

FAYETTE COUNTY DIABETES RESOURCE GUIDE

YOUR GUIDE TO...



PROGRAMS & CLASSES



SUPPORT GROUPS



EXERCISE



HEALTHCARE



MEDICATION ASSISTANCE PROGRAMS



COALITIONS



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DIABETES PROGRAMS AND CLASSES

ACCESSIBLE HOME CARE OF FRANKFORT

Services: Diabetes Self-Management Programs and Diabetes Prevention Programs (online/long distance).

Contact: Lydia Jacobs, ljacobs@ahcglobal.com or (859) 621-4815 for program dates, times, and locations.

Cost: Call or email for information.

BAPTIST HEALTH LEXINGTON

Services: Diabetes Self-Management Education: Both individual and group classes available with day and evening options. Diabetes Prevention Program: A one-year program which meets monthly the first six months and one to two times per month the remaining six months. Informational sessions are offered monthly.

Contact: Kathleen Stanley, kstanley@bhsi.com or (859) 260-5122 for program dates, times, locations, and cost. May register for Diabetes Prevention Program online at www.baptisthealth.com/lexington/Pages/services/diabetes/diabetes-prevention-program.aspx

Cost: Call or email for information.

DIALYSIS CLINIC, INC.

Services: Chronic Kidney Disease and Treatment Options Education meets monthly at different locations.

Contact: Kathy Herald, kathy.herald@dciinc.org or (859) 252-7712 for dates, times, and locations.

Cost: Free

FRESENIUS KIDNEY CARE

Services: Chronic Kidney Disease and Treatment Options Education Programs. A 2.5 hour class offered twice monthly.

Contact: Julie Lynch, Julie.c.lynch@fmc-na.com or (859) 550-3286 for dates, times, and locations.

Cost: Free

KC WELLNESS, INC.

Services: Diabetes Management with practical advice from an educator to help manage common lifestyle issues associated with diabetes related to diet, exercise, and communication with health care team and family.

Address: 824 Euclid Ave., Suite 101

Contact: www.kcwell.com, info@kcwell.com or (859) 269-9934

Cost: Call or email for information

KENTUCKYONE HEALTH DIABETES AND NUTRITION CARE PROGRAM

Services: Diabetes Prevention Program meets weekly for 16 weeks then once a month for 6 months. Diabetes Self-Management Education and Support is a 3-hour class with an individual follow-up appointment.

Address: 1594 Harrodsburg Rd. or 150 N. Eagle Creek Dr., Suite 321

Contact: www.kentuckyonehealth.org/diabetes-classes. For dates, times, and location, contact Janelle Schnake at janelleschnake@sjhlex.org or (859) 313-2595; OR Claudia Burnett at campbecl@sjc.sjhlex.org or (859) 967-5653.

Cost: Call or email for information.

KROGER PHARMACY

Services: Diabetes Prevention Program meets weekly for 16 weeks, then monthly. Diabetes Self-Management Education.

Address: 3175 Beaumont Centre Circle (Kroger-Beaumont)

Contact: Brooke Hudspeth at brooke.hudspeth@kroger.com or (859) 373-0841; OR Kroger-Beaumont Pharmacy at (859) 219-1842 for date, time, location, and cost.

Cost: Call or email for information

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

Email or call the contacts below for date, time, and location of programs.

Services:

- **Diabetes Self-Management Education and Support:** Nationally accredited ten-hour program provided over four weeks by Certified Diabetes Educators.
Contact: Tami Ross at tami.ross@ky.gov or (859) 288-2332 for date, time, and location
Cost: Free
- **Diabetes Prevention Program:** Year-long program providing lifestyle change education and support for individuals with pre-diabetes.

Meets weekly first four months, biweekly for two months, and monthly for the final six months. Led by a Registered Dietitian.

Contact: Melissa Smith, MelissaR.Smith@ky.gov or (859) 288-2446 for date, time, and location

Cost: Free (insurance may be billed)

- **Diabetes Basics, Diabetes Nutrition Basics, and Pre-diabetes Programs:** Two-hour programs that provide the basics about managing diabetes or prediabetes.

