Utah Diabetes Directory

2005

For Diabetes Health Professionals

The Utah Department of Health Diabetes Prevention and Control Program is pleased to introduce the 2005 Resource Manual for Utah Diabetes Healthcare Professionals. We want to thank those who helped to update the manual and make it more user friendly.

The purpose of this manual is to provide health care professionals with a comprehensive summary of diabetes resources in Utah, including screening services; primary health care resources; health insurance and medical assistance programs; diabetes and nutrition education programs; community services; industry and medical supply services; and professional education resources. We hope this manual is an easy reference tool for you to use in working with your patients with diabetes.

The information included in the manual is accurate as of November 2004. We have attempted to make the manual as easy to use as possible, presenting information by county when appropriate.

Please provide feedback or address questions to:

Utah Diabetes Prevention and Control Program
PO Box 142107
Salt Lake City, Utah 84114-2107
Phone: (801) 538-6141
Fax: (801) 538-9495
www.health.utah.gov/diabetes

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Screening Services by County

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Clinical Screening Services

(Addresses can be found on page 40)

Locations, fees and availability of blood pressure, blood sugar and Hemoglobin A1c screening services.

Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
BEAVER COUNTY			
Beaver Valley Hospital Karla Evans, RN (435) 438-7109	No fee. No appt. Go to Nurses Station. 8am-8pm.	Lab fee. No appt. 8am-5pm. Mon-Fri. Fasting required.	Lab fee. No appt. 8am-5pm. Mon-Fri. By physician's order.
Southwest Utah Health Department *Beaver Office* Reha Gray, RN (435) 438-2482	$5 fee. By appt.	$5 fee. By appt.	Not available. Hematocrit: $5 fee. By appt.
Milford Valley Memorial Hospital Nancy Carter, RN (435) 387-2411	By appt. Call for fee and schedule.	By appt. By physician's order. Call for fee and schedule.	Call for fee and schedule. By physician's order.
BOX ELDER COUNTY			
Bear River Valley Hospital Vickie Tilley, RN, CDE (435) 716-5439	No fee. No appt. Prefer M-Sun 1-5pm.	Not available.	Not available.
Brigham City Community Hospital *(Columbia)* Dianne Curtis, RN (435) 734-4339	No fee. No appt. M, W, F 9am-1pm	No fee. By appt. M, W, F 9am-1pm.	Lab fee. By appt. M-F 7am-7pm By physician's order.
CACHE COUNTY			
Budge Clinic Cynthia White, RN, CDE (435) 752-0422	No fee. No appt. M-F 8am-6pm.	Approx. $20 at the lab. Available with doctor's appt.	Not available.

Clinical Screening Services

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Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
Logan Regional Hospital Vickie Tilley, RN, CDE (435) 716-5439	No fee. No appt. Tues 7-8am/Th 4-5pm.	$1 fee. No appt. T 7-8am/TH 4-5pm.	Not available. Lipid panel for $20. Walk-in. 12 hour fasting recommended.
CARBON COUNTY **Southeastern Utah Health Dept.** Joyce Pierce, RN (435) 637-3671	$1 fee. No appt. M-F 3-4:30pm.	$6 fee. No appt. M-F 3-4:30pm.	Not available. Hematocrit for $6. No appt. M-F 3-4:30pm.
Castleview Hospital (Columbia) Pamela Konakis, RN, CDE, CPT (435) 636-4822	No fee. No appt.	No fee. By appt.	Lab fee. By appt. By physician's order. M-F 8am-4pm
DAVIS COUNTY **Davis Hospital and Medical Center** Lora Kier, RN (801) 774-7047	No fee. No appt. By physician's order. Offered 3 Saturdays per year at public screenings. For more info. call (801) 774-7047.	No fee. No appt. By physician's order. Offered 3 Saturdays per year at public screenings. For more info. call (801) 774-7047.	Not available.
Hill Air Force Base Clinic Capt. Danielle Morris, RNBS (801) 586-9572 *Anyone with a HAFB pass can access services	No fee. No appt. M-F 7:30am-4:30pm. By physician's order.	No fee. No appt. M-F 7:30am-4:30pm. By physician's order.	No fee. No appt. M-F 7:30am-4:30pm. By physician's order.
Lakeview Hospital (Mountainstar) Mesha Fagg, RD, CDE (801) 299-2470	No fee. By appt. 8:30am-5pm.	$1 fee. By appt. 8:30am-5pm.	$46.50 fee. No appt. By physician's order.

Clinical Screening Services

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Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
DUCHESNE COUNTY			
Uintah Basin Medical Center Carol Rasmussen, RN, CDE (435) 722-6131	No fee. No appt. Given at the Nurses station upon request.	No fee. By appt. Call 722-4691 ext. 1363 on Tuesdays.	$28 fee. Make appointment at Doctor's office. By Physician's order. Given at the clinic/lab.
GARFIELD COUNTY			
Garfield Memorial Hospital & Clinic Jan Frandsen, RN (435) 676-8800	No fee. By appt.	Lab fee. By appt. M-F 8am-5pm. By physician's order.	Lab fee. No appt. M-F 8am- 5pm. By physician's order.
Southwest Utah Public Health Dept. *Panguitch Office* Carolyn Hardman, RN (435) 676-8800	$5 fee. No appt. M,T,W 10am-4pm.	$5 fee. No appt. M,T,W 10am-4pm.	Not available.
GRAND COUNTY			
Allen Memorial Hospital Lab Janel Arbon, RN, CDE (435) 259-7191	No fee. No appt.	Lab fee. By appt. By physician's order. M-F 8am-6pm.	Lab fee. By appt. By physician's order. M-F 8am-6pm.
IRON COUNTY			
Southwest Utah Public Health Dept. *Cedar City office* Terri Winslow (435) 586-2437 ext. 4	Not available.	$5 fee. By appt.	Lab Fee. By appt. By physician's order.

Clinical Screening Services

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Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
JUAB COUNTY			
Central Valley Medical Center Judy Cook, RN, BSN (435) 623-3092	No fee. Walk-in's welcome.	No fee. Walk-in's welcome.	Lab fee. By appt. M-F 9am-5pm. By physician's order.
MILLARD COUNTY			
Delta Community Medical Center Becky Perry (435) 864-5591	No fee. No appt. Go to nurses station. Also offered throughout the year at public health fairs.	Offered throughout the year at public health fairs.	Lab fee. By appt. By physician's order.
Fillmore Community Medical Center Sharon Blad (435) 743-5591 ext 314	No fee. No appt. Go to main desk.	No fee. Available through Senior Life Club or during health fairs. Fasting recommended.	No fee. Available through Senior Life Club or during health fairs. Fasting recommended.
SALT LAKE COUNTY			
Alta View Internal Medicine Barb Smith-Holmen, NP (801) 572-0311	No fee. No appt. M-F 9am-5pm.	$13 fee. $5.50 Medicare. No appt. M-F 9am-5pm.	Lab fee. No appt. M-F 9am-5pm. By physician's order.
Diabetes Specialty Center Sharon Peckon (801) 268-9699	Not available.	$10 fee. By appt.	Not available. $25 "A1c Now" for purchase
Health Clinic of Utah *Salt Lake Clinic (PCN)* (801) 468-0354	No fee. By appt. or walk-in. M-F 7:30am-6:30pm.	$4 fee. By appt. or walk-in. M-f 7:30am-6:30pm. By physician's order.	$75 fee. By appt. or walk-in. M-F 7:30am-6:30pm. By physician's order.

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Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
Jordan Valley Hospital Elaine Eysser, BSN, CDE (801) 562-4245	No fee. By appt. Wed/Th.	No fee. By appt. Wed/Th.	Lab fee. By appt. M-F 8am-5pm. By physician's order.
Seraphine Clinic LLC Robert Wendell Gneiting FNP/CNM (801) 963-6966	No fee. No appt. M-F 9am-6pm. Sat 10am-2pm. Physician's order required if abnormal.	$10 fee. No appt. M-F 9am-6pm. Sat 10am-2pm. By physician's order.	$26 fee. No appt. M-F 9am-6pm. Sat 10am-2pm. By physician's order.
St. Mark's Diabetes Center (HCA) Ann Marie Brooks, MSN, CDE, BC-ADM Karmeen Kulkarni, MS, RD, CDE, BC-ADM (801) 268-7358	Not available.	No fee. By appt. M-F. 8:15am-4pm.	Not available.
University Wellness Center at University Pharmacy Richard Rasmuson, R.Ph Trip Hoffman, Pharm. D. Christina Hackett, Pharm. D. (801) 582-7624	No fee. No appt. M-F 9am-8pm; Sat 9am.	No fee. By appt or walk-in. M-F 9am-8pm; Sat 9am-6pm. Fasting preferred.	$20 fee. By appt. M-F 9am-8pm.; Sat 9am-6pm. Total lipid profile for $35.
Utah Diabetes Center (UofU) Geri Wood, RN, BSN, CDE (801) 581-7761	No fee. No appt. 8am-4pm. Go to main desk.	No fee. No appt. 8am-4pm. Fasting is not required.	Lab fee. By appt. By physician's order.
Veteran's Affairs Medical Center *Available for patients only* Mary Youtsey, RN (801) 582-1565 ext. 1120 Jan Marie Peterson, RN, CDE (801) 582-1565 ext. 4978	M-F 8am-4pm. Red and Blue Clinics	M-F 8am-4pm. By physician's order.	M-F 8am-4pm. By physician's order.

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Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
SAN JUAN COUNTY			
San Juan Hospital Laurie Schafer, RN (435) 587-2116	No fee. 24/7.	Not available.	$12 fee. By physician's order. Fasting required.
San Juan Clinic (435) 587-5054	No fee. No appt. M-Th 9am-12 noon, 2-5pm; Fri 9am-12 noon.	$13.65. By appt. M-Th 9am-12 noon, 2-5pm; Fri 9am-12 noon.	Refer to Hospital.
Blanding Clinic (435) 678-2254	$10 fee. Call for schedule M-Th 8:30am-12noon, 2-5pm; Fri 9am-2pm.	Call for fee. By appt. M-Th 8:30am-12 noon, 2-5pm; Fri 9am- 2pm. By physician's order.	Refer to Hospital. By physician's order.
Montezuma Creek Health Center/ Utah Navajo Health Systems Darlene Jim (435) 651-3291	No fee. By appt or walk-in. M-F 8am-4pm. Third party insurance accepted.	Minimal fee for visit with RN. By appt. or walk-in. M-F 8am-4pm. Third party Insurance accepted.	Leb fee. By appt. By physician's order.
Monument Valley Health Center Marie Holiday (435) 727-3242	No fee. By appt or walk-in. M-Th 8am-5pm; Fri 8am-12noon.	No fee. By appt. or walk-in. M-Th 8am-5pm; Fri 8am-12noon	Lab fee. By physician's order. Third party insurance accepted.

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Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
SANPETE COUNTY **Central Utah Public Health Dept.** *Manti Office* Debra Lindsey, RN (435) 835-2231 **Additional Counties:** *Juab County Office* (435) 623-0696 *West Millard Office* (435) 864-3612 *East Millard Office* (435) 743-5723 *Paiute County Office* (435) 577-2521 *North Sanpete Office* (435) 462-2449 *Sevier County Office* (435) 896-5451 *Wayne County Office* (435) 836-2671	No fee. No appt. Walk-ins accepted if RN is available. M-F 8am-5pm.	$10 fee. M-F 8am-5pm. By appt.	Not available.
Gunnison Hospital Melody Goff, RN (435) 528-39955 (800) 324-1801	No fee. No Appt. Available at Senior Center one time per month. Call for information.	No fee. No appt. Available at Senior Center one time per month. Call for information.	$35 group rate; $58 individual. No appt. By physician's order. Available January and June at support group. Call for information.
Sanpete Valley Hospital Tammy Tucker, RN (435) 462-2441	No fee. No appt. Call for hours of operation.	No fee. No appt. Call for hours of operation.	$15 fee. No appt. Call for hours of operation.
SEVIER **Sevier Valley Hospital Health Center** Maxine Hiss, RN (435) 893-0371	No fee. No appt. Call for days/times.	No fee. No appt. needed. Call for days/times.	By physician's order. Refer to Sevier Valley Hospital.

Clinical Screening Services

(Addresses can be found on page 40)

Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
UINTAH COUNTY			
Ashley Valley Medical Center Vickie Berg, RN, CDE (435) 789-3342 x.174	No fee. By appt.	No fee. By appt.	Lab fee. By appt. M-F 8am-5pm. By physician's order.
Tri County Health Department Lynne Gagon, APRN, BS (435) 781-5476	Not available.	Not available.	$12 fee or no fee. By appt. M-F 8am-5pm. **No charge if can't afford to pay*
UTAH COUNTY			
American Fork Hospital Jill Larsen, RN, CDE (801) 763-3471	No fee. 24/7 in the emergency room.	Not available.	$15 fee. By appt. By physician's order if billing a third party insurance.
Health Clinic of Utah *Provo Clinic (PCN)* (801) 374-7011	No fee. By appt. or walk-in. M-F 8am-5pm.	$6 fee. By appt. M-F 8am-5pm.	$82 fee. By physician's order. Third party insurance accpeted.
Mountain View Hospital *Columbia Diabetes Treatment Center* Callene Bobo, RN, BSN, CDE, CPT (801) 465-7045	No fee. No appt. M-F 9am-5pm.	No fee. By appt. M-F 9am-5pm.	Lab fee. No appt. By physician's order.
Timpanogos Regional Hospital Ruthann Jarvis, RN (801) 714-6022	No fee. No appt. M-F 9am-5pm.	Finger stick not lab draw. No fee. Call to see if Ruthann is in.	Lab fee. By appt. M-F 9am-5pm. By physician's order.
Utah Valley Regional Medical Center Diabetes Management Clinic Dawn Higley, RN, MSN, CDE (801) 357-7546	No fee. M-F 9am-12noon, 1:30-4pm.	$2 fee. M-F 9am-12noon, 1:30-4pm.	$20 fee. M-F 9am-12noon, 1:30-4pm. By physician's order.

Clinical Screening Services

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Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
WASATCH COUNTY			
Heber Valley Medical Center Sharon Korhel, RN (435) 657-4383 Betty Wade, RD (435) 657-2371	No fee. By appt. M-F. 9am-3:30pm.	No fee. By appt.	Lab fee. By appt. By physician's order.
Wasatch County Health Dept. Suzan Holdaway, RN (435) 654-2700 x. 507	No fee. By appt. or 1st Thurs of the month 8:30am-11:30pm.	$5 fee. By appt. M-F 8:30-11:30am; 1-4:30pm. Fasting recommended.	Not available.
WASHINGTON COUNTY			
Dixie Regional Medical Center	No fee. No appt.	No fee. No appt. M-F 8am-5pm.	$15 fee. By appt. M-F 8am-5pm.
IHC, River Road Clinic Holly Glore RN, CDE (435) 688-5085	No fee. No appt.	No fee. No appt.	Lab fee. By appt.
Enterprise Valley Medical Clinic Caroline Wallin, MA (435) 878-2281	No fee. No appt. M,W,F 8am-5pm; T/TH 8am-8pm; Sat 9am-1pm.	By appt. Sliding fee scale.	Sliding fee scale. By Physician's order.
Southwest Utah Health Department *St. George Office* Ruthann Adams, RN (435) 673-3528 x.54	$5 fee. By appt. M-F 8am-5pm.	$5 fee. By appt. M-F 8am-5pm.	Not available. Hematocrit: $5 fee. By appt. M-F 8am-5pm.

