



Informational Websites for our Members

DIABETES:

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| 1) Diabetes Education - American Diabetic Associations | website: https://www.diabetes.org |
| 2) Centers For Disease Control and Prevention | website: https://www.cdc.gov/diabetes/basics/diabetes.html |

SMOKING CESSATION:

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| 1) Smoking Cessation – SmokeFree | website: https://smokefree.gov |
| 2) Smoking Cessation – CDC | website: https://www.cdc.gov/tobacco/quit_smoking/index.htm |
| 3) Smoking Cessation – California Smokers’ Helpline | website: https://www.nobutts.org/free-services |
| 4) Smoking Cessation – California Smokers’ Helpline | Toll Free: 1-800-987-2908 |

NUTRITION:

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| 1) Nutrition Education – U.S. Dept. of Agriculture | website: https://www.nutrition.gov |
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***You can also check your Health Plan resources by visiting their website or contacting them.
Contact information of health plan can be locate behind your Health Plan ID Card.***