Contact: Tami Ross at tami.ross@ky.gov or (859)288-2332 for date, time and location

Cost: Free

- **Gestational Diabetes Classes:** Weekly one-hour classes led by Registered Dietitians/Certified Diabetes Educators who provide guidance on healthy eating, being active, monitoring, and taking prescribed diabetes medications. On Wednesdays 1-2 pm at Public Health South – 2433 Regency Road. Spanish interpreter available.

Contact: Nancy Hiner at nancyg.hiner@ky.gov or (859) 288-2344 for date, time, and location

Cost: Free

Address: 650 Newtown Pike or 2433 Regency Rd.

Website: www.lexingtonhealthdepartment.org

YMCA OF CENTRAL KENTUCKY

Services: Diabetes Prevention Program meets weekly for 16 weeks, then monthly.

Address: High Street, C.M. Gatton Beaumont, North Lexington, Whitaker Family

Contact: Corey Donohoo at cdonohoo@ymcaky.org

Cost: \$429. Scholarships available. Insurance covers for UHC members and Anthem KEHP employees (includes 12-month household membership \$1000 value).



DIABETES AND WEIGHT MANAGEMENT SUPPORT GROUPS

BALLARD-GRIFFITH TOWERS DIABETES SUPPORT GROUP

Facilitated by Lexington-Fayette County Health Department

Meeting: First Wednesday of each month from 2:30-3:30 pm. Each group focuses on a different diabetes topic with the opportunity to learn, share, and get questions answered. Family and support persons are welcome.

Location: 650 Tower Plaza

Contact: Tami Ross at tami.ross@ky.gov or (859) 288-2332; OR Mark Johnson, Resident Service Coordinator at Ballard-Griffith Towers at (859) 281-5048

Cost: Free

BLUEGRASS COMMUNITY HEALTH CENTER DIABETES SUPPORT GROUP (EN ESPAÑOL)

Facilitated by Lexington-Fayette County Health Department

Meeting: Last Wednesday of each month from 6-7 p.m.

Location: 1306 Versailles Rd., Suite 120

Contact: Lexington-Fayette County Health Department at (859) 288-2446.

Cost: Free

EAT, MOVE, LOSE WEIGHT LOSS SUPPORT GROUP

Facilitated by Lexington-Fayette County Health Department

Meeting: First Tuesday of the month 12-1 p.m. Learn ways to lose weight and keep it off.

Location: Public Health South, 2433 Regency Rd.

Contact: Nancy Hiner, nancyg.hiner@ky.gov or (859) 288-2344.

Cost: Free

KENTUCKYONE HEALTH DIABETES AND NUTRITION CARE PROGRAM

Meeting: Third Wednesday of the month from 11 a.m.-12 p.m. For anyone who has diabetes or is interested in learning more about managing diabetes. Family members and friends are welcome.

Location: 1594 Harrodsburg Rd.

Contact: Janelle Schnake, janelleschnake@sjhlex.org or (859) 313-2595; OR Kelli Henderson, kellihenderson@sjhlex.org or (859) 313-2260

Cost: Free

LEXINGTON SENIOR CENTER DIABETES SUPPORT GROUP

Facilitated by Lexington-Fayette County Health Department

Meeting: Second Monday of each month from 9-10 a.m. Learn, share, and get questions answered about different diabetes topics. Family and support persons are welcome.

Location: Lexington Senior Center, 195 Life Ln.

Contact: Nancy Hiner, nancyg.hiner@ky.gov or (859) 288-2344

Cost: Free

NATHANIEL MISSION DIABETES SUPPORT GROUP

Facilitated by Lexington-Fayette County Health Department

Meeting: Fourth Tuesday of each month from 4-5:15 p.m. Learn, share, and get questions answered about different diabetes topics. Family and support persons are welcome.

Location: Nathaniel Mission Health Clinic, 1109 Versailles Rd., Suite 250

Contact: Tami Ross, tami.ross@ky.gov or (859) 288-2332

Cost: Free



EXERCISE

FAYETTE COUNTY COOPERATIVE EXTENSION

Services: Periodically provide free or low cost exercise programs. Check online Upcoming Events calendar.