Clinical Screening Services

(Addresses can be found on page 40)

Health Facility By County and Contact Name	Blood Pressure	Blood Sugar	Hemoglobin A1c
WAYNE COUNTY			
Wayne County Community Health Center Gina Flanagan, Administrator (435) 425-3744	No fee. No appt. M-F 9am-5pm; Sat 9am-1pm. By physician's order.	$12 fee. By appt. M-F 9am-5pm; Sat 9am-1pm. Fasting recommended.	$45 fee. By appt. M-F 9am-5pm; Sat 9am-1pm.
WEBER COUNTY			
Health Clinic of Utah *Ogden Clinic (PCN)* Rett Hansen, Clinic Coordinator (801) 626-3670	No fee. No appt. M-F 8am-4pm.	$6 fee. No appt. M-F 8am-4pm. By physician's order.	Lab fee. By appt. M-F 8am-4pm. By physician's order.

Healthy Aging

1992 South 200 East
Salt Lake City, UT 84115

Phone: (801) 468-2772
Hours: Monday - Friday, 8am-5pm. (Clinic hours vary).
Purpose: Provides prevention, education and screening services aimed at senior citizens (60+) in Salt Lake County to reduce the risk of illness, substance abuse or misuse.
Fees: Contributions for services are accepted, but not required.
Services: 1) Health Insurance Information

2) Health Screenings and Specialty Clinics
- Blood pressure
- Blood sugar
- Flu and pneumonia vaccinations (additional charge)
- Vision and Hearing (See pages 69-71 on vision services)
- Podiatry
- Skin
- Bone Density Testing

3) Seminars, workshops and presentations

4) Education - includes help for non-English speaking elders

Topics geared to enhance physical and mental health:
- Counseling related to activities of daily living
- Leisure time counseling
- Medication evaluation and consultation
- Psycho-social assessment and counseling

5) Other:
- Dental referral
- Nutrition assessment
- Food services

Local Health Departments

Website: http://health.utah.gov/lhd

Available Services

(May vary depending on location)

- AIDS Testing and Counseling
- Birth and Death Certificates
- Cancer Prevention & Education
- Child Health Evaluation and Care
- Child Restraint Rentals
- Cholesterol Screening and Education
- Communicable Disease Control
- Dental Health
- Diabetes
- Epidemiology and Surveillance
- Family Planning and Services
- Handicapped Children's Services
- Hypertension Screening and Education
- Immunizations (all ages)
- Maternal and Child Health Care
- Pregnancy Testing and Counseling
- Prenatal and Postpartum Care
- Refugee Health Care
- Sexually Transmitted Disease
- Sudden Infant Death Syndrome (SIDS) Counseling
- WIC Program - Supplemental Food, Nutrition, and Education
- Health Promotion and Risk Reduction

Health Departments Continued

Bear River District Health Department
655 East 1300 North, Logan, Utah 84341
Phone: (435) 752-3730 Fax: (435) 792-6600

Box Elder County	125 South 100 West, Tremonton 84337	(435) 257-3318
	817 West 950 South, Brigham City 84302	(435) 734-0845
Cache County	655 East 1300 North, Logan 84341	(435) 752-3730
Rich County	275 North Main, Randolph 84064	(435) 793-2445
Park Valley	PO Box 557, Park Valley 84329	(435) 871-4411

Central Utah Public Health Department
70 Westview Drive, Richfield, Utah 84701
Phone: (435) 896-5451 or (435) 896-5452 Fax: (435) 896-4353

Juab County	160 North Main, Nephi 84648	(435) 623-0696
West Millard	428 East Topaz Blvd, Suite D, Delta 84624	(435) 864-3612
East Millard	50 South 400 West, Fillmore 84631	(435) 743-5723
Paiute County	Courthouse, PO Box 40, Junction 84740	(435) 577-2521
North Sanpete	20 S. 100 W., Ste 30 Mt. Pleasant 84647	(435) 462-2449
South Sanpete	40 West 200 North, Manti 84642	(435) 835-2231
Sevier County	70 Westview Drive, Richfield 84701	(435) 896-5451
Wayne County	Courthouse, PO Box 326, Loa 84747	(435) 836-2671

Davis County Health Department
Courthouse Annex, 50 East State Street, (PO Box 618) Farmington, Utah 84025-0618
Phone: (801) 451-3340 Fax: (801) 451-3144

Bountiful	596 W 750 S, Bountiful 84087	(801) 451-3315
Farmington	50 East State Street, Farmington 84025	(801) 451-3340
Layton	360 South Fort Lane, Ste 3A, Layton 84041	(801) 451-3315

Health Departments Continued

Salt Lake Valley Health Department
2001 South State Street, S-2500, Salt Lake City, Utah 84190-2150
Phone (801) 468-2750 Fax: (801) 468-2748

Ellis R. Shipp	4535 South 5600 West, West Valley City 84120	(801) 963-7335
Rose Park	1625 W 700 N, Suite H, SLC 84116	(801) 322-0502
South Main	3195 South Main St, South Salt Lake 84115	(801) 483-5451
West Jordan	1740 West 7800 South, West Jordan 84084	(801) 569-4360
South East	9340 South 700 East, Sandy 84093	(801) 255-7114
Salt Lake City	610 South 200 East, SLC 84111	(801) 534-4666
Salt Lake City	2001 South State Street, SLC 84190	(801) 468-2750

Southeastern Utah District Health Department
28 South 100 East, (PO Box 800) Price, Utah 84501
Phone: (435) 637-3671 Fax: (435) 637-1933

Carbon County	28 South 100 East, Price 84501	(435) 637-3671
Emery County	25 West Main, Castledale 84513	(435) 381-2252
Grand County	471 South Main, Suite 4, Moab 84532	(435) 259-5602
San Juan County	196 E Center, Blanding 84511	(435) 678-2723
	Courthouse, PO Box 127, Monticello 84535	(435) 587-2021

Southwest Utah Public Health Department
168 North 100 East, St. George, Utah 84770
Phone (435) 673-3528 Fax: (435) 628-6713

Garfield County	609 North Main, Panguitch 84759	(435) 676-8800
Iron County	260 E DL Sargant Dr, Cedar City 84720	(435) 586-2437
Kane County	245 South 200 East, Kanab 84741	(435) 644-2537
Washington County	708 North 195 West, LaVerkin 84745	(435) 635-4458
Beaver County	325 East Center Street, Beaver 84713	(435) 438-2482
	302 South Main Street, Milford 84751	(435) 387-2671

Summit City/County Health Department
85 North 50 East, (PO Box 128) Coalville, Utah 84017
Phone: (435) 336-3222 Fax: (435) 336-3286

Coalville	85 North 50 East, Coalville 84017	(435) 336-3222
Park City	6505 N Landmark, Suite 300, Park City 84098	(435) 615-3910
Kamas	110 North Main, Kamas 84036	(435) 783-3071

Health Departments Continued

Tooele County Health Department
151 North Main Street, Tooele, Utah 84074
Phone: (435) 843-2300 Fax: (435) 843-2304

Tooele	151 North Main, Tooele 84074	(435) 843-2300
Wendover	100 South 9th E Street, Wendover 84083	(435) 665-7004

Tri-County Health Department
147 East Main Street, Vernal, Utah 84078
Phone: (435) 781-5475 Fax: (435) 781-5372

Daggett County	Box 156, Manila 84046	(435) 784-3494
Duchesne County	281 E 200 N, Roosevelt 84066	(435) 722-5085
	50 E 100 N, Duchesne 84021	(435) 738-2202
Uintah County	147 East Main, Vernal 84078	(435) 781-5475

Utah County Health Deparment
151 S University Ave, Provo, Utah 84601
Phone: (801) 851-7000 Fax: (801) 851-7009

Provo	151 S University Ave, Provo 84601	(801) 851-7000

Wasatch City/County Health Department
55 South 500 East, Heber City, Utah 84032
Phone: (435) 654-2700 Fax: (435) 654-2705

Heber City	55 South 500 East, Heber City 84032	(435) 654-2700

Weber/Morgan District Health Department
2570 Grant Avenue, Ogden, Utah 84401
Phone: (801) 399-8433 Fax: (801) 399-8306

Morgan County	Courthouse, 48 W Young St, Morgan 84050	(801) 829-6811
Weber County	2570 Grant Avenue, Ogden 84401	(801) 399-8433

Health Insurance

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Children's Health Insurance Program (CHIP)

CHIP is a state health insurance plan for children. Many working Utah families who don't have other health insurance qualify for CHIP.

Check for open enrollment.
How to Apply:

- You can apply online or print and mail an application.
  http://www.health.utah.gov/chip

- Visit an eligibility office - to find an office near you, please call 1-877-KIDS-NOW.

Covered at Work

Covered at work is a program that may be able to help pay for part of your health insurance. You must qualify and have access to health insurance through your job.

How to Apply:

- You can apply online or print and mail an pplication.
  http://www.health.utah.gov/caw
- Visit an eligibility office - to find an office near you, for questions, or to get an application please call the Utah Department of Health Resource Line at 1-888-222-2542

The Utah Comprehensive Health Insurance Pool (HIP)

Created by the Legislature in 1990, HIP is funded through premiums paid by or on behalf of enrolled individuals, plus funds appropriated by the legislature. Regence BlueCross and BlueShield of Utah is the administrator of the plan. A six month pre-existing condition waiting period applies for those who have experienced a break in their insurance coverage of more than 62 days. There may be a waiting list. Coverage is not guaranteed; each applicant must meet the eligibility requirements.

Eligibility/Rules:

- Person who has resided in Utah for at least one year, or who is a dependent child of a resident who is 25 years of age or less.

One must meet the required health conditions and underwriting criteria. When an individual makes application to the HIP program, a determination of insurability is made using a national underwriting standard. If the individual is found to be insurable under that standard, he or she will not be accepted for coverage by HIP, unless the person is unable to obtain comparable insurance at the same cost. Instead, the individual will be sent a letter which can then be used to gain insurance coverage from the applicant's employer or other insurance plan sponsors, including individual plans. An appeal of a private insurer's denial of coverage can also be filed with HIP within 30 days. HIP will apply the same national underwriting standards and issue the same letter if the individual is found insurable.

The following are ineligible:

- Individuals on Medicare or Medicaid, (except in unusual circumstances)
- Prior HIP enrollees (in the past 12 months) unless they can demonstrate that other coverage was involuntarily terminated
- Enrollees who have exhausted lifetime benefits under HIP.
- Inmates of public institutions
- Persons eligible for other public medical care programs
- Persons eligible for group insurance through an employer plan or any other plan providing substantially equivalent coverage

Costs:

Fees are based on age and annual deductibles of $500, $1,000 or $2,500

For applications or information, contact:

Regence BlueCross BlueShield of Utah
PO Box 30270
Salt Lake City, Utah 84130-0270
(801) 333-5573 or toll-free (800) 662-0876

Medicaid

Purpose: To pay medical expenses for eligible people who have low incomes or cannot afford the cost of health care. Medicaid is administered by the Utah Department of Health. Benefits are paid with federal and state tax dollars. In metropolitan areas, eligible beneficiaries will be enrolled in one of three private managed care plans, Healthy U, Molina Healthcare or a state administered plan. In non-metropolitan communities, beneficiaries are enrolled in a state operated program.

To Apply: Call your local Medicaid Eligibility Offices at the County/District Health Department or Department of Workforce Services or
(801) 538-6155, (800) 662-9651 or
http://www.health.utah.gov/medicaid

Who is Eligible for Medicaid?

- Persons who meet citizenship requirements
- Persons who qualify for the Family Employment Program (FEP)
- Persons in families who are not eligible under FEP may be eligible for "medical assistance only", depending on their circumstances.
- Persons who qualify for Supplemental Security Income (SSI)
- Persons who are disabled, blind, over age 65 or under age 18 if they have limited income and resources
- Pregnant women who meet program requirements
- Persons with for Medicare may also be eligible to have Medicaid pay premiums for Medicare Part B, and/or the deductibles and co-pays

Contact Information:

Administrative Offices:
Cannon Health Building
288 N 1460 W
PO Box 143106
Salt Lake City, UT 84114-3106
(801) 538-9984

IF A PERSON DOESN'T QUALIFY FOR MEDICAID, he/she may be eligible for the Primary Care Network. **See page 25.**

Medicare

Who Qualifies?

Medicare provides insurance to:

- People who are 65 years of age or older
- People who are disabled
- People with permanent kidney failure

What are the Benefits?

- **Medicare Part A (Hospital Insurance):** provides coverage of inpatient hospital services, skilled nursing facilities, home health services and hospice care. There is an annual deductible plus a 20% co-pay.
- **Medicare Part B (Medical Insurance):** helps pay for the cost of physician and outpatient hospital services, medical equipment and supplies and other health services. There is a 20% co-pay.
- Many companies offer Medicare Supplement policies. Theses policies vary in cost and benefits. The supplements cover some or all of the co-pay and some cover prescription drugs.

Where to Apply?

Qualified individuals can enroll in Medicare by completing an application form at their local Social Security Administration office. Claims are handled by Regence BlueCross BlueShield of Utah. Medicare has expanded its coverage of diabetes testing strips, insulin pump supplies, and diabetes education self-management education.

For Information, contact:

- Utah Division of Aging and Adult Services (Assistance and counseling in applying for Medicare and Medicaid benefits)
  (801) 538-3910
  (800) 541-7735 (Outside Salt Lake - inside Utah - forwards call to the local Health Insurance Information Program (HIIP)

- Regence BlueCross BlueShield of Utah (801) 633-4227
  www.medicare.com

Medicare Part B Coverage for Diabetes Care

Routine follow-up visits to health care providers, labs, eye exams, and foot exams.

- While Medicare does not cover routine services such as physical exams, it does cover, regular follow-up visits for diabetes. ***Each visit must have an ICD-9 code for diabetes; visits not necessary for monitoring the patient's diabetes may not be covered.***
- Lab services such as HbA1c, cholesterol, and microalbuminuria tests are covered when "medically necessary". Follow professional guideline intervals on frequency.
- Podiatric foot exams and services are covered. Routine exams by physicians treating the patient's diabetes are bundled into the office visit codes. Routine services, e.g. nail debridgement, are limited to once per month, but other coded services are covered as medically necessary.
- Routine eye exams and screenings by the physician treating the patient's diabetes or by an eye care specialist are not covered, but services provided by a specialist for an ICD-9 coded eye disease are generally covered.
- Vaccinations for influenza and pneumococcal are covered.

Medications and medication delivery devices for all eligible beneficiaries with diabetes:

- Oral medications and insulin: Not covered except under some supplement plans
- Syringes and pumps: Supplies are covered

Testing strips and lancets:

- **Quantities:** For non-insulin users a prescription for 100 strips per three months may be written. For insulin treated beneficiaries prescriptions for 300 per three months may be written. Prescriptions may allow one refill. (See exceptions below)
- **Information to include on the prescription form:** Document the following on the prescription form: a) the number of strips to be dispensed, b) whether or not the patient is using insulin, a statement that the physician has seen the patient in the last six months, and c) the frequency for testing as prescribed by the physician. A prescription that states "as needed" will not be honored. Prescriptions will be valid for six months only. A new prescription must contain the same information as the original. Only the physician, patient or patient's care giver may authorize a refill of the prescription.
- **Exceptions:** If the patient requires more that 100 strips in a three month period, (300 for insulin treated) the prescription **must** specify the testing frequency recommended by the physician (It is strongly suggested that a clinical reason for more frequent testing be stated on the form). ***Patient also will be required to submit a one-month log every six months to document actual testing frequency if more than the minimum is prescribed.***

Medicare Part B Coverage

- **Lancets:** Prescriptions for lancets should be handled in a manner similar to that used for test strips.

Blood Glucose Monitors: Medicare will cover the purchase of blood glucose monitors for patients regardless of insulin usage when ordered in writing. Monitors must be of a type designed for home use. Monitors designed for clinical usage are not covered.

- Blood glucose meters with features such as voice synthesizers and specially designed supplies and materials to enable a visually-impaired patient to use the monitor with out assistance will also be covered if the following conditions are met: a) the beneficiary and the monitor meet the general criteria for coverage of a standard home blood glucose monitor, and b) the physician treating the patient's diabetes documents in the medical record that the patient has a visual impairment severe enough to require the use of the special monitor.

