

Diabetes Management

Resource Guide

Helpful information for people with diabetes and their families



Blount Memorial
Weight Management Center

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Diabetes is a chronic disease, yet it can be controlled through diet, exercise and lifestyle changes. To make it easier for you to find and afford the medications, supplies and support you need to manage your diabetes, the certified diabetes educators (*CDE*) at the Blount Memorial Weight Management Center have created this helpful guide. Inside, you'll find local resources for diabetes patients and their families, including low-cost prescription medication and medical supply options.



For more information about the diabetes education classes and other diabetes management services offered by the Weight Management Center, call Blount Memorial diabetes management program coordinator and certified diabetes educator Dawn Hollaway at 865-977-5767.

DIABETES BASICS

If you've been diagnosed with diabetes, you are not alone. According to the latest statistics available from the National Diabetes Fact Sheet, 25.8 million children and adults in the United States have diabetes. Of those, 18.8 million have been diagnosed, and 7 million do not know that they have the disease.

Having diabetes can increase your risk for many serious health problems including heart disease, glaucoma and cataracts, skin infections, nerve damage (*neuropathy*), amputation, high blood pressure and depression. Fortunately, you can help prevent complications and protect your overall health by taking control of your disease.

Effective diabetes management requires eating a healthy diet, being physically active every day and taking any medications as prescribed by your health care provider. Ask your friends and family to support you in your efforts. Together, you can live well with diabetes.

TIP:

Having diabetes doesn't mean that you have to eat bland or boring foods. Follow the American Diabetes Association's

50-25-25 rule to create a healthy plate featuring a variety of foods.

At each meal, fill your dish with 50 percent vegetables, 25 percent proteins, and 25 percent grains or starches. Add a glass of water or skim milk, and enjoy.

DIABETES EDUCATION AND SUPPORT

The diabetes management program at the **Blount Memorial Weight Management Center** offers the knowledge, skills and support you need to help manage your diabetes.

Education Classes

The center's diabetes management classes are recognized by the American Diabetes Association and are covered by most insurance carriers. Each participant may bring a guest. Physician referral and an initial evaluation are required prior to attending a class. Afternoon, evening and day-long classes are available.

Topics covered include:

A thorough understanding of diabetes and how it affects your body and life

Meal planning, including how to identify and count carbohydrates

Information about the benefits of regular exercise in maintaining good health and more-desirable blood glucose levels

Instruction in how to correctly monitor your blood glucose and interpret the numbers

Strategies for recognizing and helping prevent acute and long-term complications

Stress management techniques

Additional Support

A support group for people with diabetes meets at the **Blount Memorial Weight Management Center** on the second Tuesday of the months of January, April and September, and a free lecture series is offered to the community.

For more information or to learn about upcoming diabetes programs, classes or support groups, call program coordinator and certified diabetes educator Dawn Hollaway at 865-977-5767.

Community Education Classes

Additional diabetes education classes are offered at these locations:

Knox County Health Department
 140 Dameron Ave.
 Knoxville, TN 37917
 865-215-5170

Food City Pharmacy
 1610 West Broadway Ave.
 Maryville, TN 37801
 865-380-0110

PRESCRIPTION AND SUPPLY RESOURCES

Pharmacies

Blount Discount Pharmacy

Cost: \$10 for a 90-day supply of select generic medications

129 Gill St.
 Alcoa, TN 37701
 865-984-7704
 Monday-Friday, 9 a.m. - 9 p.m.
 Saturday, 9 a.m. - 6 p.m.

Blount Memorial Hospital
 1015 East Lamar Alexander Parkway
 Maryville, TN 37804
 865-983-9795
 Monday-Friday, 9 a.m. - 5 p.m.