Address: 1140 Harry Sykes Way

Contact: Visit <https://fayette.ca.uky.edu/> or (859) 257-5582.

WILLIAM WELLS BROWN COMMUNITY CENTER

Sponsored by Lexington Parks and Recreation

Services: Aerobics, kettlebell, line dancing, Solid Gold aerobics, Turbo Kick, walking club, weight room, yoga, Zumba

Address: 548 East Sixth St.

Contact: Visit www.lexingtonky.gov/communitycenters. Center Director Jill Chenault-Wilson, jwilson@lexingtonky.gov or (859) 389-6678.

YMCA OF CENTRAL KENTUCKY

Services: Variety of exercise facilities, programs and activities

Lexington Locations:

C.M. Gatton
3251 Beaumont Centre Circle
(859) 219-9622

North Lexington
381 West Loudon Avenue
(859) 258-9622

High Street
239 East High Street
(950) 254-9622

Whitaker Family
2681 Old Rosebud Road
(859) 543-9622

Contact: Visit <http://www.ymcacky.org/> or call one of the phone numbers above.



HEALTHCARE

BAPTIST HEALTH LEXINGTON

Address: Diabetes Education Department, 1740 Nicholasville Rd.

Website: www.baptisthealthlexington.com

Contact: Kathleen Stanley, KStanley@BHSI.com or (859) 260-6674

BCTC DENTAL HYGIENE CLINIC

Provides dental cleanings by first and second year dental students at a reduced cost. Appointments for the general public are \$35 with a second year student (children under 12 and adults over 60 pay \$25) and \$10 with a first year student. Appointment required.

Address: 470 Cooper Dr., Room 250

Contact: (859) 246-6857

BLUEGRASS COMMUNITY HEALTH CENTER

A non-profit Federally Qualified Health Center (FQHC) and patient-centered medical home providing care to Kentucky families. Has Spanish-speaking providers.

Address: 1306 Versailles Rd., Suite 120; 151 N. Eagle Creek Dr., Suite 220
Contact: <https://bchc.eku.edu/> or (859) 259-2635

HEALTHFIRST BLUEGRASS

A non-profit Federally Qualified Health Center (FQHC) that provides affordable healthcare for everyone, regardless of ability to pay.

Addresses:

- Bryan Station Medical, 1640 Bryan Station #1
- Southland Medical and Dental, 496 Southland Dr.
- Newtown Pike Dental, 650 Newtown Pike
- Hope Center's Dr. Gordon Hyde Hope Health Clinic, 360 W. Loudon Ave.

Contact: Visit www.healthfirstlex.com. (859) 288-2425; after hours (859) 335-7200

Cost: Sliding fee schedule

KENTUCKYONE HEALTH

Address: 1 Saint Joseph Dr.; **Contact:** (859) 313-1000

Address: 150 North Eagle Creek; **Contact:** (859) 967-5000

LEXINGTON CLINIC ENDOCRINOLOGY

Specializes in the treatment of diabetes as well as other thyroid and parathyroid disorders.

Address: 1221 South Broadway

Contact: Visit www.lexingtonclinic.com/endocrinology.html. (859)258-4401 or (877)232-3533

LEXINGTON-FAYETTE COUNTY HEALTH DEPARTMENT

Services provided include diabetes education, prevention and support programs.

Address: 650 Newtown Pike and 2433 Regency Rd.

Contact: Visit www.lexingtonhealthdepartment.org. (859) 252-2371 or diabetes program (859) 288-2332.

LEXINGTON VA MEDICAL CENTER

Address: Cooper Division, 1101 Veterans Dr.; **Contact:** (859) 233-4511

Address: Leestown Division, 2250 Leestown Rd.; **Contact:** (859) 233-4511

NATHANIEL MISSION HEALTH CLINIC

A wide variety of clinics and classes are offered to alleviate issues of health in the community including vision clinic, podiatry clinic and diabetes support.

Address: 1109 Versailles Rd., Suite 250

Contact: www.nathanielmission.com, info@nathanielmission.com, or (859) 255-0062

THE REFUGE CLINIC

Provides comprehensive primary medical care, oral surgery, eye care, gynecological care, psychiatric care, and counseling to both the uninsured and underinsured.