Reimbursement for equipment and supplies:
In most cases, the patient will be required to pay for the strips, lancets and monitor and then submit the receipts for reimbursement. Some pharmacies and mail order drug companies will bill Medicare.

Diabetes self-management training (SMT)

- Requires a physician's referral, using a prescription form or physician's order. Physicians managing the beneficiary's diabetes must certify that SMT services are needed under a comprehensive plan of care related to the beneficiary's condition. The Utah fiscal intermediary interprets that to mean a patient who is: a) newly diagnosed, or b) has "long term diabetes and is currently experiencing management problems." Only SMT provided by a program recognised program of the American Diabetes Association or other national accreditation body will be reimbursed. (Go to http://www.diabetes.org/education/eduprograms.asp)
- Medicare states that it should not be necessary to exceed ten hours for initial diabetes SMT.
- SMT should be provided in group settings, but exceptions can be made if medically necessary, for example, language or physical challenges such as impaired vision or hearing.
- Education **primarily** for weight loss or skills of daily living is **not** generally covered.

Primary Care Network (PCN)

PCN is health coverge for adults who qualify. PCN is offered by the Utah Department of Health.

Check for open enrollment.
How to Apply:

- You can apply online or print and mail an application. http://www.health.utah.gov/pcn.

- Visit an eligibility office - to find an office near you, please call the Utah Department of Health Resource Line at 1-888-222-2542.

Major Health Insurance Plans

Customer service phone numbers for questions about coverage:

- Altius Health Plans ..... (800) 377-4161
- Cigna Health Care Of Utah, Inc. ..... (800) 245-2471
- Deseret Mutual Benefit Administrators (DMBA).... (801) 578-5600
- Educator's Mutual Insurance Association (EMIA).. (801) 262-7476
- IHC Health Plans ..... (800) 442-9023
- Heathy U ..... (888) 271-5870
- Molina Health Care of Utah ..... (888) 483-0760
- Public Employees Health Plan (PEHP) ..... (800) 765-7347
- Regence BlueCross BlueShield of Utah ..... (800) 462-2767
- United HealthCare of Utah ..... (800) 824-9313

Medicine Assistance Programs

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- Affordable RxMeds 29
- Diabetes Trust Foundation 30
- Free and Low Cost Prescription Drugs 7th Edition Book 30
- HelpingPatients.org 31
- Medicine Prescription Program 31

*See also page 86-90 Diabetes Industry and Medical Supply Services

RxConnectUtah

For more information call 1-866-221-0265 or visit http://www.health.utah.gov/rxconnectutah.

RxConnectUtah links a person to resources to get the precriptions they need. A person must qualify for services. For example: If someone needs a prescription but doesn't have health insurance to pay for it, RxConnectUtah may be able to help.

Affordable RxMeds

For more information or to apply by phone call 1-877-MEDS-4-ME (1-877-633-7463) or visit www.affordablerxmeds.com.

Purpose:
To assit patients with getting their medications.

- Programs Based on a U.S. Government Mandate
- Complete Consultation & Assistance
- Over 2000 Drugs Available
- Low Monthly Payment Plans
- Highest Rate of Success Obtaining Low Cost Medications
- Superior, Personalized Service
- Patient Privacy Protected

Diabetes Trust Foundation

To find out more information or to get an application contact:
Shira Fogel
National Program Director
1222 14th Avenue South, Suite 204
Birmingham, Alabama 35205
Phone: 205-939-3402 or 800-577-1383
Fax: 205-939-3408
sfogel@diabetestrustfoundation.org

Purpose:
To provide individuals temporary access to necessary diabetic medications and supplies, and direct these individuals to the proper pharmaceutical company assistance program where they can apply for long-term assistance.

Criteria:

- Applicant must not be covered under any type of private or government insurance program.
- Applicant must be under a physicians care for their diabetes.
- Applicant must have a valid prescription from their physician for their diabetic medications and/or supplies.

Individuals who meet these criteria are invited to submit a Patient Assistance Application to their local Diabetes Trust Foundation chapter, or to the national DTF office in absence of a local chapter.

Free and Low Cost Prescription Drugs 7th Edition

The revised seventh edition, "Free and Low Cost Prescription Drugs" expanded to 48 pages, now includes over one hundred programs and over 1,100 drug listings. The book gives proven tips, tools and tactics on how and where to get free and low cost prescription drugs.
To order visit: www.institutedc.org

HelpingPatients.org

To get started visit http://www.helpingpatients.org/Intro.php or call 1-800-762-4636.

Purpose:
To help low-income, uninsured patients get free or nearly free brand-name medicines.

Medicine Preciption Program

To request a free brochure or application:
PO Box 515, Doniphan, MO 63935-0515
Phone: 1-573-996-7300 M-F 8am-5pm CST
Website: www.themedicineprogram.com

Purpose:
To assist patients who may qualify to enroll in one or more of the many patient assistance programs now available. These programs provide prescription medicine free-of-charge to individuals in need, regardless of age, if they meet the sponsor's criteria.

Requirements:
- The applicant has no insurance coverage for outpatient prescription drugs.
- The applicant does not qualify for a government program which provides for prescription medication, e.g. Medicaid.
- The applicant's income is at a level which causes a hardship when the patient is required to purchase the medication at retail. (Varies with each program sponsor)

Application Process:
Mail the completed program application form and the following listed items:

1. The name, address and phone number of the person taking the medication.
2. The name of his/her medication(s).
3. The name of your doctor who prescribes the medication.
4. The Medicine Program requires a $5.00 processing fee for each medication requested. This fee is payable to The Medicine Program.

Primary Health Care Resources

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Community Health Centers

Purpose: Provides quality comprehensive primary health care to general population (particularly low income, uninsured, and under insured). Staff is available to speak languages other than English. Medicaid workers are also available to help patients.
Services: (Depending on location)

- Baby Your Baby
- Bike helmet/safety instruction
- Car seat safety/instruction
- Dental
- Diabetes individual and group counseling
- Family planning
- General health care
- Health education
- Individual and family counseling
- Immunizations
- Mammogram vouchers
- Nutrition counseling
- OB/GYN care
- Perinatal management
- Prenatal care/delivery

Eligibility: Must be a Community Health Center patient.
Fees: Sliding fee basis, Medicaid, Medicare, or private insurance.

Salt Lake Locations:

Central City
461 South 400 East
Salt Lake City, UT 84111
Phone: (801) 539-8617

Northwest/ Stephen D. Ratcliffe
1365 West 1000 North
Salt Lake City, UT 84116
Phone: (801) 328-5750

Copperview
8446 S. Harrison Blvd.
Midvale, UT 84047
Phone: (801) 566-5494

Oquirrh View
4745 South 3200 West
Salt Lake City, UT 84118
Phone: (801) 964-6214

Wasatch Homeless Healthcare, Inc./Fourth Street Clinic
404 South 400 West
Salt Lake City, UT 84101
Phone: (801) 364-0058

Outside Salt Lake:

Carbon Medical Services Association
305 Center St.
PO Box 937
East Carbon, UT 84520
Phone: (435) 888-4411

Enterprise Valley Medical
223 South 200 East
PO Box 370
Enterprise, UT 84725
Phone: (435) 878-2281

Green River Medical Ctr.
305 West Main
PO Box 417
Green River, UT 84525
Phone: (435) 564-3434

Midtown
670 28th Street
Ogden, UT 84403
Phone: (801) 393-5355

Monument Valley Clinic
4 Rock Door Canyon Drive
Monument Valley, UT 84536
Phone: (435) 727-3241

Mountainlands
215 West 100 North
Provo, UT 84601
Phone: (801) 374-9660

Montezuma Creek
East Hwy.262 PO Box 130
Montezuma, UT 84534
Phone: (435) 651-3291

Southwest Utah
168 North 100 East
Saint George, UT 84770
Phone: (435) 986-2565

Utah Farm Worker Health Program
14 North 100 East #2
Brigham City, UT 84302
Phone: (435) 723-8276

Wayne County
128 South 300 West
Bicknell, UT 84715
Phone: (435) 425-3744

- **Clinica Medica Familiar de las Americas**
  4070 South 4000 West
  West Valley City, Utah 84120
  (801) 955-1644

  Services: Medical health care.
  Hours: W, F 1pm-6pm. Other hours by appt or walk-ins
  Fees: Fee for service. $40 for initial visit; $30 for follow-up visits. $15 for blood sugar test.

  650 South Redwood Rd.
  Salt Lake City, UT 84104
  (801) 886-0930

  Services: Medical health care.
  Hours: Walk-in M-Th 2-6pm. Other hours by appt.
  Fees: Fee for service. $40 for initial visit; $30 for follow-up visits. $15 for blood sugar test

- **Fourth Street Clinic**
  404 South 400 West
  Salt Lake City, UT 84101
  (801) 364-0058

  Purpose: Provides primary health care, medical referral, and optical services, substance abuse, medical eligibility to homeless people only.
  Services: Adult and pediatric primary health care and referral.
  Well-child screening and referral, including immunizations, WIC services and AFDC referral, health care outreach, and optical services.
  Hours: M-F, 8:30am-noon and 1-5pm.
  Fees: None.

- **Holy Cross Ministries**
  2570 West 1700 South.
  Salt Lake City, UT 84104
  (801) 908-0293 x. 30
  Contact: Sister Miriam JoAnne, RN

  Services: Health fairs: information and blood glucose screening.
  Individual teaching and referrals to primary health care.
  Information provided in English and Spanish.
  Hours: Monday-Friday8am-5pm.
  Purpose: Provide information and access to primary health care.
  Fees: Donations and contributions accepted.

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- **Holy Cross Ministries Promotora**
  7828 S. Allen St.
  Midvale, UT 84047
  (801) 565-8430

  Purpose: Provide individualized information and access to primary health care.
  Services: Outreach program: Individualized information and screening available at home. Health fairs. Health workers are bilingual. Transportation to facilities and translation at medical appointments.
  Hours: M-F 8:30am-5pm.
  Fees: Donations and contributions accepted.

- **IHC Neighborhood Clinic - Atkinson Clinic**
  (At the Lincoln Elementary School)
  1090 Roberta Street
  Salt Lake City, UT 84111
  (801) 578-8376

  Purpose: Provides primary health care to students and families in the neighborhood of Lincoln Elementary School, including the residents in zip codes 84111, 84101 and 84102 **only.**
  Services: Adult and pediatric primary health care and referral, well-child screening and referral, including immunizations.
  Hours: Mon.-Fri. 8am-4pm (Sept-May); Mon.-Fri.7am-Noon (Summer) Closed school holidays
  Fees: Offers sliding fee services to low income and uninsured people who qualify. Accepts insurance and private pay.

- **IHC Neighborhood Clinic - David A. Salisbury Clinic**
  (At the Sorenson Multicultural Center),
  855 West California Avenue
  Salt Lake City, UT 84104
  (801) 977-0502
  (801) 977-0514 Fax

  Purpose: Provides primary health care to residents in zip codes 84104, 84128, and 84119 **only.**
  Services: Adult and pediatric primary health care and referral, well-child screening and referral, including immunizations.
  Hours: Mon. & Fri. 8am-5pm, Tues., Wed., & Thurs., 8am-7pm Closed on City and State Holidays.
  Fees: Offers sliding fee services to low income and uninsured people who qualify. Accepts insurance and private pay.

- **IHC Neighborhood Clinic - Rose Park Elementary School Clinic**
  1125 West 1000 North
  Salt Lake City, UT 84116
  (801) 578-8491

  Purpose: Provides primary health care to the students and families in the neighborhood of Rose Park Elementary School, including, residents in zip codes 84116, 84114 and 84103 **only.**
  Services: Adult and pediatric primary health care and referral, well-child screening and referral, including immunizations.
  Hours: Mon. 2pm-8pm; Wed. 9am-3pm; Thurs. 2pm-8pm; Fri. 9am-3pm. Closed school holidays.
  Fees: Offers sliding fee services to low income and uninsured people who qualify. Accepts insurance and private pay.

- **Magna Center for Family Medicine Foundation, (MCFM)**
  8211 West 3500 South
  Magna, UT 84044
  (801) 250-9638 x. 131

  Purpose: To deliver healthcare to the growing number of underserved and uninsured who do not qualify for federal or state healthcare programs. Eligible to people who live in the Magna/West Valley are between 21st South and 56th South and between The Oquirrh Mountains and Bangeter Highway.
  Services: MCFM covers the following medical needs: 1) Family Practice Medical care for acute care (illness, infection, fractures, lacerations, etc.) and chronic care (diabetes, hypertension, depression, etc.)
  Hours: Sunday-Saturday 8am-10pm
  Fees: Contact Kurt Micka at 250-9638 x131. A small co-pay may be required.

Primary Care Network Health & Dental Clinics

Administration Office
288 North 1460 West, SLC, UT 84115
Phone: (801) 538-9984
Hours: M-F 8am-5pm

Purpose: Provides information and access to primary health and dental care.
Services: Provides comprehensive primary and dental care to low income persons who are not eligible for Medicaid or Medicare.
Fees: Services are provided on a sliding scale basis according to income.

Health Clinic of Utah

Ogden Health Clinic of Utah
2540 Washington Blvd., Suite #122
Ogden, UT 84401
Phone: (801) 626-3670
Hours: M-Th 8am-6pm; Fri 8am-5pm

Provo Health Clinic of Utah
150 East Center Street, #1100
Provo, UT 84606
Phone: (801) 374-7011
Hours: M-Th 7:30am-6pm

Salt Lake City Health Clinic of Utah
3195 S Main, Suite #200
SLC, UT 84115
Phone: (801) 468-0354
Hours: M-F 7:30am-5pm
After Hours: M-F 5-6:30pm

Family Dental Plan

Ellis Shipp Family Dental Clinic
4535 South 5600 West
West Valley, UT 84120
Phone: (801) 969-8243
Hours: M-Th 7:40am-4:30pm;
Fri 7:40-11:30am

Layton Family Dental Plan
360 S. Fort Lane, Suite #3A
Layton, UT 84041
Phone: (801) 546-2263
Hours: T/Th/Fri 7:30am-6pm

Ogden Family Dental Plan
298 24th St, Suite #360
Ogden, UT 84790
Phone: (801) 394-4495
Hours: M-Th 7:30am-6pm

Provo Family Dental Plan
150 East Center Street, #1100
Provo, UT 84606
Phone: (801) 371-1024
Hours: M-Th 7:30am-6pm

Salt Lake City Family Dental Plan
3195 S. Main, Suite #200
SLC, UT 84115
Phone: (801) 468-0342
Hours: M-Th 7:30am-5pm; Fri 7:30-11:30am

St. George Family Dental Plan
321 N. Mall Dr., #M101
St. George, UT 84790
Phone: (435) 652-3806
Hours: M-Th 7:30am-5:30pm;
Fri 7:30-11:30am

- **Salt Lake Donated Dental Services**
  415 West 400 South
  Salt Lake City, UT 84101
  (801) 983-0345

  Purpose: To provide dental services to Medicaid patients, the homeless and/or persons below 100% poverty level.
  Services: Full dental care.
  Hours: M-F, 8:30am-noon and 1-5pm. Call for appointments- bring medicaid card or dental form.
  Fees: Suggested donation of $5.

- **Seraphine Clinic**
  6216 South Redwood Rd
  Taylorsville, Utah 84123
  (801) 963-6966

  Purpose: To provide medical care to uninsured people.
  Services: Individual instruction, weight control, blood pressure, blood sugar, and HbA1c (All staff speaks English and Spanish)
  Hours: M-F 9am-6pm and Saturday 9am-5pm
  Fees: Varies upon service.

- **Utah Medical Association**
  540 East 500 South
  Salt Lake City, UT 84102
  (801) 355-7477

  Refers patients with diabetes to an endocrinologist or gives background information on all physicians who are members of the Utah Medical Association. They also take complaints for legal issues and concerns.

