

**Fresno County Pre-Diabetes & Diabetes Resources during COVID-19**

**Fresno Diabetes Collaborative**

<b>Food Access</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Central California Food Bank (CCFB)	Food distributions throughout Central Valley	Central Valley locations	FREE	English/Spanish	CCFB Food Distribution Calendar	559-237-3663	<a href="https://ccfoodbank.org/food-locator/">https://ccfoodbank.org/food-locator/</a>
Fresno County Food Map	Fresno County metro and rural food giveaway locations	Fresno County	FREE	English	Interactive map for food locator sites in rural and metro Fresno County		<a href="http://www.fresnocountyfood.org">www.fresnocountyfood.org</a>
Huron Neighborhood Resource Center	Food distribution schedule in Huron, CA	City of Huron	FREE	English/Spanish	Listing of dates, times for food distributions in Huron	559-945-1022	<a href="https://servefresno.org/serve/projects/outreach/food-distributions-in-huron">https://servefresno.org/serve/projects/outreach/food-distributions-in-huron</a>
<b>Free /Low-Cost Online Physical Activity Classes</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Every Neighborhood Partnership (ENP)	Online (Facebook) dance fitness classes	Online-- all geographical sites	FREE	English/Spanish	Live and recorded sessions are led by ENP volunteer instructors	N/A	Facebook: ENP Neighborhood Fitness
<b>Free /Low-Cost Online Cooking Classes</b>							
Organization	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Taking Care of Your Diabetes (TCOYD)	Diabetes-friendly recipes	Online-- all geographical sites	FREE	English	English-language videos featuring diabetes-friendly recipes	N/A	<a href="https://tcoyd.org/category/recipes/">https://tcoyd.org/category/recipes/</a>
Fundación Para La Diabetes	Diabetes-friendly recipes	Online-- all geographical sites	FREE	Spanish	Written Spanish-language diabetes-friendly recipes	N/A	<a href="https://www.fundaciondiabetes.org/sabercomer/recetas">https://www.fundaciondiabetes.org/sabercomer/recetas</a>
Centers for Disease Control and Prevention (CDC)	Diabetes-friendly recipes	Online-- all geographical sites	FREE	Spanish	Ricas Recetas Para personas con diabetes	N/A	<a href="https://www.cdc.gov/diabetes/spanish/pdfs/resources/spanish-lasty-recipe-508.pdf">https://www.cdc.gov/diabetes/spanish/pdfs/resources/spanish-lasty-recipe-508.pdf</a>
California Department of Public Health - Eat Fresh English	Nutritious and simple recipes	Online-- all geographical sites	FREE	English	Healthy and nutritious recipes on a budget	N/A	<a href="https://eatfresh.org/">https://eatfresh.org/</a>
California Department of Public Health - Eat Fresh Spanish	Nutritious and simple recipes	Online-- all geographical sites	FREE	Spanish	Recetas simples, saludables y economicas	N/A	<a href="https://eatfresh.org/es">https://eatfresh.org/es</a>
U.S. Department of Agriculture- Choose My Plate Kitchen	Nutritious and simple recipes	Online-- all geographical sites	FREE	English	Meal Planning, Recipes and online cookbooks	N/A	<a href="https://www.choosemyplate.gov/myplatekitchen">https://www.choosemyplate.gov/myplatekitchen</a>
<b>Free Online Support Groups</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Community Medical Centers	Chair Yoga/Support Group	Fresno, Kings and Tulare Counties	FREE	English	Online support group that teaches chair yoga, to join go to Zoom site and enter code: 559 4 1-866-433-8558		www.zoom.us/join and enter <b>559 433 8000</b>
<b>Free/Low-Cost Online Diabetes Prevention or Diabetes Self-Management Classes</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Community Medical Centers	Diabetes Self-Management Training	Fresno, Kings, Madera and Tulare counties	Insurance-Driven	English/Spanish	Services provided in-person and online via telehealth. Requires primary care physician refer	559-459-1763	<a href="http://www.CommunityDiabetes.org">www.CommunityDiabetes.org</a>
<b>Healthcare &amp; Care Support Services</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Family Health Care Network	Primary & Specialty Care services	Fresno, Kings and Tulare counties	Most Insurance Plans Accepted & Sliding Scale for uninsured	English/Spanish	Virtual Visit Option; Social services enrollment i.e. Medi-Cal, Covered CA, Cal Fresh etc.	1-866-342-6012	<a href="https://fhcn.org">https://fhcn.org</a>
Family Health Care Network	COVID-19 Testing	Fresno, Kings and Tulare counties	Most Insurance Plans Accepted & Sliding Scale for uninsured	English/Spanish	Virtual Visit Option during COVID-19	COVID-19 Hotline (559) 741-	<a href="https://fhcn.org">https://fhcn.org</a>
CalViva Health	Nurse Advice Line	Fresno, Madera and Kings counties	FREE	English/Spanish/Hm	Nurse available to provide no-cost medical advise to CalViva Health patients, 24 hours a da	1-888-893-1569 TTY 711	<a href="https://www.calvivahealth.org/">https://www.calvivahealth.org/</a>
