

## Local Diabetes Resources

Organization	Description	Contact
<b>Diabetes Education Programs</b>		
CHI St. Anthony Hospital Diabetes Self-Management Education Program	Individual and Group Diabetes Education provided by Certified Diabetes Educator and Registered Dietitians. A referral from a primary care provider is required. Call to schedule an appointment.	Melissa Naff – 541-278-3249 or <a href="mailto:melissanaff@chiwest.com">melissanaff@chiwest.com</a>
CHI St. Anthony Hospital Blue Mountain Diabetes Champions	Monthly Diabetes Education & Support Group that discusses ways to control and prevent diabetes from people who live with diabetes and expert advice from a certified diabetes educator, dietitian, and/or guest speaker. Meets March – October (except September) on the 3 <sup>rd</sup> Wednesday of the month from 2:00-3:00 PM at St. Anthony Hospital Conference Rooms 3 & 4.	Melissa Naff – 541-278-3249 or <a href="mailto:melissanaff@chiwest.com">melissanaff@chiwest.com</a> Christine Guenther – 541-278-3235 or <a href="mailto:christineguenther@chiwest.com">christineguenther@chiwest.com</a>
Yellowhawk Tribal Health Center -open to enrolled members of CTUIR	Book Club - Meets the 3 <sup>rd</sup> Wednesday from 4:30 to 5:30 in large conference room at Yellowhawk Tribal Health Clinic  Healthy Cooking Class – 3 <sup>rd</sup> Wednesday from 11 – 12:30 in the WIC building conference room  Monthly Diabetes Support Group which meets the 3 <sup>rd</sup> Wednesday of the month from 11:30 AM - 12:30 PM at the Yellowhawk Senior Center.  Yellowhawk Tribal Health Center - Offers primary care, dental, eye care, pharmaceutical, behavioral, and individual diabetes education.  Healthy Golf - Meet with Teresa Jones to qualify and receive an open pass to golf at Wildhorse.	Teresa Jones – 541-278-7515 or <a href="mailto:teresajones@yellowhawk.org">teresajones@yellowhawk.org</a>
<b>Dental and Vision Assistance Programs</b>		
Columbia Basin College Dental Hygiene Clinic	Offers low-cost dental care and preventative dental work to children, teens, and adults. Services performed by students under supervision.	2600 N 20 <sup>th</sup> Ave, Pasco, WA 99301 509-542-4571 or <a href="http://www.columbiabasin.edu/dentalhygiene">www.columbiabasin.edu/dentalhygiene</a>

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Oregon Lions Sight & Hearing Foundation	Provides assistance with hearing exams and hearing aids for those who don't otherwise have the ability to purchase them.	Lions Information Service Number 971-270-0203 or <a href="mailto:lionsclubsreferrals@olshf.org">lionsclubsreferrals@olshf.org</a>
<b>Medical Care</b>		
SOS Clinic	An urgent care facility that provides quality walk-in treatment for those who have no health insurance. Also provides women's health, mental health counseling, and lab services. While there is no charge for services at the SOS Clinic, patient donations are encouraged and appreciated.	1200 SE 12 <sup>th</sup> St, College Place, WA 99324 509-529-1481 or <a href="http://www.soshealthservices.org">www.soshealthservices.org</a> Hours: Monday 5:00 - 7:00 PM, Wednesday 3:00 – 5:00 PM
CHI St. Anthony Family Clinic	Serves the immediate medical care needs of Pendleton and surrounding communities by walk-in or appointment.	3001 St. Anthony Way Pendleton, OR 97801 541-966-0535 Hours: Monday – Thursday 8:00 – 7:00 PM Friday 8:00 – 6:00 PM Saturday 10:00 – 6:00 PM
<b>Diabetes Prevention and Chronic Condition Programs</b>		
Diabetes Prevention Program	A lifestyle change program in which participants meet in a group with a trained Lifestyle Coach to learn how to include healthy eating and physical activity into their lives. Meets weekly 16 times, then monthly 8 times.	CAPECO Helena Wolfe – 541-561-5443 or <a href="mailto:hwolfe@capeco-works.org">hwolfe@capeco-works.org</a>
Living Well with Chronic Conditions	Get the support you need and find practical ways to deal with chronic health problems. This life-changing event helps you learn how to enjoy life while you make a step-by-step plan to improve your health and your life. Six weekly classes.	Good Shepherd Medical Center 610 NW Eleventh Street, Hermiston, OR 97838 800-667-3509 (toll free) or <a href="http://gshcs.net/category/health-wellness">gshcs.net/category/health-wellness</a>

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<b>Medication and Supply Assistance Programs (prices subject to change)</b>		
Co-Pay assistance for meters and strips for those with and without insurance.	<p><u>ACCU-CHEK Connect Program</u> - Provides assistance to reduce co-pay to \$15-45.</p> <p><u>Contour Choice</u> – Save up to \$105 per month with insurance or up to \$25 for cash payment.</p> <p><u>Freestyle Promise Program</u> - Provides free meter and assistance to reduce co-pay to as low as \$15 for patients with private insurance.</p> <p><u>2 Ways to Save</u> - Provides free meter and \$15 co-pay on test strips for TRUE2Go and TRUEresult.</p>	<p><a href="http://www.accu-chek.com/microsites/preferred">www.accu-chek.com/microsites/preferred</a></p> <p><a href="http://www.ContourChoice.com">www.ContourChoice.com</a></p> <p>866-246-2683 (toll free) Hours: Monday - Friday, 8:00 AM -5:00 PM Central <a href="http://www.myfreestyle.com/get-a-free-meter">www.myfreestyle.com/get-a-free-meter</a></p> <p>Contact your pharmacist to verify program participation.</p>
Low Cost Blood Sugar Testing Supplies	<p><u>Wal-Mart's Relion Prime</u> ~\$16 for meter and ~\$9 per box of 50 strips.</p> <p><u>Rx Outreach</u> - Provides free talking meter and \$15 per box of 50 strips.</p>	<p><a href="http://www.relion.com/diabetes/blood-glucose-testing/relion-prime">www.relion.com/diabetes/blood-glucose-testing/relion-prime</a></p> <p>888-796-1234 (toll free) or <a href="http://www.rxoutreach.org">www.rxoutreach.org</a></p>
Medication Assistance	Connect with pharmaceutical patient assistance programs for reduced cost or free medications. Must meet patient assistance programs guidelines.	<p>Patient Assistance <a href="http://www.patientassistance.com">www.patientassistance.com</a></p> <p>Partnership for Prescription Assistance Program 888-477-2669 (toll free) or <a href="http://www.pparx.or/en">www.pparx.or/en</a></p> <p>Needy Meds <a href="http://www.needymeds.com">www.needymeds.com</a></p> <p>RxAssist <a href="http://www.rxassist.org">www.rxassist.org</a></p>