◈ Individual/Group Diabetes Nutrition Programs and Education Services 40-57

**Centro De La Familia De Utah is available to assist with language and cultural aspects of diabetes care for Hispanics in Utah. They collaborate with the patient's care team and provide outreach case management. For more information please call (801) 521-4473.

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
BEAVER							
Beaver Valley Hospital PO Box 1670 Beaver, Utah 84713 Contact: Karla Evans, RN Phone: (435) 438-7109	RN, RD.	No	No	No	No	Spanish education.	No
Southwest Utah Public Health Dept. *Beaver Office* 325 East Center Beaver, Utah 84713 Contact: Reha Gray, RN Phone: (435) 438-2482	No fee. By appt. M-F 9am-5pm.	No	No	No	No	Spanish translator: Anona Yardley by appt.	No
BOX ELDER							
Bear River Valley Hospital 440 West 600 North Tremonton, Utah 84337 Contact: Vickie Tilley, RN, CDE Phone: (435) 716-5439	$45 fee. By appt. Dr's order. Third party insurance accepted.	No	No fee. Every other month. Call for information.	By Dr's order. Refers to Logan Hospital.	No	Language phone line avail. Interpreter avail. By appt. Spanish material avail.	ADA
Brigham City Community Hospital 950 South Medical Dr Brigham City, Utah 84302 Contact: Dianne Curtis, RN Phone: (435) 734-4339	$60 fee. M, W, F 9am-1pm. Dr's order. Third party insurance accepted.	Last Tues. of each month. Call for schedule. $5/family.	No	No	No	Education in all languages by appt.	State

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
CACHE **Budge Clinic** *Outpatient Diabetes Program* 1350 North 500 East Logan, UT 84321 Contact: Cynthia White, RD, CDE Phone: (435) 752-0422	$54 per ½ hour. By appt. M-F. Third party insurance accepted.	Call Logan Hospital for fee and appt. Third party insurance accepted.	Call Logan Hospital for fee and appt. Third party insurance accepted.	Call Logan Hospital for fee and appt. Third party insurance accepted.	Insulin pump training. Call for schedule.	Interpreters available by appt. M-F 8am-6pm. Spanish materials are also available.	ADA
Logan Regional Hospital 1400 North 500 East Logan, Utah 84341 Contact: Vickie Tilley, RN, CDE Phone: (435) 716-5439	RN, RD. Approx. $75 per hour. By appt. Dr's order. Third party insurance accepted.	Schedule varies. Call for fee and appt. Dr's order. Third party insurance accepted.	No fee. Held 2nd Wed. Call for more information	Nutrition Consultation Call (435) 716-5329 for fee and appt.	No	Interpreters available as needed. Written material is also available.	ADA
CARBON **Castleview Hospital** *Columbia Diabetes Treatment Center* 300 North Hospital Drive Price, Utah 84501 Contact: Pamela Konakis, RN, CDE, CPT Phone: (435) 636-4822 Contact: Sunni Olson, RD Phone: (435) 636-4812	$65 fee. By appt. T, W, Th. Dr's order. Third party insurance accepted.	$45 fee. By appt. 2nd & 4th Thursday of the month. Dr's order. Third party insurance accepted. Must call and register by previous Tues	No	No	No	No	State
DAVIS (see also page 97) **Hill Air Force Base Clinic** *Outpatient Diabetes Education* 75th Medical group 7321 11th St. Bldg. 570 HAFB, Utah 84056 Contact: Danielle Morris, RNBS Phone: (801) 586-9572	RN, RD. M-F 7:30am-4:30pm. Dr's order. Free.	1st and 3rd Wed 7:45-10:30am. Free.	7:30am-4:30pm Health and Wellness Center (HAWC). Jodi Merrill, RD 777-1215. Dr's order. Free.	HAWC offers classes. Call 777-1215 for appt. Dr's order. Free.	Call for information. Pharmacy does give out monitors and instruction. Dr's order.	Spanish and Philippine education. M-F 6:30am-7:00pm. Brochures and monitors are also available.	No

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
Lakeview Hospital *Columbia Diabetes Treatment Center* 630 East Medical Drive Bountiful, Utah 84010 Contact: Mesha Fagg, RD, CD, CDE, CPT Nancy Gibson-Fagg, RD, CD, CDE Darlene Baza, RN Phone: (801) 299-2470	$50 per ½ hour. M-F 8:30am-5pm. By appt. Dr's order. Third party insurance accepted.	$200 for 1 year (meets 2x a month). 1st Thurs 9am-2pm, 3rd W/ Th 7-9pm. Dr's order. Third party insurance accepted.	No Fee. Community lecture. 2nd Wed of the month, 7pm. Call for more information.	$70 for 10 wk course. Utah Heart Assoc. Call Lynn Sneddon 484-3838 for more info. Mon 6pm-7pm	No	Spanish interpreter. By appt. Spanish materials, handouts, posters, and pamphlets are also available. Some Tongan brochures.	State ADA
DUCHESNE **Uintah Basin Medical Center** 250 West 300 North (75-2) Roosevelt, Utah 84066 Contact: Linda McClellan, RD, CDE Phone: (435) 722-6160 Contact: Carol Rasmussen, RN, CDE Phone: (435) 722-6131	By appt. Third party insurance accepted. Call for information.	No fee. Call for information.	No	Call for information	Monthly lecture series.	By appt.	State ADA
GARFIELD **Garfield Memorial Hospital** 400 East 200 North (PO Box 389) Panguitch, Utah 84759 Contact: Jan Frandsen, RN Phone: (435) 676-8800	RN, RD. By appt. Dr's order. for third party insurance. Medicare allowable amount. Call Jan.	No	No	No	No	Interpreters available by appt.	ADA

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
Southwest Utah Public Health Dept. *Panguitch Office* PO Box 374 Panguitch, Utah 84759 Contact: Carolyn Hardman, RN Phone: (435) 676-8800	RN. No fee.	No	No	No	No	No	No
GRAND **Allen Memorial Hospital** 719 West 400 North Moab, Utah 84532 Contact: Janel Arbon, RD, CDE Phone: (435) 259-7191	$80 per hour. RN, RD. By appt. Dr's order. Third party insurance accepted.	No	Call for information.	No	No	Spanish and Navajo interpreters available by appt.	State
IRON **Valley View Medical Center** 595 South 75 East Cedar City, Utah 84720 Contact: Sharon Chappell, RD Rina Lister, RN, CDE Phone: (435) 868-5470	$172 for 2 hours. Free follow-up. By appt. T/Th. Dr's order. Third party insurance accepted.	No fee. By appt. Offered twice a year. Call for specific dates.	No	$14.10 for 15min. By appt.	$14.10 for 15min. By appt. Third party insurance accepted.	Spanish interpreters available by appt. Video and written material in Spanish also available.	ADA
JUAB **Central Valley Medical Center** 48 West 1500 North/ PO Box 412 Nephi, Utah 84648-0412 Contact: Judy Cook, RN, BSN Phone: (435) 623-3092	RN, RD. Call for fee. By appt. Dr's order for third party insurance.	Call for fee and time. Dr's order for third party insurance.	No	No	No	Spanish translator and interpreter available by appt.	State ADA

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
MILLARD **Delta Community Medical Center** 126 South White Sage Ave Delta, Utah 84624 Contact: Becky Perry Phone: (435) 864-5591	Call for information on time and cost. A Dr's order may be required.	No	No	No	No	Call to check availability	No
Fillmore Community Medical Ctr. 674 South Highway 99 Fillmore, Utah 84631 Contact: Sharon Blad Phone: (435) 743-5591	RN, RD. By appt.	No	No	Individual instruction with dietitian.	No	Spanish is available by appt. M-F 8am-4pm.	No
SALT LAKE (see a;sp page 97) **Alta View Internal Medicine** 10955 South State St., Ste 100 Sandy, Utah 84070 Contact: Barb Smith-Holmen, NP Phone: (801) 572-0311	M-F 9am-5pm. Dr's order. Third party insurance accepted.	No	No	No	No	No	No
Diabetes Specialty Center 3793 South State Salt lake City, Utah 84115 Contact: Sharon Peckon Phone: (801) 268-9699	$65/hour. By appt. Dr's order. Some third party insurance accepted.	$15/class. Call for schedule. Dr's order. Some third party insurance accepted.	Call for information	No	Full line of diabetes related supplies in stock. Erectile dysfunction education by appt. Dr's order.	No	State

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
Granger Medical Clinic Pharmacy 3725 West 4100 South West Valley City, Utah 84120 Contact: Melissa, Young R.Ph,CDE Phone: (801) 965-3639	$65/hr. By appt. Dr's order. Some third party insurance accepted.	$40/class approx. Call for prices. Call for schedule. Dr's order. Some Third party insurance accepted.	No	No	Full line of diabetes-related supplies in stock Call Kathenne Vilchez for information 801-965-3639.	Spanish interpreter is available by appt. Brochures are also available.	State
IHC Hospitals **Alta View, Cottonwood, LDS** Contact: Mary Bond, LPN, Diabetes Coordinator Phone: (801) 314-2894	M-F 8am-4pm. Dr's order for Medicare or Medicaid. Third party insurance accepted.	$225 for six/two hour classes. Call for appt. Dr's order for Medicare or Medicaid. Third party insurance accepted.	No	Nutrition Consultation and Weight concepts (16wks) Call 341-2918 or 314-2926 for appt.	No	Interpreters can be arranged by appt. M-F 8am-4pm.	ADA
IHC Urban Central Region Diabetes Education Contact: Ginny Burns, RN, CDE Bountiful Health Center 390 North Main St. Bountiful, Utah 84010 Contact: Marilyn Kehl, Cl Mgr. Phone: (801) 294-1000 Bryner Clinic 747 East 300 South Salt Lake City, Utah 84102 Contact: Catherine Coda, Cl Mgr. Phone: (801) 519-7100	RN, RD. By appt. Dr's order if insurance requires it. Third party insurance accepted. By appt. Call for schedule.	See Midvale Family Practice and West Jordan Health Center.	No	No	No	Interpreters available by appt.	ADA

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
IHC Urban Central Region Diabetes Education - Continued	Same as page 46	Same as page 46	No	No	No	Interpreters available by appt.	ADA
Avenues Internal Medicine 324 10th Ave #285 Salt Lake City, Utah 84103 Contact: Peggy Cummings, Cl Mgr. Phone: (801) 408-2888							
Salt Lake Clinic Main 333 South 900 East Salt Lake City, Utah 84102 Contact: Joan Turner, Cl Mgr. Phoae: (801) 535-8117							
Memorial Health Center 2000 South 900 East Salt Lake City, Utah 84105 Contact: Jennifer Thomas, Cl Mgr. Phone: (801) 486-6941					Pre-diabetes $25 for 90 minutes class. Call 461-7979		
Cottonwood Internal Medicine 5810 South 300 East #205 Murray, Utah 84107 Contact: Debbie Anderson, Cl Mgr. Phone: (801) 314-4300							
Medical Tower Family Practice 5770 South 250 East #110 Murray, Utah 84107 Contact: Eileen Burr, Cl Mgr. Phone: (801) 314-4266							

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
IHC Urban Central Region Diabetes Education - Continued	Same as page 46	Same as page 46	No	No	No	Interpreters available by appt.	ADA
Medical Tower Specialty Clinic 5770 South 250 East #415 Murray, Utah 84107 Contact: Karen DiFrancesco, Cl Mgr. Phone: (801) 314-4890							
Cottonwood Family Practice 5872 South 900 East #100 Salt Lake City, Utah 84121 Contact: Karen Roberson, Cl Mgr. Phone: (801) 262-3443							
Holladay Health Center 1955 East 5600 South Salt Lake City, Utah 84121 Contact: Mary Mock, Cl Mgr. Phone: (801) 273-5000							
Taylorsville Health 3845 West 4700 South Salt Lake City, Utah 84118 Contact: Jackie Mulcock, Fac Mgr. Phone: (801) 964-4050							
Sandy Health Center 9500 South 1300 East Sandy, Utah 84094 Contact: Anne Garner, Cl Mgr. Phone: (801) 501-2100							

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
IHC Urban Central Region Diabetes Education - Continued South Sandy Health Center 955 East 11400 South Sandy, Utah 84094 Contact: Janet Taylor, Cl Mgr. Phone: (801) 571-0030 South Jordan Health Center 11444 South Redwood Rd. South Jordan, Utah 84095 Contact: Shanna Heath, Cl Mgr. Phone: (801) 253-5900 Midvalley Family Practice 1760 West 4805 South Taylorsville, Utah 84123 Contact: Jan Rytting, Cl Mgr. Phone: (801) 968-3503 West Jordan Health Center 2655 West 9000 South West Jordan, Utah 84088 Contact: Eva Przybyla, Cl Mgr. Phone: (801) 256-6343	Same as page 46	Same as page 46 Classes #1-4 (basics, nutrition, sick days, stress, ex, complications, follow-up) held Tuesdays 6-8pm. Classes #1 & advanced carb held Wednesdays 6-8pm. By appt. Call for schedule.	No	No	No	Interpreters available by appt.	ADA
Indian Walk-In Center 120 West 1300 South Salt Lake City, Utah 84115 Contact: Antonio Williams, Diabetes Coordinator Phone: (801) 486-4877 ext. 25	No fee. M-F as needed.	No fee. M-F as needed. Call for information.	No fee. Call for information.	Nutrition & Exercise sessions (part of individual instruction).	No fee. Cooking classes.	Native American education. Visuals, flipcarts, and IHS brochures are also available.	No

Diabetes/Nutrition Education by County

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
Jordan Valley Hospital 3580 West 9000 South West Jordan, Utah 84088 Contact: Elaine Eysser, BSN, CDE Phone: (801) 562-4245	RN, RD. $42 for 30 minutes. T, W, Th. By appt. Dr's order for third party insurance.	$25 for 30 minutes. By appt. Dr's order for third party insurance.	No	As needed. Call 562-4263 for more info. Dr's order for third party insurances. M-F, call Lisa.	Diabetes Counseling. Gestational $42 for 30 min. individual training. $25 for 30 min. group training. Insulin pump education, Cholesterol management. Dr's order for third party insurance. Call Lisa Loertscher 562-4263 for details.	Spanish interpreter available for education by appt. Brochures are also available.	State ADA
Primary Children's Medical Center 615 Arapeen Dr., Ste. 100 Salt Lake City, Utah 84108 Contact: Lucie Jarrett, APRN, RN, MS, CDE Sherrie Hardy, MS, RD, CD, CDE Kandy Hillam, RN, CDE, BS Phone: (801) 587-3999	RN, RD, Rph. To schedule call Brenda Dejong 585-9033. Dr's order. Fri 8am-12:30pm.	Intensive Diabetes Management Class. 2 times per month. Call Amy Nielson, RD 587-3946. Dr's order.	No	"Healthy Living for Kids w/ Insulin Resistance" Offered monthly. Call Amy 587-3946.	No fee. Insulin Pump Prep class 7-9pm every other month. Call Sherrie Hardy for more info 587-3956.	Spanish Education materials available. M-F 8am-5pm.	No
Seraphine Clinic LLC 6216 South Redwood Rd Taylorsville, Utah 84123 Phone: (801) 963-6966	$45 per visit fee. M-F 9am-6pm. Sat 10am-2pm.	No	No	$45 per visit fee. M-F 9am-6pm. Sat 10am-2pm.	No	Spanish interpreters.	No