131 Montgomery Ln.
 Maryville, TN 37803
 865-681-0520
 Saturday, 9 a.m. - 6 p.m.

Food City Pharmacy

Cost: \$4 for a 30-day supply and \$9.99 for a 90-day supply of various medications

1610 West Broadway Ave.
 Maryville, TN 37801
 865-380-0110

www.foodcity.com/pharmacy

Kmart Pharmacy

Cost: \$3.89 for a 30-day supply of any medications on Walmart's \$4 list; prices for 90-day supplies cost \$5, \$10, \$15 or \$25 depending on the medication

945 McCammon Ave.
 Maryville, TN 37801
 865-984-1571
 Monday-Friday, 8 a.m.-8 p.m.
 Saturday, 8 a.m. - 6 p.m.
 Sunday, noon - 6 p.m.

www.Kmart.com

Kroger Pharmacy

Cost: \$4 for a 30-day supply and \$10 for a 90-day supply of various medications

730 Watkins Rd.
 Maryville, TN 37801
 865-681-4924
 Monday-Friday, 9 a.m. - 9 p.m.
 Saturday, 9 a.m. - 7 p.m.
 Sunday, noon - 6 p.m.

244 S. Hall Rd.
 Alcoa, TN 37701
 865-977-7441
 Monday-Friday, 9 a.m. - 9 p.m.
 Saturday, 9 a.m. - 7 p.m.
 Sunday, noon - 6 p.m.

www.kroger.com

Target Pharmacy

Cost: \$4 for a 30-day supply and \$10 for a 90-day supply of various medications

800 Watkins Rd.
 Maryville, TN 37801
 865-982-6523
 Monday-Friday, 9 a.m. - 9 p.m.
 Saturday, 9 a.m. - 6 p.m.
 Sunday, 9 a.m. - 6 p.m.

www.target.com

Village Pharmacy

Cost: \$4 for a 30-day supply of most medications, except insulin
Don, the pharmacist at Village Pharmacy, started the area's first \$4 prescription plan and helps Maryville Cherokee Health Systems' patients get affordable medications. Glyburide, Metformin and Glipizide qualify for the \$4 prescription plan.

2541 East Broadway Ave.
Maryville, TN 37804
865-983-9590

Walmart Pharmacy

Cost: \$4 for a 30-day supply and \$10 for a 90-day supply of various medications

Walmart Supercenter
2410 US Highway 411 S.
Maryville, TN 37801
865-982-5102

Walmart Supercenter
1030 Hunters Crossing Dr.
Alcoa, TN 37701
865-984-2671

After bringing or mailing your prescription to your local Walmart Supercenter Pharmacy, you can create an online pharmacy account at www.walmart.com to refill medications automatically. Walmart.com offers free home delivery of all prescriptions via standard shipping.

www.walmart.com

Supply Resources**CCS Medical**

Cost: No up-front costs or shipping charges.
(*co-payments and/or deductible may apply*)

14255 49th St. North, Suite #301
Clearwater, FL 33762
1-800-260-8193

CCS Medical delivers your medical supplies right to your home with no charge for shipping. We bill Medicare and/or your insurance company for you so you don't have to fill out any claim forms. No waiting for reimbursement checks. We will contact you when it's time to reorder, so you can be confident you'll have the supplies you need, when you need them.

- No insurance claim forms to complete.
- No waiting for reimbursement.
- Fast delivery right to your home.
- Your choice of quality name-brand products from the leading manufacturers.

Edgepark Medical Supplies

For more information, call 866-669-2700 Monday – Friday, 8:30 a.m.-8 p.m. (EST), or visit www.edgepark.com.
330-963-6172 (*fax*)

Edgepark is the nation's leader in the home delivery of diabetes supplies. It is committed to providing you with the highest quality of service and widest selection of products. It will bill your insurance directly and obtain necessary paperwork from your doctor to ensure a simple process for you. It contracts with more than 1,000 insurance companies including Medicare and Blue Cross Blue Shield of Tennessee, ensuring that you will have the lowest out-of-pocket expense for your supplies.

Prescription Solutions

Offers top quality, brand-name medical supplies to Medicare Part B participants. You can trust our caring experts for the products and information you need to take charge of your health. We offer the best quality diabetes testing supplies, diabetes medication, respiratory supplies and respiratory medications. You also will find excellent self-care resources that can help you make the most of your health. In addition, you will have no out-of-pocket costs on qualified orders, no-charge home delivery, convenient reorder reminder calls and Medicare claims filing.* Do you have Medicare Part B? If yes, choose a supply category to get started.

