

# ACN DIABETES TOOLKIT

*Resources to Support Your Diabetes Care*



Arizona Care  
Network 



Dignity Health.



PHOENIX  
CHILDREN'S  
Care Network



# Table of Contents

---

[About the Diabetes Toolkit](#) ..... 2  
 Why the toolkit was created, who ACN is, and how to get full access to the included resources.

[Keeping Track of Your Diabetes](#) ..... 3  
 Record your meals, exercise, and blood glucose to track your progress.

[Exercise Resources](#) ..... 4  
 Get ideas for physical activity and discover gym options.

[Diet Resources](#) ..... 5  
 Track what you eat easily and get resources for healthy eating and portion control.

[In-Network Nutritionists](#) ..... 6  
 Information on finding an in-network nutritionist.

[Community Resources](#) ..... 7  
 Learn about resources available to you such as transportation, meals, etc.

[Medication Management](#) ..... 11  
 Learn about medication reminder apps that can help you manage your medications.

[Medication Cost](#) ..... 12  
 Get money-saving tips and more information on how to find the best deals.

[Medication Information](#) ..... 15  
 See the most commonly used diabetes medications, learn what class your medication falls under, side effects and the best time to take your medication.

[Additional Resources](#) ..... 18  
 Access a variety of free resources - From diabetic eye exam information to taking care of your feet.

[Important Information](#) ..... 20



## About the Diabetes Toolkit

[Return to Table of Contents](#)

# A Toolkit to Support Your Diabetes Care



Arizona Care Network created this toolkit because our doctors want to make it easier for you to take control of your diabetes care.

We have compiled valuable resources from across the web, including resources from the American Diabetes Association, Centers for Disease Control and Prevention, and American Association of Diabetes Educators. We hope this toolkit gives you the information you need to effectively manage your overall health.

## Who is ACN?

Arizona Care Network is an Accountable Care Organization (ACO), which is a group of doctors and other healthcare providers who share a common vision to:

- Provide high-quality, coordinated care for all their patients
- Meet specific care standards that are set based on proven protocols and measures designed to enhance care quality
- Reward providers who improve population health by meeting those standards
- Avoid unnecessary duplication of services and prevent medical errors

More information about ACN can be found at [azcarenetwork.org/patients/](http://azcarenetwork.org/patients/).

**NOTE:** To access some of the resources in this diabetes toolkit, you will need to register for a **FREE** account with the American Diabetes Association. Complete the steps below to register:

1. Visit the website at [professional.diabetes.org](http://professional.diabetes.org)
2. Click "Login/register" in the upper right corner
3. Navigate to 'Register' in the pop-up window
4. Fill out all required information (marked with an \*)
5. Click 'create new account'
6. You will automatically be logged in to your new account.

# Keeping Track of Your Diabetes

[Return to Table of Contents](#)

## For an Overview of Type 2 Diabetes



Visit [professional.diabetes.org/pel/type-2-diabetes-english](https://professional.diabetes.org/pel/type-2-diabetes-english)

## Learn How to Check Your Blood Glucose



Visit [professional.diabetes.org/pel/checking-blood-glucose-english](https://professional.diabetes.org/pel/checking-blood-glucose-english)

## MySugr

Track your meals, medications, blood sugar and more!



Visit [mysugr.com/en-us/diabetes-app](https://mysugr.com/en-us/diabetes-app) to learn more about the app

## DiabetesConnect

Record your blood sugar, meals, insulin, medications, and much more.



Visit [diabetesconnect.de/en/](https://diabetesconnect.de/en/) to learn more about the app



## Exercise Resources

[Return to Table of Contents](#)

### Learn why it's important to exercise

It takes two minutes to register for a free American Diabetes Association (ADA) account to get access to the article below!