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
St. Mark's Hospital *Columbia Diabetes Center* 1200 East 3900 South Ste. 4T06 Salt Lake City, Utah 84124 Contact: AnnMarie Brooks, MSN, CDE, BC-ADM Karmeen Kulkarni, MS, RD, CDE, BC-ADM Phone: (801) 268-7358/268-7357	M-F 8:15am-4pm. Dr's order. Cost varies. Third party insurance accepted.	Varied cost for 2 appt's/mo. By appt. Dr's order. Third party insurance accepted. Medicare approved. Wed - am.	Contact: Mary Lou Young 467-2056.	With dietitian.	Gestational diabetes counseling, carbohydrate counting and exchanges.	Spanish and Hindi Educator's available. Includes intensive management.	ADA
University Wellness Center at University Pharmacy 1320 East 200 South Salt Lake City, Utah 84102 Contact: Richard Rasmuson R.Ph. Trip Hoffman, Pharm D Christina Hackett, Pharm D Phone: (801) 582-7624	No	No	No	No	Drug Interaction/ Medication Review. $30 per ½ hour. By appt.	No	No
Utah Diabetes Center (UofU) 615 Arapeen Dr. Ste 100 Salt Lake City, Utah 84108 Contact: Geri Wood, RN, BSN, CDE Phone: (801) 585-5413 Appt's: (801) 581-7761	RN, RD, By appt.	RN, RD, By appt. Every other week.	No	RN, RD, By appt. Every other week.	Gestational and pump classes available.	Spanish interpreter available by appt.	State
Veteran's Affairs Medical Center Nutrition and Food 500 Foothill Drive Salt Lake City, Utah 84148 Contact: Mary Youtsey, RN, CDE Phone: (801) 582-1565 ext. 1120	RN, RD. Dr's order. Also Primary Care Nutrition	RN, RD.	No	Weight management. Dr's order. Call 582-1565	A video series of Diabetes topics is available in library.	Interpreter available by appt.	No

Diabetes/Nutrition Education by County

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
SAN JUAN							
Montezuma Creek Health Center/ Utah Navajo Health Systems PO Box 130 Montezuma Creek, Utah 84534 Contact: Darlene Jim Phone: (435) 651-3291	No fee. M-F 8am -4:30pm.	Every other week on Wed. 4pm-6pm	No	Every 4 months classes avail. Call for info.	Free Glucometer and instruction. Dr's order.	Navajo education available during clinic hours by appt.	State
Monument Valley Health Center PO Box 360005 Monument Valley, Utah 84536 Contact: Marie Holiday Phone: (435) 727-3242	No fee. By appt. M-Th 8am-5pm; Fri 8am-12noon.	No	No	Call for more information.	For more info talk to Marie Holiday.	Navajo education available by appt	State
SANPETE							
Gunnison Hospital 67 East Center Street/ PO Box 759 Gunnison, Utah 84634 Contact: Steve Litteral, RN Phone: (435) 528-3955 (800) 324-1801	By appt. By dr's order.	Two times a month. Dr's order. Third party insurance accepted.	No fee. Third Tues 3-5pm.	No	No	Spanish education available by appt. Contact Anna Pearson (435) 528-3955. Brochures are also available.	State
Sanpete Valley Hospital 1100 South Medical Dr. Mt. Pleasant, Utah 84647 Contact: Tammy Tucker, RN Phone: (435) 462-2441	No fee. By appt. M-F 9am-5pm. Dr's order. Third party insurance accepted.	No fee. Call for schedule. Third party insurance accepted.	No	Call 435-462-2441.	No	Spanish interpretation available by appt. Spanish materials are also available.	No
SEVIER							
Sevier Valley Hospital 70 East 1100 North Suite B Richfield, Utah 84701 Contact: Maxine Hiss, RN Phone: (435) 893-0371	RN, RD. By appt. Dr's order.	No	No	No	No	No	State

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
TOOELE							
Mountain West Private Care 196 East 2000 North, Ste #107 Tooele, Utah 84074 Contact: Eileen DeLeeuw, RD, CDE Phone: (435) 882-4163	No fee. Avaliable in Spanish and Samoan by appt. Dr's order.	No fee. Fri A.M; Tues P.M. Call for times.	No fee. 1st Wed of the month at 11am. Evening class every 4th Th of the month at 7pm .	Call 843-3781 for fee and times.	No fee. Gestational Diabetes and Pump education. By dr's order.	Samoan & Spanish education by appt.	No
UINTAH							
Ashley Valley Medical Center 151 West 200 North Vernal, Utah 84078 Contact: Joyce Buhler, RD,CD,CDE Phone: (435) 789-3342 x174 Vicki Berg, RN, CDE Phone: (435) 789-3342 x194	RN, RD. $62/hr. By appt. M-F. Dr's order. Third party insurance accepted.	No	Free. Call for info. Every 2nd Tues of each month. 6:30pm-8pm.	Tues class. $65 fee. Contact Jean Marie Anderson (435-789-8538), RD for group class.	Gestational meter loan program. Case management. By dr's order. Call for info.	No	ADA
Tri County Health Department 147 East Main Vernal, Utah 84078 Contact: Lynne Gagon, APRN, BS Phone: (435) 781-5476	No fee. By appt. M-F 8am-5pm.	No fee. By appt. M-F 8am-5pm.	No	Refers to local resource	Chronic disease counseling for individual or group.	No	No
UTAH							
American Fork Hospital 170 North 1100 East American Fork, Utah 84003 Contact: Jill Larsen, RN, CDE Phone: (801) 855-3471	RN, RD. By appt. Dr's order. Third party insurance accepted.	Tuesday morning's By appt. Dr's order. Third party insurance accepted.	Free. Adult support group. First Fri 11am.	As a group 30 minutes. By appt. Dr's order if billed to insurance	Gestational Diabetes Education. Call for info.	Spanish education available by appt. M-F 8am-5pm. Contact Mia Stoker (801) 357-3516	ADA

Diabetes/Nutrition Education by County

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
Mountain View Hospital *Columbia Diabetes Treatment Ctr.* 1000 East 100 North Payson, Utah 84651 Contact: Callene Bobo, RN, BSN, CDE, CPT Phone: (801) 465-7045	Call for appt. Dr's order. Insurance accepted.	Call for registration. Dr's order. Third party insurance accepted.	No	No	Insulin Pumps, Gestational Diabetes, Carb Counting, & Insulin Rations. By Dr's order. Third party insurance accepted.	Interpreters available when needed.	State ADA
Timpanogos Regional Hospital 750 West 800 North Orem, Utah 84057 Contact: Ruthann Jarvis Phone: (801) 714-6022	Refers to Mountain View Hospital.			Dietician available to speak with.	Gestational Diabetes. Call for information.		ADA
Utah Valley Regional Medical Ctr. *Diabetes Management Clinic* 1134 North 500 West Provo, Utah 84604 Contact: Dawn Higley, RN, MSN, CDE Phone: (801) 357-7546	M-F 9am-5pm. $63.39 for 30 min. Dr's order. Third party insurance accepted.	Available most weeks. Call for information. Daytime and evenings. $352.80 for 9-10 hours.	Call for info. Pediatrics and adult support group.	Call for info. $75 per person.	No	Spanish education available by appt. Maia Stoker 801-357-7546	ADA
WASATCH **Heber Valley Medical Center** 1485 South Highway 40 Heber City, Utah 84032 Contact: Sharon Korhel, RN, BSN Phone: (435) 657-4383 Contact: Betty Wade, RD Phone: (435) 657-2371	Call for fee. By appt. M-F 9am-3:30pm. Dr's order. Third party insurance accepted.	As needed.	No	$25 fee/2 visits or $40 fee/10 visits. By appt. Contact Betty Wade at 657-2371.	Nutritional analysis. By appt. Call Betty Wade at 657-2371	Spanish education available by appt. Spanish materials also available.	ADA

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
Wasatch County Health Department 55 South 500 East Heber City, Utah 84032 Phone: (435) 654-2700 x503	RN. No fee. Dr's order preferred.	RN. No fee. Dr's order preferred.	By request.	By request.	No	No	No
WASHINGTON **Enterprise Valley Medical Center** 223 South 200 East (Box 370) Enterprise, Utah 84725 Contact: Debbie Carter, MA Phone: (435) 878-2281	M-F. By appt. Cost varies. Dr's order. Third party insurance accepted.	No	No	Free. Mon 5:30 pm. Call for more info.	Spanish interpreters and handouts. By appt.	No	No
Dixie Regional Medical Center 544 South 400 East St. George, Utah 84770 **River Road Clinic** 577 South River Road St. George, Utah 84770 Contact: Holly Glore, RN, CDE Phone: (435) 688-5085	$84/hour. By appt. M-F 8am-6pm. Third party insurance accepted.	$275 for four classes. Varied times call for info. Dr's order. Third party insurance accepted.	No	No	No	All languages.	ADA
WAYNE **Wayne County Community Health Center** 128 South 300 West/ PO Box 303 Bicknell, Utah 84715 Contact: Anthony Millward, PAC Phone: (435) 425-3744	By appt. M-F 9am-5pm.	No	No	Included with individual instruction.	No	Spanish education available by appt. M-F 9am-5pm, Sat 9am-1pm.	No

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
WEBER							
McKay Dee Hospital Endocrine and Diabetes Clinic 4401 Harrison Blvd., Suite 3630 Ogden, Utah 84403 Contact: Julieann Steiner, MS, RD, CDE Phone: (801) 387-7900	M, T, Th.Third party insurance accepted.	Every other month on Wednesday evenings. Third party insurance accepted.	No	Nutrition Consultation, call 387-7520 for appt. Offered through Cardiac Rehab Program at 387-3040.	No	Spanish education available by appt. Contact Joanie Hadley, NP, CDE at (801) 398-7900.	ADA
McKay Dee Hospital Outpatient *Diabetes Education* 4403 Harrison Blvd., Quick Dx Ogden, Utah 84403 Contact: Dana Gundersen, RD, CDE (801) 387-7520	M-Th 9am-5pm. $67 per ½ hr. Dr's order preferred. Some third party insurance accepted.	Every other month. Wed 7-9pm. Some third party insurance accepted.	No	$85 fee. Slim and Trim T/Th 5:30-7:30pm.	No	Spanish education available by appt. 9am-4pm. Pamphlets are also available.	ADA

Community Services & Education Resources

- Emergency Aid/Food 59-65
- Utah Division of Aging and Adult Services 66-68
- Vision Services 69-72
- American Cancer Society 73
- American Diabetes Association 73
- American Heart Association 74
- American Lung Association 75
- Horizonte Instruction and Training Center 76
- Juvenile Diabetes Foundation International 77
- Mental Health 78
- Utah Department of Health Bureau of Health Promotion 79

Emergency Aid/Food

◈ **Catholic Community Services**
2570 West 1700 South
Salt Lake City, UT 84104
(801) 977-9119

Purpose: Assists with food, clothing, utilities, weekly visits to the homebound, personal care items and referrals. Food vouchers are available for people with special dietary needs who are 55 and older, e.g. people with diabetes.
Eligibility: Direct assistance at or below 150% poverty level or 125% only for utilities. Case management is required.
Hours: Monday-Friday 8:30am-5pm, by appointment.
Fees: None.

◈ **Centro de la Familia de Utah**
3780 South West Temple
Salt Lake City, UT 84115-4461
(801) 521-4473

Services: Provides the Head Start Program, Nuevo Dia Program, Family Literacy Program, Americas Award and Reference and Resource Library, Migrant Head Start Program, and Ask a Police Officer Night.
Eligibility: Depends on program.
Hours: Monday-Friday 9am-5pm.
Fees: None. Just a smile.

La Puerta Abierta Program (The Open Door)
3780 South West Temple
Salt Lake City, UT 84115-4461
(801) 521-4473

Services: To help families find food, access medical care, connect with education resources, locate legal services, and resolve other critical problems.
Eligibility: Depends on program
Hours: Monday-Friday 9am-5pm.
Fees: None. Just a smile.

Emergency Aid/Food Continued

- **Community Action Program**
  Administrative Office
  764 South 200 West
  Salt Lake City, UT 84101
  (801) 359-2444

  Services: Can provide emergency 3-day supply of food. Please call for the Neighborhood Center nearest you. (SLC-Tooele)
  Eligibility: Six times in a twelve-month period.
  Hours: Monday-Friday 8:30am-5pm.

- **Community Services Council**
  1025 South 700 West
  Salt Lake City, UT 84104
  (801) 978-2452

  Services and Eligibility: Provide minor home repair assistance such as electrical, carpentry, plumbing, and yard services to low income people 60 + years old, and people with disabilities who own a home in SL County. Food boxes are also prepared for homebound individuals who are 60+ years old, or people with disabilities physically unable to shop for own food or have no one else to help.
  Hours: Monday-Friday 8:00am-5:00pm.

- **Crossroads Thrift**
  1385 West Indiana Avenue (850 South)
  Salt Lake City, Utah 84104
  (801) 359-8837

  Services: Emergency supplies, cooking utensils, or clothing, provided at low or no cost.
  Eligibility: Must have referral from the Food Pantry, official agency, or church.
  Hours: Tuesday-Friday 10am-6:30pm, Saturday 10am-5pm.

Emergency Aid/Food Continued

◈ **Crossroads Urban Center**
347 South 400 East
Salt Lake City, UT 84111
(801) 364-7765

Services: Provides emergency 3-day supply of food; diapers, formula, vouchers available to thrift store for clothing, prescriptions, gasoline and tokens for bus.
Eligibility: Picture I.D. for adults; Verification for children.
Hours: Monday-Friday 9am-5pm.

◈ **Eagle Ranch**
PO Box 26144
SLC, UT 84126
(801) 254-4945

Services: Eagle Ranch Distribution Center: food, furniture, clothing, personal care.
Eagle Ranch Chuchwagon: Sunday brunch 7-11am at 500 S. 600 W. Thanksgiving and Christmas 8am - 2pm at 500 S. 600 W.
Eligibility: Anyone in need. Call for appointment.
Hours: By appointment.

◈ **Indian Walk-In Center**
120 West 1300 South
Salt Lake City, UT 84115
(801) 486-4877

Services: Provides diabetes education to Native Americans to improve under standing and care at every level. Also provides canned foods and food packages for families, health and dental care through Community Health Centers, and substance abuse intensive out-patient program for adult men and women.
Eligibility: Must fill out an application and show picture identification.
Hours: Monday-Friday 8:30am-noon, 1-4:30 pm. Closed Thursdays at 3 pm.
Fees: None.

Emergency Aid/Food Continued

◈ **Meals On Wheels**
Nutrition Program
For a local program refer to specific Area Agencies on Aging (See page 66-68).

Services: Provides home delivery of hot lunches to elderly residents. Meals can be catered to those who need special diets as prescribed by their physicians, e.g. diabetes.
Eligibility: Homebound seniors 60+ years old who are home bound, chronically ill or unable to prepare own meals. Applicants are screened.
Fees: Suggested confidential contribution - Varies by county.

◈ **Nutrition Education Program**
Utah State University Education Program
Department of Nutrition and Food Sciences
Logan, UT 84322-8749
State Office Phone: (435) 797-2139

Services: Teach low income families how to budget food dollars, plan and prepare meals. Nutrition assistants work one-on-one in the homes of individuals. Nutrition education for youth.
Fees: None.
Locations: Listed by county.

Beaver:	(435) 438-6451
Box Elder: Brigham	(435) 734-3387
Box Elder: Tremonton	(435) 257-5447
Cache:	(435) 752-6263
Carbon	(435) 636-3233
Duchesne:	(435) 738-1140
Emery:	(435) 381-2381
Garfield:	(435) 676-1113
Iron:	(435) 586-8132
Juab:	(435) 623-3450
Kane:	(435) 644-2551
Millard: Delta	(435) 864-1480
Fillmore (Tu/Thu)	(435) 743-5412
Morgan:	(801) 829-3472
Piute:	(435) 577-2901
Salt Lake (Incl. Utah):	(801) 468-3170
San Juan:	(435) 587-3239
Sanpete:	(435) 283-7596
Sevier	(435) 893-0470
Summit:	(435) 336-3218
Tooele:	(435) 843-2350
Uintah:	(435) 781-5452
Wasatch:	(435) 654-2700
Washington:	(435) 652-5812
Wayne:	(435) 836-2662
Weber (Incl. Davis):	(801) 399-8200

Emergency Aid/Food Continued

◈ **Rescue Haven**
1165 South State St.
Salt Lake City, UT 84111
(801) 521-5925

Services: Three meals served per day, seven days per week and clothing. A recovery program for addictions is also available.
Eligibility: Women and children. Those who want to be a resident must follow accepted rules: curfew, Bible study, program attendance.
Fees: None.

