

Diabetes Books and Cookbooks

For a **free** catalog for diabetes books and cookbooks from the American Diabetes Association, along with other diabetes information, call (800) 342-2383

Diabetes Periodicals

Diabetes Forecast: (800) 806-7801 or www.forecast.diabetes.org

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Free newsletter sample: <http://www.diabeteswellness.net/diabetes-wellness-network>

Diabetic Living: www.diabeticlivingonline.com

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dLife: (203) 665-2272 or www.dLife.com Free newsletter

Living Well with Type 2 Diabetes: <http://www.ada-ksw.com/diabetes/> Free

A Self-Care Workbook: Living Well with Diabetes: Free

<http://vanortherncalifornia.kramesonline.com/LivingWellWithType2Diabetes.pdf>

Check with your doctor and diabetes health specialists when making health care decisions and using information found from these and other sites

See reverse side for Diabetes Identification →

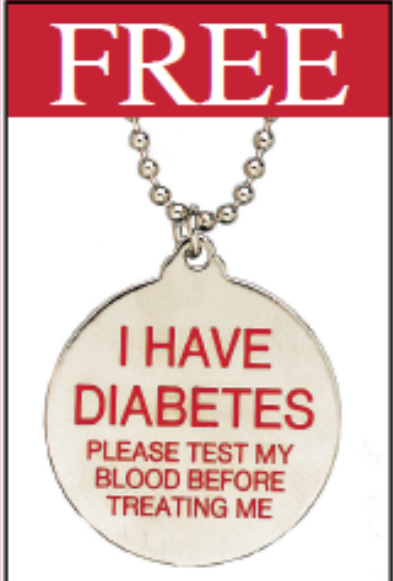
Diabetes Identification

American Medical Identifications: (800) 363-5985 or www.identifyyourself.com/ADA
or www.americanmedical-id.com

Arctic Summit: www.arcticsummit.com

Cool Med ID: (866) 379-0943 or www.coolmedid.com

Free Diabetes ID Necklace: www.diabeteswellness.net/free-diabetes-id-necklace
(shipping and handling apply) or send a self-addressed stamped envelope to:

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|  | DIABETES MEDICAL EMERGENCY NECKLACE In case of Emergency, the attending physician or paramedic needs to know you have diabetes. |
| | _____ Name |
| | _____ Address |
| | _____ City State Zip |
| | _____ Phone Email |
| | SEND A SELF-ADDRESSED, STAMPED ENVELOPE TO: FREE DIABETES NECKLACE Diabetes Research and Wellness Foundation™ P.O. Box 96046, Washington, DC 20090-6046 |

Lauren's Hope: (800) 360-8680 or www.laurenshope.com

MedicAlert: (800) 432-5378 or www.medicalert.org

Medical ID Fashions: (847) 638-2223 or www.medicalidfashions.com

N-Style ID: (877) 445-0030 or www.n-styleid.com

Road ID: (800) 345-6335 or www.roadid.com

Sticky Jewelry: (866) 497-6265 or www.stickyj.com