

# MPV NEW JERSEY MEDICAL GROUP

## Diabetes Self-Management Support Plan

### Diabetes Support Groups

- ◆ Diabetes Foundation- [www.diabetesfoundationinc.org](http://www.diabetesfoundationinc.org)

### Emotional Support

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

- ◆ Depression & Bipolar Support Alliance - 800-826-3632; [www.dbsalliance.org](http://www.dbsalliance.org)

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

Find a local support groups & therapist by zip code at [www.adaa.org](http://www.adaa.org)

### Weight Management

- ◆ Weight Watchers - 800-621-6000; [www.weightwatches.com](http://www.weightwatches.com)

- ◆ Over Eaters Anonymous - 505-891-2664 (support group)- [www.oa.org](http://www.oa.org)

### Exercise

- ◆ Curves - 877-673-3144- [www.curves.com](http://www.curves.com)

- ◆ 24 Hour Fitness - 800-224-0240- [www.24hourfitness.com](http://www.24hourfitness.com)

- ◆ New York Sports Club - [www.newyorksportsclubs.com](http://www.newyorksportsclubs.com)

### Smoking Cessation

- ◆ [www.smokefree.gov](http://www.smokefree.gov)

### Journals

- ◆ Diabetes Forecast - 800-342-2383- [www.diabetesforecast.org](http://www.diabetesforecast.org)

- ◆ Diabetes Self-Management - 855-367-4813- [www.diabetesselfmanagement.com](http://www.diabetesselfmanagement.com)

### Apps

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