Visit [professional.diabetes.org/pel/physical-activity-english](https://professional.diabetes.org/pel/physical-activity-english)

### Quick, free, and easy fitness activities



Visit [professional.diabetes.org/pel/aerobic-resistance-balance-and-flexibility-exercises-english](https://professional.diabetes.org/pel/aerobic-resistance-balance-and-flexibility-exercises-english)

### Find a Gym Close to Home

- **Budget gyms:** Planet Fitness, EOS Fitness, YMCA, or a community center
- **Other gyms:** LA Fitness, Anytime Fitness, Mountainside Fitness

### Have Fun and Stay Motivated

- Group exercise classes such as yoga, Pilates, CrossFit, Zumba, and cycling
- Exercise with a family or friend
- Personal trainers can help you achieve your weight loss and fitness goals

# Diet Resources

[Return to Table of Contents](#)

Easily track what you eat to become more mindful of your diet

**MyFitnessPal:** Free app available for download on Apple and Android



A website version is available at [myfitnesspal.com/](https://myfitnesspal.com/)

## Fooducate:

- Personalized nutrition toolbox including food grades based on ingredients
- Teaches you how to eat healthy
- Free to download on Apple and Android



Visit [fooducate.com/](https://fooducate.com/) to create a free account today!

## Learn About Portion Control to Lose Weight:



Visit [professional.diabetes.org/pel/diabetes-placemat-english](https://professional.diabetes.org/pel/diabetes-placemat-english) to learn more!

## Healthy Recipes:



Visit [diabetesfoodhub.org](https://diabetesfoodhub.org) for tasty healthy recipes!



# In-Network Nutritionists

[Return to Table of Contents](#)

Your primary care provider can refer you to an in-network nutritionist or you can use the Find-A-Doc tool on our website or visit the link below to find an in-network nutritionist today!



Visit [azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Nutrition&specialty%5B%5D=Registered+Dietitian&radius=7&search\\_type=provider&sort=distance](https://azcarenetwork.org/care-provider-search-map/?specialty%5B%5D=Nutrition&specialty%5B%5D=Registered+Dietitian&radius=7&search_type=provider&sort=distance)



# Community Resources

[Return to Table of Contents](#)

Better healthcare starts with a better care model. ACN’s Care Coordination team goes beyond care delivery and includes connections to community resources that can help support health and wellbeing.

## Food

Adequate nourishment is crucial to maintaining your health. If you are struggling to access nutritious food, you may benefit from contacting one of the organizations listed below.

Organization	Location / Contact Info
<u><a href="#">AZCEND</a></u>	345 S. California St. Chandler, AZ 85225 <u><a href="tel:480.963.1423">480.963.1423</a></u>
<u><a href="#">Matthew’s Crossing Food Bank</a></u>	1368 N. Arizona Ave., Ste 112 Chandler, AZ 85225 <u><a href="tel:480.857.2296">480.857.2296</a></u>
<u><a href="#">Salvation Army</a></u>	Multiple locations across the Valley <u><a href="tel:602.267.4100">602.267.4100</a></u>
<u><a href="#">Paz de Cristo</a></u>	424 W. Broadway Rd. Mesa, AZ 85210 <u><a href="tel:480.464.2370">480.464.2370</a></u>
<u><a href="#">St. Mary’s Food Bank</a></u>	Multiple locations across the Valley <b>Chandler:</b> <u><a href="tel:480.814.7778">480.814.7778</a></u> <b>Surprise, Phoenix (43rd Ave), Glendale:</b> <u><a href="tel:602.242.3663">602.242.3663</a></u>
<u><a href="#">Borderlands Produce Rescue Program</a></u>	270 W Produce Row, Nogales, AZ 85621 <u><a href="tel:520.287.2627">520.287.2627</a></u>





# Community Resources cont.

[Return to Table of Contents](#)

## Home Delivered Meals

There are several meal delivery organizations across the Valley that provide hot meals to older adults and adults with disabilities who are homebound. If you or someone you love needs food delivery services, the local organizations below can help.

Organization	Location / Contact Info
<u>Gilbert Senior Center's Home Delivered Meals Program</u>	130 N. Oak Street Gilbert, AZ 85233 <u>480.503.6061</u>
<u>City of Phoenix Senior Services</u>	200 Washington, 17th Floor Phoenix, AZ 85003 <u>602.262.7379</u>
<u>Elderly Nutrition Program- Home Delivered Meals Area Agency on Aging Region I, Inc.</u>	1366 East Thomas Road, Suite 108 Phoenix, AZ 85014 <u>602.264.4357</u>
<u>Inter-Tribal Council of Arizona</u>	2214 N. Central Avenue Suite 100 Phoenix, AZ 85004 <u>602.258.4822</u>



# Community Resources cont.

[Return to Table of Contents](#)

## Social Services – Community Action Agencies

Community Action Agencies provide utility and mortgage assistance, eviction or foreclosure prevention assistance, rental deposits, emergency shelter, food boxes/ other food and nutritional programs, and much more. CAA’s were originally created through the Economic Opportunity Act of 1964 and now provide services to more than 150,000 people annually. Find the agency closest to you to access resources near you.