**Medicare Part B reimburses up to 80 percent, and most Medicare Supplement insurance plans pay up to the remaining 20 percent. Void where prohibited. Medicare Advantage plans pay 70 percent–100 percent depending on your coverage. Deductibles, co-pays and coinsurance may apply. Your cost for testing supplies purchased through Prescription Solutions is dependent upon your plan's eligibility; call your plan or check your Evidence of Coverage to see if your plan qualifies. Prescription Solutions takes assignment, which means we accept direct reimbursement from Medicare.*

MEDICATION ASSISTANCE PROGRAMS

Blount County Indigent Pharmacy Foundation

The purpose of the Blount County Indigent Pharmacy Foundation is to assist patients who are prescribed blood pressure or diabetic medications who cannot afford the costs, including co-pays. The program accepts patients with or without insurance. There are certain requirements that must be met to participate in the program:

- prescription by a Blount County medical practice
- patient must be a non-tobacco user
- United States citizen

865-659-1744

Partnership for Prescription Assistance

The partnership provides information about programs that could help patients qualify for financial help with medications, insulin and strips from 475 different assistance programs. Eligibility requirements vary based on medication, income, insurance coverage and family size. Eligibility is determined on a case-by-case basis. Interested patients should call the partnership to find out what programs are available to help them. Following this initial call, patients may be asked to call the drug companies directly to request applications. To ensure proper processing, fill out all applications completely, get the required physician signature and attach a valid prescription. If a request is approved, medications will be shipped to a physician's office.

888-477-2669
www.pparx.org

Tennessee Cover Rx Program

This income-based program is available for patients with no pharmacy coverage. Participants cannot have Medicare. Five medications per month are covered at \$3-\$8 each. Some plans cover insulin, strips and lancets. Diabetic supplies, insulin and brand-name drugs cost \$5-\$12 each. Eligible patients can get both generic drugs and insulin medications each month. Participants receive a prescription card that can be used at any pharmacy.

888-560-2649

Pharmacy Home Delivery

This service is available for patients with or without insurance coverage who need assistance obtaining medications or supplies.

800-862-1456
 888-805-2406 (fax)
www.pharmhd.com

Dispensary of Hope

The Dispensary of Hope at the Knox County Health Department Pharmacy helps uninsured residents of Knox County at no cost with their medicine. Diabetic patients can get a month's supply of insulin until their Cover Rx plan takes effect. Blount County residents may be able to obtain diabetic supplies, and a Maryville location may be added in the near future. Patients who do not reside in Knox County can complete an application to determine eligibility. Those who meet income guidelines can pay a \$30 fee to obtain medications for a year.

888-428-4673 or 865-215-5141
www.dispensaryofhope.org

www.needymeds.org

This online service helps patients who cannot afford medicine. To be eligible, a patient's income must be below or at 250 percent of the federal poverty level. Needymeds.org provides free or low-cost brand name medication (*including insulin*) to low-income patients who are uninsured or under-insured. Some medications can be mailed to a patient's home, while others must be mailed to a physician's office.

Ask your health care provider to see if he or she is willing to participate in the program.

Novo Nordisk Inc. Patient Assistance Program

Novo Nordisk will provide insulin to uninsured patients whose incomes are at or below 200 percent of federal poverty level. Patients covered by Medicare, Medicaid, Veteran's Affairs, state or local program benefits, or PPO or private insurance are not eligible. The program does not provide strips, lancets or control solution. Patients must document their income each year. Forms are available for the patient and physician to complete.

866-310-7549
 866-441-4190 (fax)
www.novonordisk-us.com

Sanofi-Aventis Assistance Program

This program helps cover the cost of Amaryl and Lantus insulin and other medications for eligible patients. To qualify, patients must be legal U.S. residents who do not have private, federal or state prescription coverage. In addition, the patient's income must be at or below 250 percent of the poverty level (*approx. \$27,075 for one person with no dependents*). Although patients cannot be enrolled in the Medicare Part D Rx plan, patients with that coverage still are encouraged to apply.

