

Welcome to the Northern Michigan Diabetes Initiative online Resource Guide.

This guide is broken down by into five topic areas. Those areas along with examples of what are included in each area are listed below. You may notice that a county may not appear to have any resources. In that case you may want to look at what might be available on the statewide or national levels. The resources listed in this guide were available at the time we created the guide. As with all resource guides this information is subject to change. We will update this guide annually. We hope you find this information useful.

- **Diabetes Management and Nutritional Services**
 - Endocrinologists, Primary Care Providers who have additional training in diabetes, Diabetes Education programs
- **Medication Assistance Programs**
 - Prescription coverage assistance programs, Prescription discount programs
- **Durable Medical Equipment**
 - Testing supplies
- **Access to Care: Dental, Eye Care, and Health Insurance**
 - Find insurance programs and health clinics
- **Physical Activity and Exercise**
 - Free and/or low cost fitness opportunities including trails, centers, and programs

Once you drill down into your topic of interest resources are listed by county.

Diabetes Management and Nutritional Services

Location	Organization	Phone	Services
Antrim	PATH - Personal Action Towards Health	231-947-8920	Empowers people to take an active role in managing a chronic or long-term health condition
Antrim	Michigan State University Extension	231-533-8818	
Benzie	PATH - Personal Action Towards Health	231-947-8920	
Benzie	Paul Oliver Nutrition and Diabetic Counseling	231-352-2260	
Benzie	Michigan State University Extension	231-882-0025	
Crawford	Munson Healthcare Grayling Hospital	989-344-5857	Recognized by the American Diabetes Association
Crawford	PATH - Personal Action Towards Health	231-947-8920	
Crawford	Michigan State University Extension	989-344-3264	
Grand Traverse	Munson Medical Center Diabetes Education	231-935-8200 800-809-8127	Recognized by the American Association of Diabetes Educators
Grand Traverse	Munson Community Health Library	231-935-9265	Offers Health & Wellness To Go tote bags
Grand Traverse	PATH - Personal Action Towards Health	231-947-8920	
Grand Traverse	Michigan State University Extension	231-922-4620	
Kalkaska	PATH - Personal Action Towards Health	231-947-8920	
Kalkaska	Michigan State University Extension	231-258-3320	
Leelanau	PATH - Personal Action Towards Health	231-947-8920	
Leelanau	Michigan State University Extension	231-256-9888	
Manistee	Munson Healthcare Manistee Hospital Diabetes & Nutrition Services	231-398-1840	Recognized by the American Diabetes Association
Manistee	PATH - Personal Action Towards Health	231-947-8920	
Manistee	Michigan State University Extension	231-889-4277	



Diabetes Management and Nutritional Services

Location	Organization	Phone	Services
Michigan	Michigan Department of Health & Human Services	List of local offices	
Michigan	Michigan eLibrary (MeL)		The Michigan eLibrary (http://mel.org) will provide all Michigan residents with free access to online full-text articles, full-text books, digital images, and other valuable research information at any time via the Internet;
Michigan	Children's Hospital of Michigan - Pediatric/Adolescent Diabetes Clinic	313-745-5437	
Michigan	Diabetes Prevention Program		Locate a program close to home.
Missaukee	PATH - Personal Action Towards Health	231-947-8920	
Missaukee	Michigan State University Extension	231-839-4667	
Montmorency	PATH - Personal Action Towards Health	231-947-8920	
Montmorency	Michigan State University Extension	989-785-8013	
National	D-Life for Your Diabetes	866-354-3366	
National	American Association of Diabetes Educators	800-338-3633	
National	American Diabetes Association	800-342-2383	
National	The Academy of Nutrition and Dietetics	800-877-1600	
National	Juvenile Diabetes Research Foundation International	800-533-2873	
National	Centers for Disease Control and Prevention (CDC)	800-232-4636	
National	Joslin Diabetes Center	617-309-2400	Information about diabetes and diabetes research
National	National Diabetes Education Program	301-496-3583	Provides information about diabetes including information for children and pregnant mothers

Diabetes Management and Nutritional Services

Location	Organization	Phone	Services
National	USDA Choose My Plate		MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime.
National	Diabetes Health		Web resource for information and email newsletter
Northern Michigan	HealthLink	1-800-533-5520	Helps find health care providers who are accepting new patients, participate with your insurance carrier, and offer services close to where you live
Oscoda	Munson Healthcare Grayling Hospital	989-344-5857	Recognized by the American Diabetes Association
Oscoda	PATH - Personal Action Towards Health	231-947-8920	
Otsego	PATH - Personal Action Towards Health	231-947-8920	
Otsego	Michigan State University Extension	989-731-0272	
Otsego	Otsego Memorial Hospital Diabetes Education	989-731-7872	Recognized by the American Association of Diabetes Educators
Roscommon	Munson Healthcare Grayling Hospital	989-344-5857	Recognized by the American Diabetes Association
Roscommon	PATH - Personal Action Towards Health	231-947-8920	
Roscommon	Michigan State University Extension	989-275-5043	
West Michigan	DeVos Children's Hospital - Pediatric Endocrinology	616-391-3933	
Wexford	Munson Healthcare Cadillac	231-876-7200	Opening Spring 2018- Accredited by American Association of Diabetes Educators
Wexford	Michigan State University Extension	231-779-9480	