Location	Information
Phoenix	<u>602.534.2433</u>
Glendale	<u>623.930.2854</u>
Peoria	<u>623.979.3911</u>
Mesa	<u>480.833.9200</u>
Chandler	<u>480.963.1423</u> x118
Gilbert	<u>480.892.5331</u>
Avondale	<u>623.333.2707</u>
Tolleson	<u>623.936.2760</u>
Buckeye	<u>623.386.2588</u>
DES Family Assistance Administration & Information Line	<u>855.432.7587</u>
Division of Developmental Disabilities	<u>855.432.7587</u>
Adult Protective Services (APS)	<u>877.767.2385</u>
Suicide Crisis Hotline	<u>800.631.1314</u>
Southwest Network	<u>602.222.9444</u> Hotline or <u>800.631.1314</u>
Warmline	<u>602.347.1100</u>



## Community Resources cont.

[Return to Table of Contents](#)

### Alternative Transportation

The city of Phoenix provides alternative transportation for people with disabilities and senior citizens through its taxicab subsidy programs. Taxicab programs allow more flexibility for senior and Americans with Disabilities Act (ADA) passengers, allowing them to plan trips based on their schedule.

For more information on city of Phoenix alternative transportation programs, call [MV Transportation](#) at [602.801.1160](tel:602.801.1160).

#### There are various programs available to passengers:

**ADA Cab:** [ADA Cab](#) provides taxi vouchers for people with disabilities to travel wherever they choose. Participants must be Phoenix residents and ADA-certified to participate. There is no age restriction on this program.

**Senior Cab:** The [Senior Cab](#) program provides taxi vouchers for Phoenix residents age 65 and older, to travel wherever they choose. Vouchers are sold in different amounts and provide about a 60 to 70% savings.

**Senior Center Shuttle:** Provides members of [Phoenix's senior centers flexible transportation](#) between their personal residence and their nearest senior center during operating hours. Passengers should sign up for the service at their senior center.

**Work Trip Vouchers:** Support travel to and from jobs for people with disabilities. The pick-up location and destination are pre-printed on the voucher and pick up times are set in advance.

**Dialysis Trip Vouchers:** Support travel to and from medical centers for ongoing dialysis treatment.



# Medication Management

[Return to Table of Contents](#)

## For an Overview of Type 2 Diabetes Medications



Visit [professional.diabetes.org/pel/medications-treating-type-2-diabetes-english](https://professional.diabetes.org/pel/medications-treating-type-2-diabetes-english)

## Medication reminder apps

All apps listed below are free to download from the App Store and Google Play



[medisafeapp.com/](https://medisafeapp.com/)



[mangohealth.com/](https://mangohealth.com/)



[montunosoftware.com/about/](https://montunosoftware.com/about/)



# Medication Cost

[Return to Table of Contents](#)

### 3 Money-Saving Tips:

- Use generic medications to save money since they are usually less expensive and equally as effective to brand name drugs
- Shop around for your medications. Sometimes paying cash at your local pharmacy is less than your medication copay.
- Talk to your doctor to find out if a 90-day supply is better for you. It might help you save money.

### Patient Assistance Programs:

Most pharmaceutical companies offer financial assistance programs to people who have trouble affording their medications and supplies.

Each program has specific criteria that must be satisfied for you to be considered eligible for a financial assistance program.

### List of Patient Drug Assistance Program Directories:

- **American Association of Clinical Endocrinologists Prescription Savings Directory**

Provides direct links to drug assistance programs related to diabetes medications



[prescriptionhelp.aace.com/](https://prescriptionhelp.aace.com/)

- **Benefits Check Up**

BenefitsCheckUp is a service of the National Council on Aging that has information on benefits programs for seniors with limited income and resources. You can search for programs that help you pay for prescription drugs as well as healthcare, rent, utilities and other needs.