◈ **Rescue Mission**
463 South 400 West
Salt Lake City, UT 84101
(801) 355-1302

Services: Meals provided for men, women, and children (when accompanied by parents). Breakfast is served Monday through Saturday 6:15-6:45am. Dinner served at 8pm for those attending the chapel service. A clothing exchange and shower facilities are also provided M, W, F 9-11:30am Beds are available for seven consecutive days in a 30-day period. Males can stay on the floor for up to 30 consecutive days if overflow is open. Residential long term recovery program.
Eligibility: Males, 18+ years old (must have ID).
Fees: None.

◈ **Salvation Army Treatment Center**
252 South 500 East
Salt Lake City, UT 84102
(801) 322-1253

Services: Provides hot meals served 6-7:30pm seven days a week and clothing M-F 1-3pm. Provide vouchers for furniture. A Drug and Alcohol Program for men and women is also available.
Eligibility: Interview with counselor.
Fees: Depends on individual circumstances.

Emergency Aid/Food Continued

- **Salvation Army Adult Rehabilitation Program**
  2615 Grant Avenue
  Ogden, UT 84401
  (801) 621-3580

  Services: Breakfast served 7:30-8am. Bread line M-F at 12:30pm. Clothing, furniture, and food vouchers available. A Drug and Alcohol Rehabilitation Program for men is available on an in-patient only 6 month program.
  Eligibility: 2 Forms of Photo ID for adults and verification for children. Proof of address - receipt, bill or referral required for vouchers.
  Fees: None.

- **Senior Center Programs and Congregate Meals**
  For a local program refer to specific Area Agencies on Aging **(See page 66-68).**
  Services: Provide nutritious meals, crafts and activities, health screening, social recreation and educational programs at 17 senior citizen centers in Salt Lake County and other statewide centers. Transportation available on scheduled days.
  Eligibility: 60+ years old.
  Fees: Suggested confidential contribution.

- **St. Paul's Episcopal Church**
  261 South 900 East
  Salt Lake City, UT 84102
  (801) 322-5869

  Services: Food pantry and Grief group counseling - (Call for schedule) On first Sunday of every month blood pressure checks available following service.
  Eligibility: At or below 150% poverty level. Must have ID for family. Walk-ins accepted.
  Hours: Monday-Thursday 10am-1pm. (Food Pantry)
  Fees: None.

Emergency Aid/Food Continued

- **Utah Department of Workforce Services**
  To access statewide locations call (801) 526-9675 or
  visit http://www.jobs.utah.gov

  Mission: To provide quality, accessible, and comprehensive employment related and supportive services responsive to the needs of employers, job seekers, and the community.

- **Utahns Against Hunger**
  309 East 100 South
  Salt Lake City, UT 84111
  (801) 328-2561 or (800) 453-3663

  Services: Information, education, and advocacy concerning food problems. Pre-screening for food stamp applicants. Referral to food related sources.
  Eligibility: Anyone.
  Fees: None.

- **Weigand Homeless Day Center/St. Vincent DePaul Soup Kitchen**
  235 South Rio Grand
  Salt Lake City, UT 84101
  (801) 363-7710

  Services: Provide meals, clothing rooms, and legal services (Thurs, 1pm)
  Eligibility: Anyone.
  Hours: Meals served M-F 11:30am-1pm, Sat 10-11am.
  Fees: None.

  Services: Case Management, haircuts(Mon, 1pm-4pm) , laundry 6:30am-2pm. ($1.00 per wash/dry), showers everyday 7:30am-10am, storage, mail drop, phone, clothing.
  Eligibility: Anyone.
  Hours: Monday-Friday 7:30am-11:30am, 12:30pm-4:45pm.
  Fees: None.

Utah Division of Aging and Adult

Services:

- Access Services
- Adult day care/foster care
- Adult protective services
- Disease prevention and health promotion
- Elder care campaign
- Health Insurance Information Program (HIIP)
- In-Home Services
- Legal Assistance
- Long-Term Care Ombudsman
- Multipurpose Senior Centers
- Nutrition Programs
- Protective Financial Arrangements
- Title III-B Supportive Services
- Title V Senior Community Service Employment
- Volunteer Programs

Helen Goddard, Director
120 North 200 West Suite #325, Salt Lake City, Utah 84103
(801) 538-3910

Area Agencies on Aging:

District I
(Box Elder)
(Cache)
(Rich)

Roger Jones and Michelle Benson, Directors
Bear River Area Agency on Aging
170 North Main
Logan, UT 84321
Phone: (435) 752-7242

District IIA
(Morgan)
(Weber)

Kelly Van Noy, Associate
Weber Area Agency on Aging
237 26th Street, Suite 320
Ogden, UT 84401
Phone: (801) 625-3770

District IIB
(Salt Lake)

Shauna O'Neil, Director
Salt Lake County Aging Services
2001 South State, #S1500
Salt Lake City, UT 84190-2300
Phone: (801) 468-2454

District IIC
(Davis)

Rich Connelly, Acting Director
Davis County Council on Aging
50 East State Street (PO Box 618)
Farmington, UT 84025
Phone: (801) 451-3370; 451-3377

Aging and Adult Services Continued

District IIT
(Tooele)

Butch Dymock, Director
Tooele County Division of Aging & Adult Services
59 East Vine Street
Tooele, UT 84074
Phone: (435) 882-2870

District III
(Summit)
(Utah)
(Wasatch)

Ted Livingston, Director
Mountainland Department of Aging & Family Services
586 East 800 North
Orem, UT 84097
Phone: (801) 229-3800

District IV
(Wayne)
(Paiute)
(Juab)
(Sanpete)
(Millard)
(Sevier)

Ross Bumgardner, Director
Six County Area Agency on Aging
250 North Main, Room 5 (PO Box 820)
Richfield, UT 84701
Phone: (435) 896-9222

District V
(Beaver)
(Garfield)
(Iron)
(Kane)
(Washington)

Bob Rasmussen, Director
Five-County Area Agency on Aging
1070 W 1600 S (PO Box 1550, 84770)
St. George, UT 84771
Phone: (435) 673-3548 (St. George)
Phone: (435) 586-2975 (Cedar City)
Phone: (435) 676-2281 (Panguitch)

District VIA
(Daggett)
(Duchesne)

Diana Jenson, Director
Uintah Basin Area Agency on Aging
855 East 200 North (112-3)
Roosevelt, UT 84066
Phone:(435) 722-4518

District VIC
(Uintah)

Joan Janes, Director
Uintah County Area Agency on Aging
155 South 100 West
Vernal, UT 84078
Phone: (435) 789-2169

Aging and Adult Services Continued

District VIIA
(Carbon)
(Emery)
(Grand)

Maughan Guymon, Director
Southeastern Utah Area Agency on Aging
375 South Carbon Avenue (PO Drawer 1106)
Price, UT 84501
Phone: (435) 637-4268

District VIIB
(San Juan)

Rick Bailey, Director
San Juan County Area Agency on Aging
117 South Main (PO Box 9)
Monticello, UT 84535-0009
Phone: (435) 587-3225

Vision Services

◈ **Division of Services for the Blind & Visually Impaired**
250 North 1950 West Suite B
Salt Lake City, UT 84116
(801) 323-4343 or (800) 284-1823

Services: Vocational rehabilitation, employment assistance services, amblyopia screening, home services, deaf-blind services, counseling, adaptive equipment resources, adaptive device sales, mobility classes, low-vision clinics, follow-up and training, and an apartment based skills training program.
Eligibility: Must be legally blind.
Hours: Monday-Friday, 8am-5pm.
Fees: None.

◈ **EyeCare America**
The Foundation of the American Academy of Ophthalmology
655 Beach St
San Francisco, CA 94142-9098
1-800-391-EYES (3937)
Website: www.eyecareamerica.org
Hours: 24 hours 7 days a week

Glaucoma EyeCare Program:

Eligibility: U.S. citizens or legal residents who have not had an eye exam in 12 months or more. Callers at an increased risk for glaucoma: family history, race, age. Do not have eye care insurance thought an HMO or the VA.

About the Program: The Glaucoma EyeCare Program promotes early detection and treatment of glaucoma. It raises awareness of glaucoma risk factors (family history, race, age), provides free glaucoma educational materials and facilitates access to medical eye care. People may call the toll free helpline at 800-391-EYES anytime, for themselves and/or family members and friends, to request free glaucoma educational material and determine if they qualify for a referral to one of EyeCare America's 7,500 volunteer ophthalmologist nationwide.

Vision Services Continued

Senior EyeCare Program: (SEP)

Eligibility: U.S. citizens or legal residents ages 65 and older who have not seen an ophthalmologist in 3 years or more. Callers may not belong to an HMO or have VA benefits.

About the Program: The Senior EyeCare program ensures that every senior has access to medical eye care and promotes annual, dilated eye exams. It raises awareness about age-related eye disease, including cataracts, provides free eye care educational materials and facilitates access to eye care-at no out-of-pocket expense for eligible seniors. Those eligible receive a comprehensive medical eye exam and treatment for any disease diagnosed at the time of the initial visit for up to one year. People may call the toll free helpline at 1-800-222-EYES anytime, for themselves and/or family members, to request free eye care educational materials and determine if they qualify for a referral from one of EyeCare America's 7,500 volunteer ophthalmologists nationwide.

◈ **Healthy Aging Program** **(See also page 12)**

1992 South 200 East
Salt Lake City, Utah 84115
(801) 468-2772

Mailing Address: 2001 S. State ST #S-1500
SLC, UT 84190-2300

Services: Eye screening for glaucoma and visual acuity. Podiatry Clinic, Blood Sugar Screenings, and Blood Pressure. Various locations. Referrals may be needed.
Hours: Monday-Friday 8am-5pm.
Fees: Donation basis.

◈ **Prevent Blindness Utah**

661 South 200 East
Salt Lake City, UT 84111
(801) 524-2020 or 1-800-675-LOOK (5665)
www.prevent-blindness.org

Services: Representative personally answer questions, provide referrals to glaucoma specialists, and send out free informative literature about glaucoma.
Hours: Monday-Friday, 9am-5pm.
Fees: None.

Vision Services Continued

◈ **Utah State Library for the Blind and Disabled**
250 North 1950 West Suite A
Salt Lake City, Utah 84116-7901
(801) 715-6789
1-800-662-5540 (Utah Toll Free); 1-800-453-4293 (Out of State Toll Free)

Services: The Library for the Blind and Disabled provides the kinds of materials found in public libraries in formats accessiable to the blind and disabled. Books and magazines are available in braille, large print, and on audio cassettes. Services are provided by the Utah State Library Division in cooperation with the Library of Congress, National Library Services for the Blind and Physically Handicapped. Services are provided free of charge to eligible readers.
Eligibility: Individuals who cannot read regular print because of a visual, physical, or reading disability may apply for service. The application specifies who is eligible and who is qualified to sign to certify eligibility.
Hours: Monday-Friday 8am-5pm (Mountain Standard Time).
Fees: Call for information.

◈ **Friends For Sight**
661 South 200 East
Salt Lake City, UT 84111
(801) 524-2020 or 1-800-675-LOOK (5665)
www.for-sight.com

Services: Representative personally answer questions, provide referrals to glaucoma specialists, and send out free informative literature about glaucoma.
Hours: Monday-Friday 9am-5pm.
Fees: None.

Vision Services Continued

◈ **Low Vision Rehabilitation Services**
Office of Robert M. Christiansen, MD and Bryan Gerritsen, CLVT
Physician's Tower 3, 324 Tenth Avenue, #155
Salt Lake City, Utah 84103
(801) 408-3937

Services: To provide assistance with optical and non-optical prescription and training in using vision that will assist in completing tasks. Provides magnifiers and other devices to assist with vision (available at a low cost - not covered by Medicare or insurance).
Eligibility: Anyone.
Hours: By appointment.
Fees: Services and training will be covered by Medicare and private insurance for most patients, so cost will be minimal.

American Cancer Society, Utah Affiliate

941 East 3300 South
Salt Lake City, UT 84106
Phone: (801) 483-1500 or 1-800-ACS-2345
www.cancer.org

"Everyday Choices for a Healthier Life". Make the choice to help prevent cancer, diabetes, heart disease, and stroke. The American Cancer Society has teamed up with the American Diabetes Association (ADA) and the American Heart Association to raise awareness that by taking charge of your everyday choices, you can help reduce your own risk and your family's risk to cancer, diabetes, heart disease, and stroke.

To get more information on helping to prevent these diseases visit www.everydaychoices.org or call 1-866-399-6789.

American Diabetes Association Serving Utah

1245 East Brickyard Rd., Suite 30
Salt Lake City, Utah 84106
Phone: (801) 363-3024 or (888) 342-2383 Fax: (801) 363-3031
www.diabetes.org

The American Diabetes Association's mission is to prevent and cure diabetes and to improve the lives of all the people affected by diabetes.

The American Diabetes Association (ADA), serving Utah, provides reference materials, professional articles and educational materials (some at cost) from their office to people with diabetes and professional health care providers/organizations. Also available are The Journal, Diabetes Forecast, and newsletter, by becoming a member of the ADA.
(See also page 93).

American Heart Association

Western States Affiliate-Utah.
144 South 500 East
Salt Lake City, UT 84102
Phone: (801) 484-3838 or (800) 242-8721
Fax: (801) 484-4448
www.heartsource.org (then click on SLC)

'Simply Fit for Life'

People with diabetes may avoid or delay heart and blood vessel disease by practicing good lifestyle management. 'Simply Fit for Life' promotes diet and exercise to help individuals achieve a desirable weight.

The classes cover how to make healthier food choices; how to reduce your fat intake; how to read food labels; why and how you should exercise; how to eat out and still eat healthy; working on weight loss plateaus, and much more. Classes meet for one hour each week.

Slim For 'Life' classes are taught by registered dietitians/health professionals or an American Heart Association approved instructor who will take the time to answer your questions.

The classes run quarterly - January, March, June and September. Registration is $70.00.

Fund raising and educational events are sponsored by the American Heart Association.

For more information about events; programs, locations and times for classes in your area call 1-800-242-8721 or visit the web site.

American Lung Association of Utah (ALEU)

1930 South 1100 East
Salt Lake City, UT 84106-2317
Phone: (801) 484-4456 or (800) LUNG-USA (586-4872)
www.lungusa.org

The American Lung Association targets individuals, their friends, relatives and co-workers with smoking prevention, education, and cessation programs, activities materials, and messages. Strategies for working toward smoking cessation include the following programs and materials:

Hypnosis Cessation Clinics
This is a group hypnosis program, conducted in one two-hour session. Individuals go through hypnosis three times during the session. A cassette tape, with the voice of the hypnotherapist, is given to each participant so they may follow up on the self-hypnosis technique and maintenance on the first week following the clinic. Clinics are held once a month at the ALAU office from 6-8 pm, and are always held on a Thursday.
Cost: $60 .

Freedom From Smoking Clinics
This group process program carries the person through eight sessions in eight weeks. It has the highest success rate of smokers who quit. The clinics are conducted by a trained facilitator. It is conducted at the ALAU office on Tuesday evenings in groups of eight to ten people. Call 484-4456 for registration. Cost: $75.

Freedom From Smoking - Self Help Program
This is a manual designed to help the person prepare themselves psychologically to target a quit day, then takes them through each step on a day-by-day basis until they have stopped smoking. Cost: $8. No classes and no meetings. A maintenance manual called A Lifetime of Freedom From Smoking is used as a back-up support for a new smoke free lifestyle is available for $8.

7 Steps To A Smoke-Free Life
This self help manual is patterned after the Freedom Fro Smoking Program, but with a lot more reading. It is straight forward and sympathetic guiding the reader through the seven steps leading to a longer, healthier life. Cost: $11.50.

