

Checklist



Important Information to Keep in Your Kit - Write down or copy the following:	Check if Completed
Type of diabetes you have	
Other medical conditions, allergies, and previous surgeries	
Current medications, doses, and time you take them. Include your pharmacy name, address and phone number.	
Previous diabetes medications you have taken	
A letter from your diabetes care team with a list of your most recent diabetes medications, if possible.	
A copy of your most recent laboratory result, like A1C results	
Make, model and serial number of your insulin pump or CGM. Include pump manufacturer's phone number in case you need to replace your device.	
Doctor's name, phone number, and address	
Phone numbers and email addresses for your family, friends, and work. Include out-of-town contacts.	
A copy of your health insurance card	
A copy of your photo ID	
Cash	
Diabetes Supplies	
Additional week supply (or more) of all medications, including insulin and Glucagon, if prescribed.	
Supplies to check your blood sugar, like testing strips and lancets. Don't forget extra batteries!	
Extra supplies for insulin pump or CGM	
Cooler and reusable cold packs: Note: Do NOT use dry ice and do not freeze the medication	
Empty plastic bottle or sharps container to safely carry syringes, needles and lancets	
Items to treat high blood sugar such as pump supplies (infusion sets) and/or syringes	
Items to treat low blood sugar (hypoglycemia), like: Juice, regular soda, honey, hard candy (sugar free), Glucose tablets, Glucagon	
Document for others that identifies specific signs of high and low blood sugar.	
Helpful if a person is unable to communicate, signs can be mistaken for drug or alcohol intoxication.	
Other Supplies to Pack	
2-day supply of non-perishable ready-to-go food, like: Pre-packaged tuna, beans, cheese and cracker snacks; nuts or nut butters; high fiber cereals; high-fiber/protein granola bars; dried fruits; anything according to dietary restrictions	
A 3-day supply of bottled water (or more)	
Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms	
First aid supplies like bandages, cotton swabs, and antibiotic ointments or creams	
Extra clothing, including socks and undergarments	
Cell phone and charging supplies for phone and pump including battery pack	
Flashlight and batteries	

Checklist

Important Information to Keep in Your Kit - Write down or copy the following:	Check if Completed
Other Recommendations	
Make sure that all your vaccinations are up-to-date	
Choose a meeting place with your family in case you are separated. Write down location and include in your kit.	
Wear a medical ID or medical alert bracelet or other form of identification in case you are evacuated to a relief shelter. For children, write down name of school, address and phone number	

DO YOU OR A LOVED ONE HAVE DIABETES AND USE INSULIN?

Make a plan to stay healthy during natural disaster or emergency

Managing diabetes can be even harder when you are dealing with a major storm, loss of electricity, and possible evacuation from your home. Building a “diabetes kit” now can save a lot of worry and time when a disaster strikes. A checklist template is included for your use.



Your diabetes kit can be stored in an easy-to-carry waterproof bag or container to hold the documents, information, and supplies that you will want to have with you.

Important Information to Keep In Your Kit - Write down or copy the following:

- Type of diabetes you have
- Other medical conditions, allergies, and previous surgeries
- Current medications, doses, and time you take them. Include your pharmacy name, address and phone number.
- Previous diabetes medications you have taken
- A letter from your diabetes care team with a list of your most recent diabetes medications, if possible.
- A copy of your most recent laboratory result, like A1C results
- Make, model and serial number of your insulin pump or CGM. Include pump manufacturer’s phone number in case you need to replace your device.
- Doctor’s name, phone number, and address
- Phone numbers and email addresses for your family, friends, and work. Include out-of-town contacts.
- A copy of your health insurance card
- A copy of your photo ID
- Cash



Source: Adapted from American Association of Clinical Endocrinologists (AACE) - My Diabetes Emergency Plan. For additional emergency preparation resources for people with diabetes, visit: <http://mydiabetesemergencyplan.com/>

Diabetes Supplies

- Additional week supply (or more) of all medications, including insulin and Glucagon, if prescribed.



If you lose power and you have unused insulin, don't throw it out! In an emergency, it is okay to use expired or non-refrigerated insulin.



