canandaigua, NY 14424
(585)-396-6233

**United Memorial Medical
Center**
**Diabetes Self-Management Education
Program**
211 East. Main Street
Batavia, NY 14020
Contact: 585-344-5331

**University of Rochester
Medical Center**
**Division of Endocrine/Diabetes
Program**
601 Elmwood Avenue
Rochester, NY 14642
(585)-275-2901

**VA Western New York
Healthcare System in Batavia**
222 Richmond Avenue
Batavia, NY, 14020
Contact: 585-297-1000 ext 2555

Tips to Help Save \$\$\$

Buy in Bulk

Many pharmacies offer a discount price for larger prescriptions. For example, the 100-test strip boxes cost a little less per strip than the 50-strip boxes. Ask the pharmacist how to get the best deal and then ask for a prescription from the doctor for that amount. This may require prior approval from the insurance company.

Free Samples

When starting a new medication for the first time ask a doctor if he or she has free samples before filling a prescription. This helps to assess if the medication works and if side effects can be tolerated. If samples are not available ask for a trial prescription with a smaller amount of pills.

Smart Choices

Before buying a meter shop around to see who has the best prices for test strips, which represents the on-going costs beyond the purchase of the meter. Ask if rebates or other coupons are available to help obtain a meter. Ask if the start-up kit includes test strips.

Syringes

Use manufacturer's coupons whenever available. Ask if the local pharmacy carries house-brand syringes.

Ketone-Testing Strips

You don't have to buy a whole vial of ketone-testing strips. Ask the pharmacy if they are willing to sell strips in packages as few as 20.



Diabetes Resources

Geneva General Hospital

Finger Lakes Health Services

196 North Street
Geneva, NY 14456
(315) 787-4555 Scheduling

Greece Health Center

470 Long Pond Road
Rochester, NY 14612
(585) 227-7600

Highland Hospital

Diabetes Health Source

2400 S. Clinton Avenue,
Clinton Crossings
Bldg H Suite 135
(585) 341-7066

Joseph C Wilson Health Center

800 Carter Street
Rochester, NY 14621
(585) 338-1400

Lifetime Health

Folsom Medical Center

1850 Brighton Henrietta Town-Line Rd
Rochester, NY 14623
(585) 424-6210

Livingston Health Services

50 E. South Street Suite 1
Geneseo, NY 14454 • (585) 243-9230

Medina Hospital

200 Ohio Street • Medina, NY 14103
(585) 798-2000

Perinton Health Center

77 Sully's Trail • Pittsford, NY 14534
(585) 248-5300

Soldiers & Sailors Memorial Hospital

418 N. Main Street
Penn Yann, NY 14527
(315) 787-4555 Scheduling

Additional Services

Asbury First United

Methodist Church Clinic

Thursdays 6-8 pm
1040 East Avenue
Rochester, NY 14607
(585) 271-1050 Ext. 126

His Hands at Grace

Community Church

121 Driving Park
Rochester, NY 14613
(585) 458-5927

Mercy Outreach Center

142 Webster Avenue
Rochester, NY 14609
(585) 288-2634

Rochester Primary Care

Network

(585) 325-2280

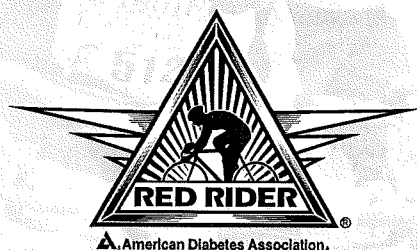
St. Joseph's Neighborhood Center

417 South Avenue • Rochester, NY 14620
(585) 325-5260

Do you have diabetes?
Join us as a Red Rider or Red Strider.

**Monthly outings for people with diabetes
who ride and walk to Stop Diabetes.**

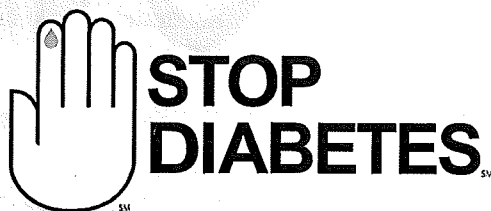
Contact (585)458-3040 for a schedule of activities.



American Diabetes Association.
Tour de Cure®

STEP OUT® | WALK TO STOP DIABETES®

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