Address: 2349 Richmond Rd., Suite 220

Website: www.refugeclinic.org

Contact: (859) 225-4325

UK BARNSTABLE BROWN DIABETES CENTER

Multidisciplinary center designed to provide medical management in every area of diabetes, as well as educational support to assist in implementing lifestyle changes.

Address: UK HealthCare Turfland, 2195 Harrodsburg Rd., Suite 125

Contact: Adult line (859) 323-2232; Pediatric line (859) 323-5404; <https://ukhealthcare.uky.edu/services/diabetes-treatment>

UK POLK-DALTON CLINIC

Providing health care with compassion for Lexington's Northside and urban community. Offers convenient family medical services for the entire family. Accepts most insurance plans including Medicaid and Medicare.

Address: 217 Elm Tree Ln.

Contact: <https://ukhealthcare.uky.edu/polk-dalton-clinic>, (859) 257-8801

UK SALVATION ARMY CLINIC

Free clinic run by medical students from the University of Kentucky. Provides free medical services to the uninsured in Lexington.

Address: 736 West Main St.

Contact: www.uksac.org, (859) 488-1223



MEDICATION ASSISTANCE PROGRAMS

Get help with free or discounted prescription medications

ABBVIE PATIENT ASSISTANCE FOUNDATION

Provides AbbVie medicines at no cost to people experiencing financial difficulties. Check the website for a list of medications available through the program.

Contact: www.abbviepaf.org, (800) 222-6885

ASTRAZENECA PHARMACEUTICALS - AZ&ME PRESCRIPTION SAVINGS PROGRAM

For those not currently receiving prescription drug coverage under a private insurance or government program, or receiving other assistance to help pay for medicine.

Diabetes Medications: Bydureon (exenatide), Bydureon BCise (exenatide extended-release), Byetta (exenatide), Farxiga (dapagliflozin), Symlin (pramlintide acetate), Xigduo XR (dapagliflozin/metformin hydrochloride extended-release).

Contact: www.azandmeapp.com, (800) 292-6363

BAYER HEALTHCARE PATIENT ASSISTANCE PROGRAM

Regardless of insurance coverage, individuals may be able to take advantage of savings on their out of pocket expenses for select Bayer products, using the Bayer Savings Card. This site can help you enroll or help you activate your Bayer Savings Card.

Contact: Visit www.savingscard.bayer.com or call (866) 575-5002 to find out medications covered and application process

BD INSULIN SYRINGE ASSIST PROGRAM

Diabetes Supplies: BD syringes, pen needles, lancets

Contact: www.bd.com, (866) 818-6906

BOEHRINGER INGELHEIM

Diabetes Medications: Jardiance (empagliflozin), Jentadueto (linagliptin/metformin)

Contact: www.boehringer-ingelheim.com, (800) 243-0127

BRISTOL-MYERS SQUIBB COMPANY-PATIENT ASSISTANCE PROGRAM

No diabetes medications covered at the time of print. Check website for all prescription medications covered.

Contact: www.bms.com, (800) 332-2056

GLAXOSMITHKLINE (GSK)-GSK FOR YOU

Diabetes Medications: Avandia (rosiglitazone maleate), Avandamet (rosiglitazone/metformin HCL), Avandaryl (rosiglitazone maleate/glimepiride)

Contact: www.gskforyou.com, (888) 825-5249

HEALTHWELL FOUNDATION

Helps the underinsured afford critical medical treatments.

Contact: www.healthwellfoundation.org, (800) 675-8416

JANSSEN PHARMACEUTICALS CAREPATH SAVINGS PROGRAM

Program to help cover co-pay costs for those with private and commercial insurance.

Diabetes Medications: Invokamet (canagliflozin/metformin HCL), Invokamet XR (canagliflozin/metformin HCL extended release), Invokana (canagliflozin)

Contact: www.invokana.com/cost-support-resources, (800) 526-7736

JOHNSON & JOHNSON PATIENT ASSISTANCE FOUNDATION (JJPAF)

This non-profit organization helps uninsured and those in financial need receive free medication donated by Johnson & Johnson Operating Companies.

