

EVIDENCE-BASED DIABETES EDUCATION IN DAVIS COUNTY

BEST times for diabetes education:

- Initial diabetes diagnosis
- Annual assessment of education, emotional, & nutritional needs
- When new complications arise
- When changes in care occur

PRE-DIABETES DIAGNOSIS

National Diabetes Prevention Program (National DPP)

Lifestyle change program for preventing type 2 diabetes focusing on healthy eating, adding activity into daily life and improving problem-solving and coping skills

Farmington Health Center (UofU)	801.213.8720	In-person and online options
Layton Clinic (IHC)	801.387.7900	In-person only

DIABETES DIAGNOSIS

Diabetes Self-Management Education/Training (DSME/T) - *Physician referral required*

Education by a registered dietitian, nurse or pharmacist on how to manage diabetes

Davis Hospital (Layton)	801.807.7360	Registered dietitian or nurse
Tanner Clinic (Layton)	801.773.4840	Ex. 3152
Ogden Clinic	801.475.3000	Certified Diabetes Education Specialist
Bountiful Clinic (IHC)	801.397.6400	Free monthly classes
Farmington Health Center (UofU)	801.587.3930	1 day training in SLC/free to uninsured

DISEASE MANAGEMENT

Living Well with Diabetes - *Bi-directional referral available*

Living Well with Chronic Conditions - *Bi-directional referral available*

6 week self management courses for individuals or caregivers living with either diabetes or chronic conditions (2 separate courses)

Davis County Health Department	801.525.5087	Various locations in county
Farmington Health Center (UofU)	801.213.6675	
Wade Family Medicine (Bountiful)	801.298.9155	

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For additional information: www.LivingWell.Utah.gov



DIABETES RESOURCES

LOW-COST INSULIN PROGRAMS



UTAH INSULIN SAVINGS PROGRAM

Who is eligible?

Any Utahn with diabetes who uses insulin as treatment and is not covered by PEHP through the State Plan.

How does it work?

Apply at utahinsulin.net or use the QR code, and if eligible, receive an ID card to bring with you to the pharmacy. Show this card to the pharmacist with your prescription and ask for the Savings Program discount rate.

What brands are covered?

Covered insulin brands include Lantus®, Toujeo®, Toujeo Max®, Novolin®, Novolog®, and other Novo brand mixed insulins. Both vials and pens are available. If your brand isn't listed, talk to your doctor about switching.



ASSISTANCE PROGRAMS THROUGH INSULIN MANUFACTURERS

Some manufacturers offer low-cost insulin programs based on eligibility. For more information, visit insulinhelp.org or use the QR code.

- **Lilly Diabetes Solution Center:** 833-808-1234
- **Novo Nordisk NovoCare:** 1-844-NOVO4ME (1-844-668-6463)
novocare.com/diabetes-overview
- **Sanofi Patient Assistance Program:** 1-855-984-6302
- **MannKind Support Programs** (Afrezza, insulin inhalation powder)
 - Copay Program: afrezza.com/savings-program
 - Direct Purchase: insulinsavings.com

*If you need additional help applying, call the Davis Midtown Community Health Center at [\(801\) 334-0030](tel:8013340030) (\$10 service fee).



ADDITIONAL RESOURCES

Discount Card Programs

- GoodRx, FamilyWize, Inside Rx, RxSaver, Coast2CoastRx, and more.

Medicare Part D 2023

- Plans cannot charge over \$35 for a one-month supply of each Part D covered insulin. Use the QR code or visit medicare.gov/coverage/insulin to learn more.