Quitting For Life - A guide to quitting smoking, Self Care Handbook
A self help booklet that takes you through four phases of quitting, offers you options, helps you cope with withdrawal, offers exercises and relaxation techniques, and sources of help.
Cost: $5.

Horizonte Instruction and Training Center

1234 South Main Street
Salt Lake City, Utah 84101
Phone: (801) 578-8574 Fax: (801) 578-8577

Valuing the diversity and individual worth of students, Horizonte Instruction and Training Center, a multi-cultural learning center, will provide the education and skills necessary for students to achieve self-sufficiency and become contributing participants within their communities.

Horizonte is a unique non-traditional public high school in the Salt Lake City School District. It is nationally recognized for its 'student centered' philosophy, and mission valuing the diversity and individual worth of each student. Programs within Horizonte include an Alternative High School, Young Parent Program, Adult High School, English as a Second Language, School to Career, and Student Support Services.

The school's staff teaches at 26 different sites around the city, serving high risk and disadvantaged learners in cooperative partnerships with over 50 different public, private and nonprofit agencies. Students range in age from 12 to 85, come from over 64 countries, and speak more than 82 languages.

Juvenile Diabetes Reserch Foundation (JDRF)

Utah JDRF Chapter
350 S 400 E, Suite 115
Salt Lake City, Utah 84111
Laura Western, Director
Phone: (801) 530-0660 1-800-JDF-CURE (533-2873)
Fax: (801) 530-0670
Website: www.jdrf.org
Email: utah@jdrf.org

Purpose:

The Juvenile Diabetes Research Foundation (JDRF) is a not-for-profit, voluntary health agency with chapters and affiliates throughout the world. JDRF's main objective is to support and fund research to find a cure for diabetes and its complications. JDRF gives more money directly to diabetes research than any other private health agency in the world.

The organization awards research grants for laboratory and clinical investigations and sponsors a variety of career development and research training programs for new and established investigators.

JDRF also sponsors international workshops and conferences for biomedical researchers. Individual chapters offer support groups and other activities for families affected by diabetes.

General Chapter Description:

Each JDRF chapter serves as a central resource for information about the local diabetes community and about the progress JDRF and others have made in the search for a cure. Under the direction of volunteer Boards of Directors and the combined efforts of professional staff and many volunteers, the chapters provide education to the public, outreach programs to those living with diabetes, and regional support for government advocacy programs on behalf of diabetes research. JDRF chapters also coordinate and implement the Foundation's fund raising programs that support research throughout the world.

Mental Health Association in Utah (MHAU)

1800 South West Temple, Suite 500
Salt Lake City, Utah 84115-5857
Phone: (801) 569-3705 Email: mhaut@xmission.com
Fax: (801) 596-3658 Website: http://www.xmission.com/~mhaut/

Mission and Focus:

- The Mental Health Association in Utah promotes and supports mental health and seeks to improve the care and treatment of persons with mental illness by effecting improvement in public policy and through public education.

Programs and Activities:

- Network with other advocacy and health related organizations to respond to the timely mental health issues and concerns on local, state, and national level.
- Depression awareness and treatment activities for women, the elderly, children, youth and individuals with illnesses and more.
- Provide Advocacy Kits with tips and ideas so that "everyone can make a difference" in fostering mental health.
- Issue Legislative Alerts and up to date news on issues related to mental health.
- Promote public acceptance of individuals with mental health issues and a social environment which encourages mental well being for every individual.
- Provide information services to groups, individuals, organizations, conferences, schools, health, fairs, consumer groups, and the community.
- Actively promote greater cooperation and communication between groups working for mental health.
- Provide speakers on mental health topics.

October 7th is National Depression Screening Day.

MHAU is a year around screening site for depression and each year we participate in National Depression Screening Day. On this day people can go to a number of sites in Utah including MHAU and receive a free screening for clinical depression, bipolar disorder, anxiety disorders and post traumatic stress disorder.

Utah Department of Health
Bureau of Health Promotion

The Bureau of Health Promotion under the Community and Family Health Services Division offers the following programs. You can reach someone in any of these programs by calling (801) 538-6141. You can also access each of their websites by going to www.health.utah.gov/diabetes/resourcesmain/dmlinks.htm

Arthritis Program – www.health.utah.gov/arthritis
Information on public seminars, self-management courses and data

Asthma Program – ww www.health.utah.gov/asthma
Information on state, school planning and data

Baby Your Baby – www.babyyourbaby.org
Information on pregnancy - before, during and after, and for infants.
Call 1-800-826-9662 for a FREE Health Keepsake book

Cancer Control Program – www.utahcancer.org
Information for free mammograms, community resources, screening services and contracting health care providers

Check Your Health – www.checkyourhealth.org
Information on nutrition, physical activity and screenings. You can also view weekly Check Your Health segments online. Call 1-888-222-2542 for a FREE Nutrition and Activity Tracker

Diabetes Prevention and Control Program – www.health.utah.gov/diabetes
Information about diabetes, continuing education, insurance, facts and figures and program materials

Heart Disease and Stroke Prevention Program – www.hearthighway.org
Information about heart disease and stroke, risk factors, physical activity, nutrition and school programs. To begin a walking program go to http://utahwalks.org/

Tobacco Program – www.tobaccofreeutah.org or www.utahquitnet.com
The Utah Tobacco Quit Line for teens and adults is 1-888-567-TRUTH (8788);
Spanish speakers call 1-877-2NO-FUME (266-3863)
Programs include 1) information and referral; 2) brief intervention and counseling; 3) single in-depth intake and counseling; and 4) intensive cessation

Utah Cancer Action Network – www.ucan.cc
Provides information on colon cancer early detection, skin cancer prevention, prostate and other cancers

Violence and Injury Prevention Program – www.health.utah.gov/vipp
Information on fatal and non-fatal injuries, reports and data

Worksite Wellness – www.health.utah.gov/worksitewellness
Local connection to worksite health promotion and wellness information and the annual Utah worksite health promotion conference

***Please visit each program's website as they offer much more information and specifics than is listed above.**

Medical Hospitals & Services

- Utah Hospitals by County 81-83
- End Stage Renal Disease Centers 84-85
- Industry and Medical Supply Services 86-90

Utah Hospitals

BEAVER

Beaver Valley Hospital
1109 North 100 West
Beaver, Utah 84713
Phone: (435) 438-7100

Milford Valley Memorial Hospital
451 North Main
PO Box 640
Milford, Utah 84751
Phone: (435) 387-2411

BOX ELDER

Bear River Valley Hospital
440 West 600 North
Tremonton, Utah 84337
Phone: (435) 257-7441

Brigham City Community Hospital
(Columbia)
950 South 500 West (Medical Drive)
Brigham City, Utah 84302
Phone: (435) 734-9471

CACHE

Logan Regional Hospital
1400 North 500 East
Logan, Utah 84321
Phone: (435) 716-1000

CARBON

Castleview Hospital *(Columbia)*
300 North Hospital Drive
Price, Utah 84501
Phone: (435) 637-4800

DAVIS

Davis Hospital and Medical Center
1600 West Antelope Drive
Layton, Utah 84041
Phone: (801) 825-9561

Lakeview Hospital *(Mountain Star)*
630 East Medical Drive
Bountiful, Utah 84010
Phone: (801) 292-6231

South Davis Community Hospital
401 South 400 East
Bountiful, Utah 84010
Phone: (801) 295-2361

DUCHESNE

Uintah Basin Medical Center
250 West 300 North
Roosevelt, Utah 84066
Phone: (435) 722-4691

GARFIELD

Garfield Memorial Hospital
224 North 400 East/PO Box 389
Panquitch, Utah 84759
Phone: (435) 676-8811

GRAND

Allen Memorial Hospital
719 West 400 North
Moab, Utah 84532
Phone: (435) 259-7191

IRON

Valley View Medical Center
1303 N Main Street
Cedar City, Utah 84720
Phone: (435) 868-5000

JUAB

Central Valley Medical Center
48 West 1500 North
Nephi, Utah 84648
Phone: (435) 623-3000

Utah Hospitals Continued

KANE

Kane County Hospital
355 North Main
Kanab, Utah 84741
Phone: (435) 644-5811

MILLARD

Fillmore Community Medical Center
674 South Highway 99
Fillmore, Utah 84631
Phone: (435) 743-5591

SALT LAKE

Alta View Hospital
9660 South 1300 East
Sandy, Utah 84094
Phone: (801) 501-2600

Cottonwood Hospital
5770 South 300 East
Murray, Utah 84107
Phone: (801) 314-5300

Jordan Valley Hospital
3580 West 9000 South
West Jordan, Utah 84088
Phone: (801) 561-8888

LDS Hospital
8th Avenue & C Street
Salt Lake City, Utah 84143
Phone: (801) 408-1100

Pioneer Valley Hospital
3460 South Pioneer Parkway
West Valley City, Utah 84120
Phone: (801) 964-3100

Primary Children's Medical Center
100 North Medical Drive
Salt Lake City, Utah 84113
Phone: (801) 588-2000

Salt Lake Regional Medical Center and Hospital
1050 East South Temple
Salt Lake City, Utah 84102
Phone: (801) 350-4111

St. Mark's Hospital *(Columbia)*
1200 East 3900 South
Salt Lake City, Utah 84124
Phone: (801) 268-7111

University Hospitals and Clinics
50 North Medical Drive
Salt Lake City, Utah 84132
Phone: (801) 581-2121

Veteran's Affairs
(SLC Health Care System)
500 Foothill Drive
Salt Lake City, Utah 84148
Phone: (801) 582-1565

SAN JUAN

San Juan County Hospital
364 W 100 N
PO Box 308
Monticello, Utah 84535
Phone: (435) 587-2116

SANPETE

Gunnison Valley Hospital
64 East 100 North
Gunnison, Utah 84634
Phone: (435) 528-7246

Sanpete Valley Hospital
1100 South Medical Drive
Mt. Pleasant, Utah 84647
Phone: (435) 462-2441

Utah Hospitals Continued

SEVIER

Sevier Valley Hospital
1100 North Main
Richfield, Utah 84701
Phone: (435) 896-8271

TOOELE

Mountain West Medical Center
2055 North Main St.
Tooele, Utah 84074
Phone: (435) 843-3600

UINTAH

Ashley Valley Medical Center *(Life Point)*
151 West 200 North
Vernal, Utah 84078
Phone: (435) 789-3342

UTAH

American Fork Hospital
170 North 1100 East
American Fork, Utah 84003
Phone: (801) 763-3300

Mountain View Hospital
1000 East 100 North
Payson, Utah 84651
Phone: (801) 465-7000

Orem Community Hospital
331 North 400 West
Orem, Utah 84057
Phone: (801) 224-4080

Timpanogos Regional Hospital *(HCA)*
750 West 800 North
Orem, Utah 84057
Phone: (801) 714-6000

Utah Valley Regional Medical Center
1034 North 500 West
Provo, Utah 84604
Phone: (801) 373-7850

WASATCH

Heber Valley Medical Center
1485 South Hwy 40
Heber City, Utah 84032
Phone: (435) 654-2500

WASHINGTON

Dixie Regional Medical Center
544 South 400 East
St. George, Utah 84770
Phone: (435) 634-4000

WEBER

Ogden Regional Medical Center
5475 South 500 East
Ogden, Utah 84405
Phone: (801) 479-2111

McKay-Dee Hospital Center
4401 Harrison Blvd.
Ogden, Utah 84403
Phone: (801) 627-2800

End Stage Renal Disease Centers

CACHE

Bridgerland Dialysis Facility
1400 North 500 East
Logan, Utah 84341
Contact: Richard J. Smith
Phone: (435) 716-5314

CARBON

Castleview Dialysis Center
955 West Hospital Drive
Price, Utah 84501
Contact: Steven L. Hemming
Phone: (435) 637-8696

DAVIS

DaVita West Bountiful Dialysis
724 W 500 S #300
Bountiful, UT 84087
Contact: Melanie C. Harper
Phone: (801) 296-9091

Lakeside Dialysis Center
532 South 500 West
Bountiful, Utah 84010
Contact: Steven L. Hemming
Phone: (801) 299-3470

West Bountiful Dialysis
724 West 500 South #300
Bountiful, Utah 84087
Contact: Melanie C. Harper
Phone: (801) 296-9091

DUCHESNE

Uintah Basin Dialysis Center
384 North 100 West (74-6)
Roosevelt, Utah 84066
Contact: Edwin C. Bulloch
Phone: (435) 722-5056

IRON

Iron Mission Dialysis Center
1277 North Northfield Road
Cedar City, Utah 84720-9314
Contact: Steven L. Hemming
Phone: (435) 867-8175

SALT LAKE

Central Valley Dialysis Center
880 East 3900 South
Salt Lake City, Utah 84107
Contact: Larry D. Carlson
Phone: (801) 408-2950

Kolff Dialysis Center
85 North Medical Drive, East Rm 201
Salt Lake City, Utah 84112-5350
Contact: Steven L. Hemming
Phone: (801) 581-7659

Oquirrh Artificial Kidney Center
2496 West 4700 South
Taylorsville, Utah 84118
Contact: Jeff Croall
Phone: (801) 417-9900

South Valley Dialysis Center
8750 South Sandy Parkway
Sandy, Utah 84070
Contact: Steven L. Hemming
Phone: (801) 233-8745

Utah Dialysis
633 East South Temple
Salt Lake City, Utah 84102
Contact: Larry D. Carlson
Phone: (801) 408-1400

ESRD Centers Continued

Wasatch Artificial Kidney Center, LLC
650 E 4500 S, Suite #150
Murray, Utah 84107
Contact: Jeff Croall
Phone: (801) 747-0880

SEVIER

Sevier Valley Dialysis
1100 North Main Street
Richfield, Utah 84701-1843
Contact: Larry D. Carlson
Phone:(435) 893-0358

TOOELE

Tooele Valley Dialysis Center
196 E 2000 N Suite 112
Tooele, Utah 84074
Contact: Larry D. Carlson
Phone: (435) 408-1430

UINTAH

Mountain View Dialysis, Inc
209 North 300 West
Vernal, Utah 84078
Contact: Edwin C. Bulloch
Phone: (435) 781-2335

UTAH

Provo Dialysis Center
1675 North Freedom Blvd.
Provo, Utah 84603
Contact: Steven L. Hemming
Phone: (801) 373-0167

Timpanogos LLC Timpanogos Dialysis
852 North 500 West Suite 200
Provo, Utah 84604
Contact: Greg L. Farr
Phone: (801) 356-8907

Utah Valley Dialysis Center
1134 North 500 West #104
Provo, Utah 84604
Contact: Brian Smith
Phone: (801) 818-2500

WASHINGTON

Dixie Dialysis Center
720 South River Road, Suite D-1100
St. George, Utah 84790
Contact: Steven L. Hemming
Phone: (435) 656-0857

WEBER

Bonneville Dialysis
5575 South 500 East
Ogden, Utah 84405
Contact: Steven L. Hemming
Phone: (801) 479-0351