800-221-4025

Monday-Friday between 9 a.m. and 5 p.m. (EST)

866-734-7372 (fax)

Prescription Hope

This program helps patients facing financial hardships afford their diabetes medication and supplies. To qualify, a patient must earn \$30,000 or less per year as a single person, or \$50,000 or less as a couple. In addition, patients cannot have prescription drug coverage or participate in Medicaid. Eligibility qualifications may increase according to the number of household dependents.

877-296-4673

877-298-1012 (fax)

www.prescriptionhope.com

MEDICATION ASSISTANCE FOR INSURED DIABETICS**Partnership for Prescription Assistance**

The partnership provides information about programs that could help patients qualify for financial help with medications, insulin and strips from 475 different assistance programs. Eligibility requirements vary based on medication, income, insurance coverage and family size. Eligibility is determined on a case-by-case basis. Interested patients should call the partnership to find out what programs are available to help them. Following this initial call, patients may be asked to call the drug companies directly to request applications. To ensure proper processing, fill out all applications completely, get the required physician signature and attach a valid prescription. If a request is approved, medications will be shipped to a physician's office.

888-477-2669

www.pparx.org

www.needymeds.org

This online service helps patients who cannot afford medicine. To be eligible, a patient's income must be below or at 250 percent of the federal poverty level. Needymeds.org provides free or low-cost brand name medication (*including insulin*) to low-income patients who are uninsured or under-insured. Some medications can be mailed to a patient's home, while others must be mailed to a physician's office.

Ask your health care provider to see if he or she is willing to participate in the program.

TEST STRIPS**Abbott (Free Style meters)**

Abbott offers the Co-pay Freedom Benefit Card. The Co-pay Freedom Benefit can save up to \$50 every month on test strips and up to \$600 in one year. Abbott offers discounts on test strips for freestyle meters. If a patient has Medicare or Medicaid, Abbott can't provide financial assistance. Help is available only for patients who purchase strips out-of-pocket. Abbott pays up to \$25 on a box of 50 strips and \$50 on a box of 100 strips or more. The patient is responsible for minimum of \$15. Contact Blount Memorial Hospital's Diabetes Management Center to receive your Co-pay Freedom Benefit Card.

To activate the membership at your local pharmacy, call the toll-free number (866-246-2683) provided with the medication. Abbott will send a membership card for you to use for refills. Patients who do not have health insurance or prescription medication insurance, should call 866-246-2683. Explain your financial situation to the Abbott representative. If eligible for financial assistance based on federal poverty guidelines, you will be transferred to 800-222-6885 to apply for free lancets and strips for up to one year. It takes seven-10 days to process the application. If approved, supplies are mailed to the patient's home or a doctor's office. Eligible patients can call every three months to get refills.

866-246-2683

Bayer (Contour and Breeze meters)

Bayer offers help with Ascantia Contour supplies. Some applicants may be eligible for all Bayer diabetes supplies for free or a reduced charge based on income. Bayer offers the Contour Choice Card which is valid towards out-of-pocket expenses only. The card is valid for up to 12 months of refills and can save up to \$35 a month on co-pays. Contact Blount Memorial Hospital's Diabetes Management Center to receive your Contour Choice Card. To activate the card, take it to your local pharmacy. This card does not work with Medicare/Medicaid patients.

800-348-8100

Byram Healthcare

Patients with TruRead or TruTrac meters are eligible for financial assistance with test strips and supplies.

800-241-4282, press 0

LifeScan (One Touch Ultra)

One Touch utilizes the Together Rx Program. This program can save you money on One Touch products and is designed for those without prescription drug coverage who meet certain income guidelines.

800-444-4106

TogetherRxAccess.com

Roche Diagnostics (Accu-Chek)

Roche Diagnostics provides strips to patients who do not have insurance, are at or below 250 percent of the federal poverty level, and who are legal U.S. citizens or residents. Roche offers a discount savings card for Accu-chek text strips. Go to accu-chekconnect.com for further details.

800-858-8072

AFFORDABLE MEDICAL AND DENTAL CARE**Medical Clinics****Anderson County Health Department**

710 N. Main St.

Clinton, TN 37716-3615

865-425-8800

Monday-Friday, 8 a.m. - 4:30 p.m.