- Protect your insulin pump from water.
- Supplies to check your blood sugar, like testing strips and lancets. Don't forget extra batteries!
- Extra supplies for insulin pump or CGM
- Cooler and reusable cold packs
 - Note: Do NOT use dry ice and do not freeze the medication
- Empty plastic bottle or sharps container to safely carry syringes, needles and lancets
- Items to treat high blood sugar such as pump supplies (infusion sets) and/or syringes
- Items to treat low blood sugar (hypoglycemia), like:
 - Juice
 - Regular soda
 - Honey
 - Hard candy (not sugar-free)
 - Glucose tablets
 - Glucagon

Other Supplies to Pack



- 2-day supply of non-perishable ready-to-go food, like:
 - Pre-packaged tuna, beans, cheese and cracker snacks etc.
 - Nuts or nut butters
 - High-fiber/protein granola bars
 - Dried fruits
 - Anything according to dietary restrictions
- A 3-day supply of bottled water (or more)

- Pen/pencil and notepad to record blood sugar, other test results and any new signs/symptoms
- First aid supplies like bandages, cotton swabs, and antibiotic ointments or creams
- Extra clothing, including socks and undergarments
- Cell phone and charging supplies for phone and pump including battery pack
- Flashlight and batteries

Other Recommendations

- Make sure that all your vaccinations are up-to-date.
- Choose a meeting place with your family in case you are separated. Write down location and include in your kit.
- Wear a medical ID or medical alert bracelet or other form of identification in case you are evacuated to a relief shelter.
- For children, write down name of school, address and phone number.



Additional phone numbers/websites that might be useful:

Customer Care Insulin Manufacturers

Lilly: 800-545-5979

Sanofi-Aventis: 800-633-1610

Novo Nordisk: 800-727-6500



Customer Care Insulin Pump Manufacturers

Omnipod/Insulet: 800-591-3455

Dexcom: 888-738-3646

Medtronic: 800-633-8766



Health Insurance

Centers for Medicare and Medicaid Service - www.cms.hhs.gov.

Insure Kids Now! - Every state in the nation has a health insurance program for people under 18. This website is offered by the US Health and Human Services Department - www.insurekidsnow.gov; 800-877-Kids-Now.

National Drugstores and Pharmacy Chain Patient Assistance - Speak with your local pharmacist about their prescription programs. Stores with these programs include Costco, CVS, K-mart, Rite Aid, Target, Wal-Mart, and others.

NIDDK - Publication called "Financial Help for Diabetes Care" which offers programs, that may provide coverage for medical expenses for a person with diabetes. The publication can be viewed online at www.diabetes.niddk.nih.gov/dm/pubs/financialhelp/; 800-860-8747.

Partnership for Prescription Assistance - Assistance program available to help offset the cost of supplies or prescription medicines 888-477-2669 or www.pparx.org.

United Healthcare Children's Foundation - The Foundation provides financial assistance toward the family's share of the cost of medical services; www.uhccf.org.

www.freemedicine.com - Provides prescription medication for people who do not have adequate insurance coverage or are experiencing financial hardship – no toll-free number but can be reached at 573-996-7300.

Companies that Donate Supplies

Aventis – Donates Lantus insulin; 800-221-4025.

Becton, Dickinson and Company (BD) – Money saving coupons for syringes and patients just need to call and request coupons. The company also offers a one-time only coupon for a free box of syringes. Lifescan – contact for assistance with glucose monitor supplies at 800-227-8862 or send an email request with name and address to CustomerService@Lifescan.com.



BlinkHealth - <https://www.blinkhealth.com/>.

Lilly Cares – Donates insulin (basalglar, Glucagon, Trulicity, Humalog, Humulin and Mumalog Mix) – a patient can apply for a 3-month supply of insulin for free. A patient must submit a new application each time he/she is applying. The patient needs the doctor's involvement or letter stating the need for insulin; 800-545-6962.

Novo Nordisk - A prescription savings program for Novolin R, N or 70/3010 ml vials to help uninsured patients or patients enrolled in a high deductible health plan at any pharmacy in the CVS Caremark retail network.

You will pay \$25 per vial after downloading a prescription savings card; <https://www.reducedrx.com/>.

Novo Nordisk Patient Assistance Program (PAP) - Provides free medicine (to those who qualify) including: Levemir, Novolog, Novolog Mix 70/30, Novolin, GlucaGen Hype Kit, Victoza and disposable needles for FlexPens and Victoza. (Insulin is vial only no pens); <http://novonordisk-us.com/patients/patientassistance-programs/diabetes-care.html>.

Sanofi Patient Connection Program - No insurance. Provides Apidra, Lantus, Soliqua 100/33 and Toujeo at no cost to patients who meet program eligibility requirements; <http://www.sanofipatientconnection.com/patient-assistance-connection>.

Additionally, drug companies that sell insulin or diabetes medications usually have patient assistance programs. Such programs are available only through a physician.

Other programs are at:

www.rxassist.org

www.freemedicinefoundation.com

www.needymeds.org

www.cr3diabetes.org

www.ncsl.org/programs/health/drugaid.htm



*Source: Adapted from American Association of Clinical Endocrinologists (AACE) - My Diabetes Emergency Plan.
For additional emergency preparation resources for people with diabetes, visit: <http://mydiabetesemergencyplan.com/>*