Diabetes Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Abbott Laboratories/ MediSense	1-800-323-9100 www.abbott.com	Monitors- ExacTech, Precision & Sor-Tact; syringes; strips; software programs; nutritional supplements	Call 1-800-222-6885 www.helpingpatients.org Together Rx Card www.together-rx.com
Animas Corp	1-877-767-7373 1-877-YES-PUMP (937-7867) - Pump orders www.animascorp.com	Pump; accessories; glucose sensor; computer & PDA-based management systems	"Diabetes Trust Fund" (For children and teens) 1-800-577-4383 www.diabetestrustfund.org
AstraZeneca	1-800-237-8898 www.astrazeneca-us.com	Cardiovascular oral medications	Call 1-800-424-3727 to request application. Together Rx Card www.together-rx.com
Aventis Pharmaceuticals	1-800-981-2491 www.aventispharma-us.com	Insulin- Lantus; Oral tablets- Amaryl; DiaBeta; vaccines	Together Rx Card 1-800-865-7211 www.together-rx.com
Bayer Diagnostics	1-800-248-2637 www.bayerdiag.com	Monitors- Glucometer DEX, Esprit & Elite; lancing device; lancet; software management program	Call 1-800-586-4772 for more information
Becton-Dickinson	1-888-367-9539 www.bectondickinson.com	Insulin, syringes; pens; swabs; lancets; sharps container; glucose tablets; patient education materi-als	
Bernard Food Industries, Inc.	1-800-323-3663 www.bernardfoods.com	Sweet'N Low brand baking mixes; SansSucre mousse/cheesecake mix; SansSucre cinnamon sugar subst.; Longhorn Grill seasonings; Hola! drink mixes	
Bristol-Meyers Squibb	1-800-332-2056 www.bms.com	Glucophage; Glucovance; Pravachol, Metaglip, Aquacel, Versiva	Together Rx Card www.bms.com Call 1-800-332-2056 to find more information on their patient assistance program

Diabetes Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Brooklyn Premium Corp	1-718-585-4200 www.brooklynpremium.com	Sweet'N Low; Natra Taste; Sugar in the Raw; Butter Buds; Sweet One; Nu-Salt; Sweet Magic	
Complete Diabetic Systems - *A Medicare Assignment Provider*	1-800-985-6406 www.diabeticsystems.com	All diabetes supplies	For more information call for 1-800-985-6406
Cygnus, Inc.	1-650-369-4300 www.cygn.com	Glucowatch	
Deltec, Inc	1-800-826-9703 www.DeltecCozmo.com	Cozmo insulin pump	Offer 15% off the price of the pump for self pay (no insurance) and a payment plan for 1 year; offer $500 trade in for current pump users whose pumps are out of warranty
Disetronics Medical Systems	1-800-280-7801 www.disetronic-usa.com	Insulin pumps; infusion sets; injection pen	
Diabetes Specialty Center	1-801-268-9699 Centers in Salt Lake City, Ogden, and Layton	Retail sales of all diabetes supplies and medications	
Eli Lilly	1-800-545-5979 www.lilly.com	Insulin- Humulin& Humalog, Humulin insulin pen; Actos; Prozac; education materials	Call 1-800-545-5979 and ask about 'Lilly Cares.' Call 1-877-RX-LILLY (877-795-4559) and ask about 'Lilly Answers'
Equidyne Systems	1-877-474-6539 www.injex.com	Injex- insulin needle free injector system	
Express-Med, Inc	1-800-701-5226 www.express-med.com	Meters; lancets; control solutions; insulin pump and supplies; strips; lancing devices; insulin and syringes	For more information call 1-800-701-5226 ext. 3499
FlexSite Diagnostics, Inc.	1-877-212-8378 www.flexsite.com	At-home test kit for hemoglobin A1c and microalbumin	

Diabetes Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Forward Motion 1403 S 600 W Ste K Woods Cross, UT 84087	1-801-294-2694 1-801-294-3318	Retail sales of diabetes shoes and inserts, bracing devices and wheelchairs. Provides home visits for fittings and aides in filling out paperwork. Bills Medicare and insurance	
GlaxoSmithKline	1-888-825-5249 www.gsk.com	Avandia, Avandament	'Together Rx Card' 1-800-865-7211 or www.Together-Rx.com 'Orange Card' for low-income seniors call 1-888-ORANGE6 'Bridge to Access' for low income patients call 1-866-Patient
Granger Medical Clinic Pharmacy	1-801-965-3639 3725 W. 4100 S. West Valley City, UT 84120	Retail sales of all diabetes supplies and medications	
Home Diagnostics, Inc.	1-800-342-7226 www.hdidiabetes.com	Monitors- Prestige IQ & LX; strips; lancing device; lancets; patient education materials	
J.Q. Medical	1-801-942-8582 1-800-231-6820 2370 E. Fort Union Blvd. Salt Lake City, UT 84121	Diabetes/Insulin pump supplies; meters; pump training	
Lifescan/Johnson & Johnson	1-800-524-SCAN (7226) www.lifescan.com	Monitors- One Touch Ultra, InDuo, SureStep, Profile, Basic & FastTake; strips; software; lancets; lancing devices; control solu-tions; education materials	Does not offer a patient assistance program at this time but do offer rebates and trade-in allowances to lower the cost of meters
Medtronic MiniMed	1-800-MINIMED (646-4633) www.minimed.com	Pumps; continuous blood glucose monitoring system	For more information call 1-800-646-4633
MERCK	1-800-609-4618 www.merck.com	Zocor	Physicians and healthcare professionals call 1-800-994-2111 for inquiries

Diabetes Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Metrikus	1-760-804-8800 www.iMetrikus.com	Web-based management system for patients and professionals	
Mosby Company	1-800-545-2522 (books/ other media) 1-800-654-2452 (periodi-cals) www.mosby.com	Health Science publications from a leading publisher of books, journals and serial publications	
Novo Nordisk	1-800-727-6500 www.novonordisk-us.com	Insulin- Novolin, insulin delivery devices- InDuo, Innovo, NovoPen, NovoFine, InnoLet; blood glucose monitoring system; Prandin tablets; education materials	For more information call 1-866-310-7549
Ortho-McNeil Pharma-ceutical	1-800-682-6532 www.ortho-mcneil.com	Acetaminophen; Regranex (wound care)	Together Rx Card call 1-800-865-7211 or www.Together-Rx.com
Pfizer	1-800-223-0432 www.pfizer.com	Glucotrol (glipizide); Viagra; Zoloft; Lipitor; health care information	'Connection to Care' for more information call 1-800-707-8990 'The Share Card' 1-800-717-6005
Pharmacia Coporation	1-800-323-4204 www.pharmacia.com	Zolatan	
Roche Diagnostics	1-800-428-5076 www.accuchek.com	Monitors- Accu-Chek Systems (meter, lancet, strips) Advantage, Active, Compact, Complete, Simplicity & Voicemate; Computer & PDA-based management software system, lancet device	
Ross Products *(Division of Abbott)*	1-800-986-8510 www.ross.com	Glucerna ,shakes; snack bars	
Stevens Skin Softener, Inc.	1-801-262-4973 1-800-678-7546 www.stevenscream.com	Skin softener cream; antibacterial soap; analgesic cream	

Diabetes Industry and Medical Supply Services

Industry and Medical Supply Organizations	Customer Service Numbers and Web Site	Types of services/ materials available	Patient Assistance Program
Sween Corporation	1-770-281-8400 www.sween.com	Wound and skin care products	
Takeda Pharmaceuticals North America, Inc	1-877-TAKEDA7 (825-3327) www.takedapharm.com	Actos *(co-promoted w/ Eli Lilly);* Basen	For more information call 1-877-TAKEDA7 (877-825-3327) or visit http://www.tpna.com/patasst-Program.asp
TheraSense, Inc	1-888-298-4584 www.therasense.com	Diabetes management system, PDA-based blood glucose monitoring system; blood glucose monitoring system-FreeStyle, FreeStyle Tracker, FreeStyle CoPilot, test strips	
Timm Medical Systems	1-800-438-8592 www.timmmedical.com	Erectile dysfunction medical devices	

Professional Education Resources

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American Diabetes Association (ADA)

1245 East Brickyard Rd #30
Salt Lake City, Utah 84106
Phone: (801) 363-3024 or (888) 342-2383 Fax: (801) 363-3031
General Diabetes Information: (800) Diabetes (342-2383)
www.diabetes.org

The American Diabetes Association (ADA) believes that information is critaical to the successful management of diabetes. To this end, the ADA develops and distributes information and other services to health care professionals to help them care for their patients with diabetes.

Professional Membership - As a professional member of the ADA, you'll receive a subscription to two of the ADA journals (Diabetes, Diabetes Care, Clinical Diabetes and Diabetes Spectrum) and discounts on ADA Scientific and Medical Programs. You will also get reduced prices on ADA books, pamphlets, videotapes and CD-ROMs plus the opportunity to interact with your peers by joining one or mare of the ADA Professional Section Councils. These Councils provide a forum for the exchange of information in specific areas of diabetes research and care and have more than 13,000 member. Councils exist for topics such as Diabetes in Youth, Pregnancy & Reproductive health, Complications and Education.
(See also page 73)

Association of Diabetes Educators of Utah (ADEU)

The mission of the Association of Diabetes Educators of Utah (ADEU) is dedicated to advancing the role of the diabetes educator and improving the quality of diabetes education and care of individuals. The purpose is to: 1) provide educational opportunities for the professional growth and development of diabetes educators; 2) promote and aid the growth and development of quality diabetes education for the person with diabetes; and 3) foster communication and cooperation among individuals and organizations involved in diabetes education, locally and statewide. Members include nurses, dietitians, physicians, pharmacists, social workers, physical therapists, exercise physiologists and other members of the diabetes teaching team. Professional education opportunities are available in the form of state and national annual meetings and educational programs; their publications, The Diabetes Educator, AADE News and text, Diabetes Education: A Core Curriculum for Health Professionals; and their certification program to become a Certified Diabetes Educator (CDE). For more information or to find a Diabetes Educator near you, call 1-800-TEAMUP4 (832-6874) or visit www.aade.net.

ADEU, formed in 1995, is an affiliate chapter of the American Association of Diabetes Educators. Local educational offerings are available on an ongoing basis.
Call (801) 965-3445 or (801) 272-4510 for additional information.

Health Educator Association of Utah (HEAU)

PO Box 2337
Salt Lake City, Utah 84110
Phone: (800) 576-6817
www.heau.org

The mission of Health Educator Association of Utah (HEAU) is to improve the health of Utahns by promoting the advancement of the health education profession and the employment of health educators in the public and private sector. HEAU exists to provide professional development to all individuals involved with the practice of health education and to assist students and other individuals preparing to become health educators. HEAU accomplishes this mission by holding conferences, workshops and seminars devoted to health education, sponsoring scientific research activities in the field of health education, and developing, conducting and administering such activities with maximum possible cooperation with other health professionals, professional organizations, universities and health agencies.

Juvenile Diabetes Research Foundation

350 South 400 East, Suite 115
Salt Lake City, Utah 84111
Phone: (801) 530-0660 Fax: (801) 530-0670
www.jdrf.org

The Juvenile Diabetes Research Foundation (JDRF) is a not-for-profit, voluntary health agency with chapters and affiliates throughout the world. JDRF's main objective is to support and fund research to find a cure for diabetes and its complications. JDRF gives more money directly to diabetes research than any other private health agency in the world.
The organization awards research grants for laboratory and clinical investigations and sponsors a variety of career development and research training programs for new and established investigators. **(See also page 77)**

Utah Diabetes Prevention & Control Program (DPCP)

Utah Department of Health, Bureau of Health Promotion
PO Box 142107
Salt Lake City, Utah 84114-2107
Phone: (801) 538-6141 Fax: (801) 538-9495
www.health.utah.gov/diabetes

The Utah Department of Health Diabetes Prevention and Control Program (DPCP) has been funded since 1980 by the Centers for Disease Control and Prevention (CDC). The DPCP mission is to work in partnerships to improve the quality of life of all Utahns at risk for, or affected by, diabetes.

We Work to:

- Inform Utahns of the seriousness, symptoms, & risk factors of diabetes
- Help Utahns with diabetes learn to control thier diabetes and prevent complications
- Increase awareness of methods to preventon type 2 diabetes in Utahns with impaired fasting glucose or impaired glucose tolerance.
- Decrease or delay complications due to unmanaged diabetes
- Improve insurance coverage for Utahns with diabetes
- Assure access to high quality diabetes education programs
- promote improved quality of medical care in local communities

The following are activities of the DPCP to improve the quality of life of all Utahns with diabetes and those affected by the disease:

- Collect, analyze, and distribute regional and statewide Utah diabetes data
- Certify diabetes self-management education programs
- Partner with primary care providers and other health professionals
- Partner with health insurance plans
- Conduct diabetes public awareness campaigns
- Offer diabetes continuing education presentations for healthcare professionals
- Develop, distribute, and promote “Utah Diabetes Practice Recommendations”
- Collaborate with diabetes agencies and stakeholders in the community
- Provide funding to community agencies for local diabetes activities

Contact the program for further information or if you are interested in partnering.

Utah Dietetic Association

PO Box 767
Layton, UT 84041-0767
Phone: (801) 363-1359
www.eatrightutah.org

The American Dietetic Association (ADA) members represent a wide range of practice areas and special interests, including: consumer information; public health; sports nutrition; medical nutrition therapy; diet counseling for weight control, cholesterol reduction, diabetes, renal and other health concerns; vegetarianism, food service management in business, hospitals, restaurants, long-term care facilities, and education systems; education of other health care professionals; and research. There are special interest or dietetic practice groups that members can choose to join.

To promote sound nutrition information for the public, the Association sponsors publications, national events, and media and marketing programs. ADA has a national media program with 26 registered dietitian spokespersons. The Association establishes and enforces standards of quality for academic training and professional practice in clinical nutrition (medical nutrition therapy), food service systems management and community dietetics. It also provides a full range of services for members. ADA lobbies for federal legislation that will contribute to the national well-being of the public through its Government Affairs Office. For more information visit the national website at www.eatright.org.

Utah Nurses Association (UNA)

450 South Wasatch Blvd #290
Salt Lake City, Utah 84124
Phone: (800) 236-1617 or (801) 272-5410
E-mail: una@xmission.com
www.utahnurses.org

The mission of the Utah Nurses Association (UNA) is to advocate and be a voice for nurses, individually and collectively, in promoting and facilitating the role and functions of nurses in providing high quality nursing care in all aspects of professional practice thereby facilitating quality of care. This mission shall be unrestricted by consideration of age, color, creed, disability, gender, health status, lifestyle, nationality, race, religion, or sexual orientation.

The goals of the UNA are: 1) professional development of nurses and high standards of nursing practice; 2) improvement and availability of health care and services for all individuals in Utah; and 3) economic and general welfare of nurses.

Diabetes Nutrition/Education/Self-Management Resources

Information on individual instruction, group classes, support groups and weight control classes.

Health Facility By County and Contact Name	Individual Instruction	Group Classes	Support Group	Weight Control	Other	Culturally Appropriate Training	State Certified and/or ADA Recognized
DAVIS							
Davis Hospital & Medical Center 1600 West Antelope Drive Layton, Utah 84041 Contact: Rachel Marroquin Phone: (801) 350-8108	By appt. M-F 8:30-12pm, 1-4pm. Dr's order. Third party insurance accepted.	M-F 8:30-12pm, 1-4pm. By appt. Dr's order. Third party insurance accepted.	No	No	No	No	No
SALT LAKE							
Jordan Valley Hospital 3580 West 9000 South West Jordan, Utah 84088 Contact: Rachel Marroquin Phone: (801) 350-8108	By appt. M-F 8:30-12pm, 1-4pm. Dr's order. Third party insurance accepted.	M-F 8:30-12pm, 1-4pm. By appt. Dr's order. Third party insurance accepted.	No	No	No	No	No
Pioneer Valley Hospital 3460 South Poineer Parkway West Valley City, Utah 84120 Contact: Rachel Marroquin Phone: (801) 350-8108	By appt. M-F 8:30-12pm, 1-4pm. Dr's order. Third party insurance accepted.	M-F 8:30-12pm, 1-4pm. By appt. Dr's order. Third party insurance accepted.	No	No	No	No	No
Salt Lake Regional Medical Center 1050 East South Temple Salt Lake City, Utah 84102 Contact: Rachel Marroquin Phone: (801) 350-8108	By appt. M-F 8:30-12pm, 1-4pm. Dr's order. Third party insurance accepted.	M-F 8:30-12pm, 1-4pm. By appt. Dr's order. Third party insurance accepted.	No	No	No	No	No

PO Box 142107 Salt Lake City, Utah 84114-2107
(801) 538-6141
www.health.utah.gov/diabetes

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