



Because MESSA cares about your health, we are providing you with a list of credible web sites that provide reliable and up-to-date information to help you achieve and maintain control of your diabetes. Keep in mind that your primary physician is the most important resource, so never alter your treatment plan without consulting with your physician.

## Reliable Internet Sites

- [www.diabetes.org](http://www.diabetes.org)
- [www.jdrf.org](http://www.jdrf.org)
- [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)
- [www.vsp.com](http://www.vsp.com)
- [www.niddk.nih.gov](http://www.niddk.nih.gov)
- [www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)
- [www.eatright.org](http://www.eatright.org)
- [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)
- [www.dlife.com](http://www.dlife.com)
- [www.trails.com](http://www.trails.com)
- [www.americantrails.org](http://www.americantrails.org)
- [www.diabeteseducator.org/patient-resources/diabetes-goal-tracker-app](http://www.diabeteseducator.org/patient-resources/diabetes-goal-tracker-app)
- [www.myfitnesspal.com](http://www.myfitnesspal.com)
- [www.supertracker.usda.gov](http://www.supertracker.usda.gov)
- [www.sparkpeople.com](http://www.sparkpeople.com)
- [www.professional.diabetes.org/erp\\_list\\_zip](http://www.professional.diabetes.org/erp_list_zip)

## Questions?

If you have any questions, please call MESSA Member Education at **800.336.0022** and select **prompt 3** to talk with a MESSA nurse specially trained in diabetes management.