The department offers a wide variety of services including primary care. Call for more information or to schedule an appointment.

Blount County Health Department

301 McGee St.

Maryville, TN 37801

865-983-4582

Health care is provided to patients without insurance on a sliding scale fee.

Cherokee Health Systems Good Samaritan Community Health Clinic

296 E. Howe St.

Alcoa, TN 37701

865-273-1616

Call to see if the clinic is accepting new patients. The clinic offers a patient assistance program and accepts the NeedyMeds Drug Discount Card and Cover Rx. Insulin samples are available to cover a patient's insulin needs until NeedyMeds or Cover Rx is in effect.

Chota Walk-In Clinic

423-442-2622

The clinic provides health care services to Monroe County residents on a sliding fee scale based on household income. Call to see if they will accept patients with insurance who do not live in Monroe County.

Free Medical Clinic of Oak Ridge

320 Robertsville Rd.

Oak Ridge, TN 37830

865-483-3904

Call for appointments This program is for Anderson and Roane County residents. Must meet certain income guidelines and must be uninsured to receive free medical care.

Interfaith Health Clinic

315 Gill Ave.
Knoxville, TN 37917
865-546-7330

The clinic helps eligible patients get supplies at a lower cost. To participate, patients cannot have insurance and must have some form of income. Patients should call to verify income eligibility. Insulin is available on a sliding scale fee. Patients who get insulin through NeedyMeds or Cover Rx can receive insulin from the clinic until their coverage goes into effect. The clinic staff also helps patients fill out NeedyMeds or Cover Rx paperwork.

Knox County Health Department

140 Dameron Ave.
Knoxville, TN 37917
865-215-5000

The Knox County Health Department provides medical care to adults without insurance and children without insurance or TennCare. Call for more information or to schedule an appointment.

Loudon County Health Department

600 Rayder Rd.
Loudon, TN 37774
865-458-2662

The Loudon County Health Department provides family planning, WIC, STD, immunization and TB clinics, as well as multiple programs. Call for more information.

Monroe County Health Department

3469 New Highway 68
Madisonville, TN 37354
423-442-3993

The Monroe County Health Department provides family planning, WIC, immunizations and STD clinics. A Diabetes Support Group is held the fourth Tuesday of each month at 1 p.m. in the Cora-Veal Senior Center. Call for more information.

Remote Area Medical

877-5RAM-USA
865-579-1530
www.ramusa.org

Remote Area Medical travels throughout the area providing free medical, dental and vision care at various times throughout the year. Visit its website or call for information about upcoming clinics in East Tennessee.

The Clinic at Walmart operated by Blount Memorial Hospital

1030 Hunters Crossing Dr.
Alcoa, TN 37701
865-980-5070

Monday-Friday, 8 a.m. - 8 p.m.; Saturday, 8 a.m. - 6 p.m.; Sunday, 11 a.m. - 5 p.m.
The Clinic at Walmart operated by Blount Memorial Hospital offers prompt, affordable medical care (*self-pay or insurance*) for non-emergency illnesses, minor injuries, health screenings, and camp and sports physicals.

Dental Care**Anderson County Health Department**

710 N. Main St.
Clinton, TN 37716
865-425-8803

Monday-Thursday, 8 a.m. - 3:30 p.m.

Patients are seen by appointments and pay according to a sliding fee scale. Tenn Care for individuals under age 21 is accepted. Call for more information or to make an appointment.

Blount County Health Department

865-983-4582

The health department provides dental care for children ages 3 to 21 with Tenn Care or without insurance. Charges are based on family size and income.

Knox County Health Department

140 Dameron Ave.
Knoxville, TN 37917
865-215-5000

The Knox County Health Department provides dental care for adults without insurance. Adults ages 21 and older can be seen for extractions. Children ages 1 to 20 without insurance or with TennCare can be seen for cleanings. A sliding fee will be calculated for those who qualify. Call for more information or to schedule an appointment.

Loudon County Health Department

600 Rayder Rd.
Loudon, TN 37774
865-458-2662

The Loudon County Health Department provides dental care to children age 18 and under who are without insurance or who have TennCare. For more information, contact the Loudon County Health Department.