Durable Medical Equipment

Location	Organization	Phone	Services
Antrim	Northern Prescription Assistance and Discount Plans	800-432-4121	Medication assistance for residents in certain counties
Charlevoix	Northern Prescription Assistance and Discount Plans	800-432-4121	
Crawford	Munson Healthcare Resource Coordination Department	989-348-0740	Assists with medicate costs and insurance coverage
Michigan	Michigan Prescription Drug Prices	1-866-755-6479	Supported by the State of Michigan. Find and compare prescription drug prices
Michigan	MiRx	1-866-755-6479	
Michigan	Healthy Michigan Plan	855-789-5610	
National	Partnership for Prescription Assistance		Helps people without prescription drug coverage find medicine.
National	Pfizer Rx Pathways	1-866-706-2400	Insurance counseling, co-pay assistance, access to medicines for free or at a savings
National	Lilly Cares	1-800-545-6962	Assistance for Lilly medications
National	Needy Meds	1-800-503-6897	Find help with the cost of medication
National	Novo Nordisk Patient Assistance Program	1-866-310-7549	Free medication to qualifying patients
National	RxAssist	info@rxassist.org	Info about free and low cost medicine programs and ways to manage your medication costs
National	RxOutreach	888-796-1234	Low-cost prescription savings program
Otsego	Northern Prescription Assistance and Discount Plans	800-432-4121	
Wexford	Stehouwer Free Clinic	231-876-6150	

Durable Medical Equipment

Location	Organization	Phone	Services
Grand Traverse	Munson Home Medical Equipment	800-252-2065	Serves most counties in our service area
Grand Traverse	Hometown Pharmacy	(231) 946-0900	
Grand Traverse	Thompson Pharmacy & Medical	231-947-4212	
National	Edgepark Medical Supplies	888-394-5375	
National	CCS Medical	800-726-9811	
Otsego	Munson Home Medical Equipment	800-252-2065	Serves most counties in our service area
Otsego	VitalCare Home Medical Equipment	800-342-7711	
Wexford	CareLinc Home Medical Equipment & Supply	231-775-7143 OR 1-800-591-5785	
Wexford	Munson Home Medical Equipment	800-252-2065	Serves most counties in our service area
Wexford	CareLinc	1-888-810-5462	

Access to Care: Dental, Eye, and Health Insurance

Location	Organization	Phone	Services
Antrim	Dental Clinics North	1-877-321-7070	
Antrim	East Jordan Family Health Center	(231) 383-4800	
Benzie	Northwest Michigan Health Services Inc.	(231) 383-4800	Offers medical and dental services
Charlevoix	Dental Clinics North	1-877-321-7070	
Charlevoix	East Jordan Family Health Center	(231) 536-2206	
Grand Traverse	Dental Clinics North	1-877-321-7070	
Grand Traverse	Goodwill Optical	231-932-1520	
Grand Traverse	Northwest Michigan Health Services Inc.	231-947-3476	Offers medical and dental services
Grand Traverse	Traverse Health Clinic	1-231-935-0799	
Manistee	Northwest Michigan Health Services Inc.	(231) 398-2258	Offers medical and dental services
Michigan	Healthy Michigan Plan	1-855-789-5610	
Michigan	Federally Qualified Health Centers	1-517-381-8000	
Montmorency	Thunder Bay Community Health Service	989-785-4855	
National	Healthcare Exchange	1-800-318-2596	
National	Department of Veterans Affairs	1-877-222-8387	Link to apply for benefits
National	Medicare Information	1-800-633-4227	Link to sign up for benefits
National	Eye Care of America - Foundation of the American Academy of Ophthalmologists	877-887-6327	
National	Social Security Administration	1-800-772-1213	
Otsego	Dental Clinics North	1-877-321-7070	
Wexford	My Community Dental Center	1-877-313-6232	
Wexford	Great Lakes Family Care		Offers medical and dental services

Physical Activity and Exercise



Shape Up North (SUN) is a community collaboration created to provide resources to help you and your family achieve and maintain a healthy weight. Shape Up North offers tips, guidance, and support for individuals, schools, businesses and health care providers in northern Michigan.

Visit their website to find all activity related offerings in your community: shapeupnorth.com