[benefitscheckup.org/](https://benefitscheckup.org/)



# Medication Cost continued

[Return to Table of Contents](#)

- **Needy Meds**

Resource for drug assistance programs to help you afford your medications and other healthcare costs



[needymeds.org/](https://needymeds.org/)

- **Medication Assistance Tool**

A tool to research patient assistance programs that you may qualify for.



[medicineassistancetool.org](https://medicineassistancetool.org)

## Places to Shop Around to Ensure You Are Receiving the Best Value:

**Costco:** You can fill prescriptions at the pharmacy even without a Costco membership. Costco provides cash prices on most of their medications in their online search tool.



[costco.com/pharmacy/drug-directory-main](https://costco.com/pharmacy/drug-directory-main)

**Walmart:** Cash price for a 30-day supply is \$4 while a 90-day supply is \$10 for a select list of medications.\*



[walmart.com/cp/\\$4-prescriptions/1078664](https://walmart.com/cp/$4-prescriptions/1078664)

\*Prices listed are as of May 2021. Please contact the retailer to confirm.



# Medication Cost continued

[Return to Table of Contents](#)

**Walgreens:** You must enroll in a prescription savings program for medication discounts. The program is \$20 for an individual or \$35 for a family per year. A 30-day supply may range from \$5-\$15 and a 90-day supply may range from \$10-\$30.\*



[walgreens.com/images/adaptive/pdf/psc/PSCBrochure-English-20190213.pdf](http://walgreens.com/images/adaptive/pdf/psc/PSCBrochure-English-20190213.pdf)

**Sam's Club:** If you are a Sam's Plus Member, extra discounts are available for select medications. Over 200 prescriptions are at \$4 and over 400 prescriptions are at \$10.\*



[scene7.samsclub.com/is/content/samsclub/evdl-drug-name-en?pdf](http://scene7.samsclub.com/is/content/samsclub/evdl-drug-name-en?pdf)

\*Prices listed are as of May 2021. Please contact the retailer to confirm.

## Online Prescription Savings Tools:

**GoodRx:** Provides discounts from most pharmacies. It is a free tool to search for your medication and receive coupons to show at the pharmacy.



[goodrx.com/](http://goodrx.com/)

**Blink Health:** Similar online tool to GoodRx that is free to use and provides discounts at most pharmacies.



[blinkhealth.com/](http://blinkhealth.com/)

**Call your local pharmacy:** Ask for the cash price at a pharmacy to help you save money. Comparable to a prescription savings program or online tool.



## Medication Information

[Return to Table of Contents](#)

### Metformin (Glucophage, Glumetza)

- Take with a meal to decrease upset stomach
- Common side effects are nausea, diarrhea, and metallic taste in the mouth

### Sulfonylureas

- Common side effect is hypoglycemia
- **List of medications in this class:**
  - Glipizide (Glucotrol) – Immediate release: Take 30 minutes before a meal, Extended release: Take with breakfast or first main meal of the day
  - Glimpiride (Amaryl) – Take with breakfast or first main meal of the day

### Meglitinides

- Take within 30 minutes before meals
- Common side effects are hypoglycemia and weight gain
- **List of medications in this class:**
  - Repaglinide (Prandin)
  - Nateglinide (Starlix)

### Alpha-Glucosidase Inhibitor

- Take with the first bite of each main meal
- Common side effects are flatulence and diarrhea
- **List of medications in this class:**
  - Precose (Glucobay)
  - Miglitol (Glyset)





## Medication Information continued

[Return to Table of Contents](#)

### Amylin Analogs

- Can be taken anytime
- Can be taken with or without food
- Common side effect is nausea that goes away by 4 weeks
- **List of medications in this class:**
  - Pramlintide (SymlinPen)

### Thiazolidinediones (TZDs)

- Can be taken anytime
- Can be taken with or without food
- Common side effects are weight gain and edema
- **List of medications in this class:**
  - Pioglitazone (Actos)

### GLP-1 (Glucagon-like peptide-1) Agonists

- Can be taken anytime - **except for Adlyxin**
- Can be taken with or without food
- Common side effects are vomiting, nausea, and diarrhea
- **List of medications in this class:**
  - Exenatide (Bydureon)
  - Lixisenatide (Adlyxin) – Take within one hour before the first meal of the day
  - Liraglutide (Victoza)
  - Dulaglutide (Trulicity)
  - Semaglutide (Ozempic)



