



**WatermarkUrgentCare**

A Partnership with QuestCare Medical

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## Diabetes Care Resources

### Lilly Diabetes Solution Center

833-808-1234 (helpline)

Assistance for U.S. residents who need help paying for insulin

Helpline available Monday-Friday between 9am-8pm

### National Diabetes Information Clearinghouse (NDIC)

1-800-860-8747

Fax: 703-738-4929

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

- NDIC is a hotline resource for diabetes care

### American Diabetes Association

Diabetes-Friendly Recipes and Meal Plans

- Sign-up at <http://www.diabetes.org/mfa-recipes/recipes/>

### National Institute of Diabetes and Digestive and Kidney Diseases

Information and helpful tips: <https://www.nih.gov/health-information>

### Diabetes Research & Wellness Foundation

<https://www.diabeteswellness.net>

Provides Medication discount card

Helps link diabetics to local and relevant resources

Free diabetes self-management brochure

### Julia's Center

Diabetes clinic one Thursday a month from 5-7pm

- Offers diabetes education and management
- They do make appointments, and walk-ins are accepted
- Photo ID is required for medical services

Call: (972) 423-8833

Website: <http://JuliasCenter.com>

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