Diabetes Medications: Invokamet (canagliflozin/metformin HCL), Invokamet XR (canagliflozin/metformin HCL extended release), Invokana (canagliflozin)

Contact: www.jjpaf.org, (800) 652-6227

LILLY CARES FOUNDATION PATIENT ASSISTANCE PROGRAM

Helps individuals obtain needed Lilly medications.

Diabetes Medications: Basaglar (insulin glargine), Glucagon , Humalog (insulin lispro), Humulin (insulin human rDNA origin), Trulicity (dulaglutide)

Contact: www.lillycares.com/assistanceprograms.aspx, (800) 545-6962

MEDTRONIC MINIMED FINANCIAL ASSISTANCE PROGRAM

Diabetes Equipment and Supplies: insulin pumps, pump supplies

Contact: www.medtronicdiabetes.com/customer-support/ordering-and-billing/billing, (800) 646-4633 option 4

MERCK'S PATIENT ASSISTANCE PROGRAM

Diabetes Medications: Janumet (sitagliptin/metformin HCL), Janumet XR (sitagliptin/metformin HCL extended release), Januvia (sitagliptin)

Contact: www.merckhelps.com, (800) 727-5400

NOVO NORDISK PHARMACEUTICALS, INC.-CORNERSTONES4CARE PATIENT ASSISTANCE PROGRAM

Provides free Novo Nordisk diabetes medications to those who qualify.

Diabetes Medications: Fiasp (insulin aspart), Levemir (insulin detemir rDNA origin), Novolin (human insulin rDNA origin), Novolog (insulin aspart rDNA origin), Novolog mix 70/30 (insulin aspart protamine/insulin aspart), Ozempic (semaglutide), Tresiba (insulin degludec), Victoza (liraglutide), Xultophy 100/3.6 (insulin degludec/liraglutide)

Contact: www.cornerstones4care.com/patient-assistance-program.html, (866) 310-7549

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

General: Helps uninsured or underinsured individuals access needed medicines at little to no cost. **Visit** www.pparx.org.

Diabetes: Connects individuals with diabetes who need financial assistance with diabetes supplies and related health care items and services with assistance programs. **Visit** https://www.pparx.org/prescription_assistance_programs/diabetes_programs_supplies.

PATIENT ACCESS NETWORK (PAN) FOUNDATION

Helps the underinsured pay out-of-pocket expenses to get needed medical treatment.

Contact: <https://panfoundation.org/index.php/en/>, (866) 316-7263, or info@panfoundation.org

PATIENT ADVOCATE FOUNDATION

Provides patients with arbitration, mediation, and negotiation to settle issues with access to care, medical debt, and job retention related to their illness.

Contact: www.patientadvocate.org, (800) 532-5274

PATIENT ADVOCATE FOUNDATION CO-PAY RELIEF

Provides direct financial assistance with co-payments, co-insurance and deductibles for prescribed medications.

Contact: www.copays.org, (866) 512-3861, or (757) 952-0118

PFIZER RXPATHWAYS

Connects eligible individuals to a range of assistance programs that offer insurance support, co-pay help, and free medicines, or at a savings.

Diabetes Medications: Glucotrol (glipizide), Glynase (micronized glyburide), Glyset (miglitol)

Contact: www.pfizerxpathways.com, (844) 989-7284

RX ASSIST-PATIENT ASSISTANCE PROGRAM CENTER

Provides a current and comprehensive database of pharmaceutical assistance programs.

Contact: www.rxassist.org

RX HOPE

A web-based resource that facilitates prescribers in helping low-income individuals navigate the patient assistance program journey to get their medications for free or at low cost.

Contact: www.rxhope.com

RX OUTREACH

A nonprofit pharmacy that provides affordable medication through mail order.

Contact: www.rxoutreach.org, (888) 796-1234 or (800) 769-3880

SALVATION ARMY PRESCRIPTION AND MEDICAL ASSISTANCE

Assistance for low income and homeless individuals to access necessary medical services, durable medical equipment, and prescription medications.

Contact: https://ky.salvationarmy.org/lex-kentucky/medical_assistance, (859) 252-7706 ext. 305

SCBN PATIENT ASSISTANCE PROGRAM

Prescription assistance program for uninsured or underinsured.