## Medication Information continued

[Return to Table of Contents](#)

### DPP-4 (Dipeptidyl peptidase-4) Inhibitors

- Can be taken anytime
- Can be taken with or without food
- Common side effects are upper respiratory tract infections
- **List of medications in this class:**
  - Alogliptin (Nesina)
  - Linagliptin (Tradjenta)
  - Saxagliptin (Onglyza)
  - Sitagliptin (Januvia)

### SGLT2 (Sodium-glucose co-transporter 2) Inhibitors

- Recommended to be taken in the morning
- Can be taken with or without food
- Common side effects are vaginal yeast infections and urinary tract infections
- **List of medications in this class:**
  - Canagliflozin (Invokana)
  - Dapagliflozin (Farxiga)
  - Ertugliflozin (Steglatro)
  - Empagliflozin (Jardiance)



## Additional Resources

[Return to Table of Contents](#)

Your free account with the American Diabetes Association gives you access to a patient education library with 100+ resources to help you manage your diabetes.



Get started by visiting the website at [professional.diabetes.org](https://professional.diabetes.org) and logging into your account.



Access the patient education library by visiting:  
[professional.diabetes.org/search/site?f%5B0%5D=im\\_field\\_dpb\\_ct%3A32&retain-filters=1](https://professional.diabetes.org/search/site?f%5B0%5D=im_field_dpb_ct%3A32&retain-filters=1)

We recommend the resources below to get started.

**NOTE:** Access any of these resources by searching for them in the search bar that says "Search Results for" or clicking the links below once you've created an account.

- [A1C](#)
- [Low Blood Glucose \(Hypoglycemia\)](#)
- [Factors Affecting Blood Glucose](#)
- [Getting the Most Out of Health Care Visits](#)
- [Eye Exams for People with Diabetes](#)
- [Diabetes and Oral Health](#)
- [Diabetes and Heart Disease](#)
- [Diabetes and Kidney Disease](#)
- [Nerve Damage and Diabetes](#)
- [Taking Care of Your Feet](#)
- [Diabetes and Your Emotional Well Being](#)



## Additional Resources continued

[Return to Table of Contents](#)

- [Treating High Blood Pressure in People with Diabetes](#)
- [All About Quitting Smoking](#)

### Resources from the American Association of Diabetes Educators:

- [Insulin Injection Know-How](#)
- [Pro Tips \(and Tricks\) for Easier and Better Insulin Injections](#)

### Resource from the Centers for Disease Control and Prevention:

- [Tips to Help You Stay Healthy with Diabetes](#)
- [What You Need to Know About Diabetes and Adult Vaccines](#)



# Important Information

[Return to Table of Contents](#)

## Medical Emergency

If you are experiencing a medical emergency, please call 911. The toolkit is an education tool and is not an appropriate resource to respond to life threatening or emergent health situations.

## Information Use

Information in this document is only intended as general summary information that is made available to the public. It is not intended to provide specific medical advice or to take the place of either the written law or regulations.

Informational resources are designed to help support your diabetes care. Individuals are urged to consult with qualified health care providers for diagnosis and treatment and for answers to personal questions.

## Liability

Every effort has been made to ensure the accuracy and completeness of the electronic documents and resources provided. However, Arizona Care Network-Next, LLC (ACN) makes no warranties, expressed or implied, regarding errors or omissions and assumes no legal liability or responsibility for loss or damage resulting from the use of information contained within.

ACN cannot endorse, or appear to endorse, derivative or excerpted materials, and it cannot be held liable for the content or use of adapted products that are incorporated on other Web sites. Any adaptations of these electronic documents and resources must include a disclaimer to this effect. Advertising or implied endorsement for any commercial products or services is strictly prohibited.

## Endorsement Disclaimer

Where applicable, the inclusion of external hyperlinks does not constitute endorsement or recommendation by ACN of the linked Web resources or the information, products, or services contained therein. ACN does not exercise any control over the content on these sites. You are subject to that site's privacy policy when you leave this site.

When visiting our Web site, your Web browser may produce pop-up advertisements. These advertisements were most likely produced by other Web sites you visited or by third-party software installed on your computer. ACN does not endorse or recommend products or services for which you may view a pop-up advertisement on your computer screen while visiting our site.