Monroe County Dental Clinic

3469 New Highway 68
Madisonville, TN 37354
423-442-8828

The dental clinic for adults is available to Monroe County residents. Patients must bring \$10 cash to their appointment and provide proof of residence. Documents for proof of residence include four consecutive pay stubs or the last two W-2 forms. Children under age 18 from Monroe and surrounding counties who are without insurance or have TennCare can receive a dental cleaning exam for \$30 cash or check. The clinic also can provide services to patients with different types of insurance, but is not an in-network provider.

Remote Area Medical

877-5RAM-USA
865-579-1530
www.ramusa.org

Remote Area Medical travels throughout the area providing free medical, dental and vision care at various times throughout the year. Visit its website or call for information about upcoming clinics in East Tennessee.

Trinity Health Ministries Inc.

1127 E. Lamar Alexander Parkway
Maryville, TN 37804
865-681-0770

Trinity Dental Clinic offers affordable dental care for low income/without insurance/underserved adults. The emphasis is on emergency treatment, and the goal is to help people receive temporary help until they can obtain dental care. Appointments are made on a space-available basis, and cash payment is due at the appointment. To be eligible for dental care, patients must be Blount County residents who have either a federal food stamp card, Good Samaritan Community Health Clinic card, Public Housing voucher or SSI letter.

MEETING YOUR GENERAL NEEDS

Family Promise of Blount County

1633 Louisville Rd.
Alcoa, TN 37701
865-233-4737

www.blountfamilypromise.org

Family Promise of Blount County is one of more than 150 affiliates of the national Family Promise organization, which has been serving homeless families for 20 years. Family Promise's goal is to help homeless families find lasting employment and housing through a network of congregations and local resources within Blount County that provide overnight accommodations and meals to families on a week-to-week basis.

The Welcome Table Ministry

New Providence Presbyterian Church

708 West Broadway Ave.
Maryville, TN 37801
865-983-0182
Tuesdays, 5-6 p.m.

First United Methodist Church

804 Montvale Station Rd.
Maryville, TN 37803
865-982-1273
Thursdays, 5-6 p.m.

Everyone can come together to share food, fellowship, service, and a sense of community. The ministry works to achieve the goal of offering the spirit of hospitality that Jesus offered during His ministry. Those that come are assumed to be hungry for food, fellowship, or just simple human kindness, and will be fed. Identification or proof of income will not be asked for.

Blount Memorial Senior Services

865-977-5744

Services offered include:

- **Free Caregiver Consultations:** Caregivers can discuss their situations and explore possible strategies and resources at a free one-on-one consultation with a Senior Service representative.
- **Caregiver Support Group:** Any adult caring for another adult is welcome to attend from 7-8p.m. on Wednesdays on the 3-east floor of Blount Memorial Hospital.
- **Senior Seminars:** The public is invited to Blount Memorial Hospital for free seminars that address the health, education and entertainment interests of middle-age and older adults.
- **Community and Professional Presentations:** Presentations and professional training sessions for community groups, senior care facilities or professional groups are offered free by Senior Services. General topics include care and resources for older adults, caregiver training and family response to issues with older adults. Individualized presentations also are available.

Blount Memorial Total Rehabilitation

Offers the area's most comprehensive menu of inpatient and outpatient pediatric, adult and geriatric rehabilitation services. An experienced staff of nearly 160 rehabilitation specialists serves the community in the hospital, in local schools, on the sidelines and at four convenient outpatient locations. For more information, call the Blount Memorial Total Rehabilitation Center near you:

- Total Rehabilitation at Cherokee - 865-238-6090
- Total Rehabilitation at Maryville - 865-238-6060
- Total Rehabilitation at Springbrook - 865-980-7140
- Total Rehabilitation at Tellico West - 423-884-1901

Tennessee Valley Coalition to End Homelessness

903 McCammon Ave.

Maryville, TN 37801

865-982-3454

Local program that helps the homeless and those facing homelessness.

Tennessee Career Center

366 Glascock St.

Alcoa, TN 37701

865-379-5525

This organization helps people find employment.