<b>Diabetes Prescription Assistance (Rx)</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Lilly Pharmaceuticals	Rx Discount prescription program	Online-- all geographical sites	FREE	English	Lilly Cares site provides information on free Lilly-brand Rx for low-income patients	N/A	<a href="http://www.lillycares.com/">http://www.lillycares.com/</a>
Lilly Pharmaceuticals	Insulin Value Program	Online-- all geographical sites	Low Cost	English/Spanish	Allows anyone who has commercial insurance or no insurance to fill his or her monthly pres	1-833-808-1234	<a href="https://investor.lilly.com/news-releases/news-release-details/new-35-co-pay-now-available-through-lilly-insulin-value-program">https://investor.lilly.com/news-releases/news-release-details/new-35-co-pay-now-available-through-lilly-insulin-value-program</a>
Novo Nordisk Pharmaceuticals	Rx Discount prescription program	Online-- all geographical sites	FREE/Discount	English/Spanish	Novo Care site provides information on Rx payment assistance	1-877-304-6852, Spanish	<a href="https://www.novocare.com/novolog/savings-card.html">https://www.novocare.com/novolog/savings-card.html</a>
Sanofi-Aventis	Rx Discount prescription program	Online-- all geographical sites	FREE/Discount	English	Rx Payment assistance program for uninsured patients	1-888-847-4877	<a href="http://www.sanofipatientconnection.com/patient-assistance-connection">http://www.sanofipatientconnection.com/patient-assistance-connection</a>
Familywize	Rx Discount prescription program	Online-- all geographical sites	Discount	English	Discount card for FDA brand and generic prescription medications	1-800-222-2818	<a href="https://www.familywize.org/free-prescription-discount-card">https://www.familywize.org/free-prescription-discount-card</a>
GoodRx	Rx Discount prescription program	Online-- all geographical sites	Discount	English	Discount card, savings based on retail pharmacy price	1-800-268-2822	<a href="https://www.goodrx.com/discount-card">https://www.goodrx.com/discount-card</a>
<b>Diabetes Device (Glucose monitor) Assistance</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Dexcom	Continuous glucose monitoring system	Online-- all geographical sites	Low-Cost	English	90-day of Dexcom continuous glucose monitoring system supplies for \$45	N/A	<a href="https://www.dexcom.com/covid19-assistance">https://www.dexcom.com/covid19-assistance</a>
<b>Free/Low-Cost Mental Health Resources</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
Fresno County Department of Behavioral Health	WARM Line	Fresno County	FREE	English/Spanish/Hm	Live supportive listening, practical coping tips, and linkage to behavioral health services	559-600-WARM (9276)	<a href="https://www.co.fresno.ca.us/departments/behavioral-health">https://www.co.fresno.ca.us/departments/behavioral-health</a>
Holistic Cultural and Education Wellness Center (HCEWC)	Yoga, Tai Chi and Guided Meditation Classes	Fresno County	FREE	English/Spanish	Live and taped yoga, tai chi and guided meditations	559-233-8395	<a href="https://www.facebook.com/holisticcenterfresno/">https://www.facebook.com/holisticcenterfresno/</a>
<b>General Assistance or Information</b>							
Organization/Entity	Description	Geographical Service Area	Cost	Language	Additional Info	Contact Number	Website
United Way Fresno & Madera Counties	General assistance information and resource Line	Fresno and Madera counties	FREE	All Languages	food access, utility payment aid, low-cost internet, social service info and more	Call 2-1-1	<a href="http://www.uwfm.org">www.uwfm.org</a>
Cento La Familia Advocacy Services	General assistance for a wide variety of needs	Central Valley	FREE	English/Spanish	Aid in public benefit assistance programs, immigration, parenting classes, mental health, M	559-237-2961	<a href="https://www.facebook.com/centrolafamilia/">https://www.facebook.com/centrolafamilia/</a>
The Fresno Center	General assistance	Fresno County	FREE	English/Spanish/Hm	General aid and connections to community resources	559-233-8395	<a href="http://www.fresnocenter.org">www.fresnocenter.org</a>
Central California Legal Services	Legal Aid assistance to low-income families	Central Valley	FREE	English/Spanish	Aid for benefits, employment, family violence, housing, health, immigration, seniors, veterar	1-800-675-8001	<a href="https://centralcallegal.org/services/">https://centralcallegal.org/services/</a>
California Rural Legal Assitance	Legal Aid assistance for farm workers, persons with disabilities, LGBTQ, wom	Central Valley	FREE	English/Spanish	Aid for benefits, employment, labor, housing, education, and rural health	559-441-8721	<a href="https://www.crla.org/">https://www.crla.org/</a>
Marjaree Mason Center	Aid to families and individuals facing domestic violence	Fresno County	FREE	English/Spanish	Aid to establish emergency plans, restraining orders and emergency housing	559-237-4706	<a href="http://www.mmcenter.org">www.mmcenter.org</a>