Contact: www.scbn.org, (888) 331-1002

TOGETHER RX

Individuals and families without prescription drug coverage can gain access to immediate savings on hundreds of brand name and generic prescription products at their neighborhood pharmacies through this resource.

Contact: www.togetherrxaccess.com, (800) 444-4106



DIABETES COALITIONS

FAYETTE COUNTY DIABETES COALITION

Membership is open to anyone concerned about diabetes and making an impact in the community.

Meetings: Fourth Thursday of the month from 12-1:30 p.m. at Public Health South, 2433 Regency Road. Call to confirm meeting time/date.

Contact: www.facebook.com/FayetteCountyDiabetesCoalition, Tami Ross, Secretary at tami.ross@ky.gov or (859) 288-2332

Cost: Free

KENTUCKY DIABETES NETWORK (KDN)

Nonprofit statewide diabetes coalition that provides diabetes improvement tools, resources, best practices, networking opportunities and the latest information for health care teams, individuals with diabetes, employers, public and private health plans, community coalitions and other organization or individuals passionate about diabetes. Membership is free and open to anyone concerned about diabetes and making an impact in Kentucky.

Meetings: Quarterly. Check website for meeting dates, locations, and times.

Contact: www.kydiabetes.net, info@kydiabetes.net, or (502) 564-7996 ext. 4444. Connect on Facebook, Twitter, and LinkedIn.

Cost: Free



OTHER COMMUNITY RESOURCES

AMERICAN DIABETES ASSOCIATION

Mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Contact: www.diabetes.org, Kirsten Rowland (local) at krowland@diabetes.org or (859) 268-9129, (800) 342-2383 (national)

BENEFITS CHECK-UP

A service of the National Council on Aging that provides information on a number of benefits programs that can assist older adults.

Website: www.benefitscheckup.org

FAYETTE COUNTY COOPERATIVE EXTENSION

Services: Helps people improve their lives through an educational process focusing on their issues and needs. Provides a variety of free or low-cost programming and events.

Address: 1140 Harry Sykes Way

Contact: <https://fayette.ca.uky.edu/>, (859) 257-5582

FRIEDEL DIABETES AWARENESS COMMITTEE

Works to prevent the development of diabetes.

Contact: <http://s586682931.onlinehome.us/Friedell/> or JD Miller at jdmill01@uky.edu

GET HELP LEXINGTON

A resource locator for anyone in search of substance abuse facilities and services.

Website: www.gethelpplex.org

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)-KENTUCKY AND SOUTHERN INDIANA CHAPTER

Accelerating life-changing breakthroughs to cure, prevent and treat type 1 diabetes and its complications.

Contact: www.jdrf.org/kentucky/, kentucky@jdrf.org, or (502) 485-9397

KENTUCKY DIABETES RESOURCE DIRECTORY

Online directory to locate diabetes health care professionals, resources, programs, and events by County throughout Kentucky.

Contact: <https://prd.chfs.ky.gov/KYDiabetesResources/> or Google Kentucky Diabetes Resource Directory

KENTUCKY HEALTH BENEFIT EXCHANGE

Find free, in-person assistance from trained and certified people to help with health insurance plans, Medicaid, and KCHIP.

Contact: www.kynect.ky.gov, (855) 459-6328

LEGAL AID OF THE BLUEGRASS

Legal representation for Medicaid and Medicare.

Contact: www.lablaw.org, (859)233-4556

LEXINGTON LIONS CLUB

Services: Provides assistance with vision concerns, eye exams, eye glasses, and eye surgeries.

Contact: <https://e-clubhouse.org/sites/lexingtonky/>

NEW EYES: GLASSES FOR THOSE IN NEED

Obtain basic prescription eyeglasses through a well-established voucher program.

Contact: www.new-eyes.org

SALVATION ARMY

Can help with the purchase of prescription medications and medically necessary equipment such as hearing aids, diabetes test strips, or a wheelchair for low-income individuals. Also emergency assistance food pantry, clothing, personal care kits, diapers, household items and school supplies.

Contact: <https://ky.salvationarmy.org>, (859) 252-7706