Staffing Solutions

1701 Triangle Park Dr.

Maryville, TN 37801

865-982-9480

This organization helps people find employment.

Goodwill *(must appear in person)*

New Midland Plaza

145 North Calderwood Rd.

Alcoa, TN 37701

865-588-8567

This organization helps people find employment.

Smoking Cessation Programs

www.ffsonline.org; \$15 for three month membership

<http://health.state.tn.us/tobaccoquitline.htm>

Good Neighbors

865-681-5420

This community ministry helps patients meet their needs by networking with other agencies in Blount County. Referrals and limited financial assistance are available.

Patient Advocate Foundation

866-512-3861

Patients must have insurance coverage. Applications are accepted anytime. The 19 diagnoses that funding is available for can be found at www.co-pays.org.

Blount County Office on Aging

865-983-8411

865-681-1781 *(fax)*

www.blountcaa.org

This local agency provides a variety of informational services for seniors, their family members and caregivers. Counseling choices are available, including prescription drug plans.

Knoxville-Knox County CAC Office on Aging

865-524-2786

Call to learn about “Affordable Medicine Options for Seniors,” a free service offering information about:

- Financial help for Part D costs*
- Financial help for Medicare Part A and Part B costs**
- Free brand-name medicines from manufacturers for patients in the “donut hole”
- National, state and local prescription drug discount programs to use in conjunction with Medicare

Community Food Connection

311 Whitecrest Dr.
Maryville, TN 37801
865-977-4400

Open Monday, Wednesday and Saturday, 10 a.m. - 2 p.m.

People who need help affording food can receive a bag of non-perishable foods every other week. Bring a picture I.D., and provide the names and birth dates of other members of your household to receive food.

Blount County Food Pantry

2148 Big Springs Rd.
Maryville, TN 37801
865-983-4206

Monday-Friday, 11 a.m. - 2 p.m.

Eligible Blount County residents can get food every 14 days after obtaining a red card at the Community Action Agency. Participants are required to show the card at the Food Pantry each time food is needed. Red cards are valid for one year.

Chilhowee Baptist Center

1905 E. Broadway Ave.
Maryville, TN 37804
865-981-2992

Families may receive food up to four times in a 12-month period. No income guidelines apply, but identification and an appointment are required. Special needs are considered. Families also may receive USDA Commodities once each three-month period (*income guidelines do apply*). Call to schedule an appointment, Monday - Thursday, 9 a.m. - 3 p.m.

Fairview United Methodist Church

2505 Old Niles Ferry Rd.
Maryville 37803
865-983-2080

The church provides emergency assistance with food and clothing each Wednesday between 9-11:30 a.m.

Angel Food Ministry

www.angelfoodministries.com
865-228-9299

For \$30 per unit, people can purchase a medium-sized box of Angel Food worth approximately \$60. The menu varies monthly and consists of fresh and frozen items. One unit of food is designed to help feed a family of four for about one week or a single senior citizen for almost a month. Local church host sites handle Angel Food orders and distribution.

Blount County Community Action Agency Commodity Food Program

3509 Tuckaleechee Pike
Maryville, TN 37803
865-983-8411

Surplus government foods are distributed quarterly. Household eligibility is set at 150 percent of federal poverty guidelines. Anyone receiving SSI, food stamps, TANF or residing in public housing automatically is eligible.

Blount County Community Action Agency-Senior Nutrition Program

3509 Tuckaleechee Pike
Maryville, TN 37803
865-983-8411

Hot lunch meals are available Monday-Friday for adults age 60 and older of all income levels. Contributions are accepted from participants. The program also delivers meals to the homes of frail and homebound seniors age 60 and older. An in-home assessment, including a nutritional screening, is conducted to determine eligibility.

Congregate meals provide hot meals and socialization opportunities for people age 60 and older. Meal sites are located throughout Blount County. Some transportation is available. Disabled people under the age of 60 who live in elderly housing are eligible to participate.

For more information about any of the meal programs or to make a reservation, call 983-8411.

Blount Memorial Weight Management Center
907 East Lamar Alexander Parkway
Maryville, TN 37804

www.blountmemorial.org