

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

Fresno Diabetes Collaborative

Food Access							
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	https://ccfoodbank.org/food-locator/
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		www.fresnocountyfood.org
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	https://servefresno.org/serve/projects/outreach/food-distributions-in-huron
Free /Low-Cost Online Physical Activity Classes							
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
Free /Low-Cost Online Cooking Classes							
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	https://tcoyd.org/category/recipes/
Fundación Para La Diabetes	Diabetes-friendly recipes	Online-- all geographical sites	FREE	Spanish	Written Spanish-language diabetes-friendly recipes	N/A	https://www.fundaciondiabetes.org/sabercomer/recetas
Centers for Disease Control and Prevention (CDC)	Diabetes-friendly recipes	Online-- all geographical sites	FREE	Spanish	Ricas Recetas Para personas con diabetes	N/A	https://www.cdc.gov/diabetes/spanish/pdfs/resources/spanish-lasty-recipe-508.pdf
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	https://eatfresh.org/
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	https://eatfresh.org/es
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	https://www.choosemyplate.gov/myplatekitchen
Free Online Support Groups							
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 559 433 8000
Free/Low-Cost Online Diabetes Prevention or Diabetes Self-Management Classes							
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	www.CommunityDiabetes.org
Healthcare & Care Support Services							
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	https://fhcn.org
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-	https://fhcn.org
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	https://www.calvivahealth.org/
Diabetes Prescription Assistance (Rx)							
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	http://www.lillycares.com/
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	https://investor.lilly.com/news-releases/news-release-details/new-35-cc-pay-now-available-through-lilly-insulin-value-program
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	https://www.novocare.com/novolog/savings-card.html
Sanofi-Aventis	Rx Discount prescription program	Online-- all geographical sites	FREE/Discount	English	Rx Payment assistance program for uninsured patients	1-888-847-4877	http://www.sanofipatientconnection.com/patient-assistance-connection
Familywize	Rx Discount prescription program	Online-- all geographical sites	Discount	English	Discount card for FDA brand and generic prescription medications	1-800-222-2818	https://www.familywize.org/free-prescription-discount-card
GoodRx	Rx Discount prescription program	Online-- all geographical sites	Discount	English	Discount card, savings based on retail pharmacy price	1-800-268-2822	https://www.goodrx.com/discount-card
Diabetes Device (Glucose monitor) Assistance							
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	https://www.dexcom.com/covid19-assistance
Free/Low-Cost Mental Health Resources							
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)	https://www.co.fresno.ca.us/departments/behavioral-health
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	https://www.facebook.com/holisticcenterfresno/
General Assistance or Information							
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	www.uwfm.org
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	https://www.facebook.com/centrolafamilia/
The Fresno Center	General assistance	Fresno County	FREE	English/Spanish/Hm	General aid and connections to community resources	559-233-8395	www.fresnocenter.org
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	https://centralcallegal.org/services/
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	https://www.crla.org/
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	www.mmcenter.org