

The Next Support Group Meeting is: Monday January 27, 2025 from 6:30-8:00pm and it will be virtual.

**Resources:** All are to be considered references only and not necessarily Medical or Health/other recommendations.

## **Resources for November 25, 2024 Meeting**

### **Health/Medical/Prevention**

1. Diabetes Glossary of Terms- [Complete Glossary of Diabetes Terms](#)
2. Lada Explained - [Understanding LADA](#)
3. Veteran's Diabetes Care Options - [Veterans Care for Diabetes](#)

### **Donating Diabetes Supplies**

4. <https://diatribe.org/lifestyle/want-donate-your-unused-diabetes-supplies> **or** <https://iflusa.org/donate-supplies/#accepted-supplies>

### **Research/trials**

5. [Vertex launches pivotal trial for stem cell derived islet therapy](#).
6. AI Tool shows potential for diagnosing Type 1 diabetes and high blood pressure - [Potential to diagnose diabetes without a blood test - using AI](#)
7. Can a cholesterol medication prevent worsening of retinopathy – Clinical trial - [Clinical trial - preventing worsening of retinopathy](#)
8. Diabetes Clinical Trials – Type 1 [Clinical trial opportunities](#)

### **Technology**

9. More Option are available for pump/CGM integrated systems - [Choices for pump/CGM users](#)

### **Mental Health and Support**

10. Reducing diabetes stress one breath at a time – TCOYD video – 7.39 minutes <https://youtu.be/c98zqTCIAIE>

### **Health Insurance Resources**

11. At the bottom of this article, there are very good resources for picking health insurance plans - [Filing a health Insurance appeal for denied coverage](#)
12. [Breakthrough T1D's Guide to Choosing a Health Plan](#)-

#### **It's Open Enrollment Season. Here's What to Consider for 2025.**

Open enrollment, the annual period when individuals select healthcare coverage options for the upcoming year, is upon us. This period, which generally starts on November 1 and ends on January 15, 2025, is a time when you can review your current health plan and make changes if needed.

If you or a loved one has T1D, there's a lot to keep in mind. Here are a few tips for navigating this potentially overwhelming and busy time to ensure you select the best plan for your needs.

#### **Timing**

It is critical that you pay attention to deadlines!

If you get your health insurance through [healthcare.gov](https://www.healthcare.gov), your open enrollment will run from November 1, 2024, to January 15, 2025. If you receive healthcare through your employer (or a union), they should also note whether enrollment is passive or active, which will determine if any actions need to be taken on your part.

#### **Plan Types**

With open enrollment, you have the chance to reassess which health plan best meets your individual and family needs. The plan types typically available include high-deductible health plans (HDHPs), preferred provider organizations (PPOs), and health maintenance organizations (HMOs). Each offers different coverage types, benefits, and costs.

It's important to understand your deductible responsibility, out-of-pocket costs for drugs, devices, and supplies, and whether your preferred doctors are in-network.

#### **Cost**

When looking into costs, it's a good idea to start with how much you can afford to spend and how much your care, therapies, and treatments (like insulin, pumps, CGMs) will cost. Key costs to consider include:

- Your monthly premium.
- Out-of-pocket costs like co-pays, coinsurance, deductibles, and out-of-pocket maximums.
- With a condition like T1D, you may purchase some prescription medicines or use some medical services more regularly than others. It's important to understand your out-of-pocket costs for these items.

#### **Medicare**

Eligible to enroll in or currently enrolled in Medicare? [See our guide Medicare-specific information.](#)

### Medicaid

Eligible to enroll or currently enrolled in Medicaid? [See our guide that directs you to more information on Medicaid in your state.](#)

### Health Insurance Guide

BT1D has more resources to help! For more information and tools for understanding insurance while living with T1D, visit our [Health](#)

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## **Recipes of the Month**



1. Creamy Mashed Cauliflower – An alternative to potatoes - <https://diatribe.org/diabetes-recipes/creamy-mashed-cauliflower>



2. Roasted Acorn Squash with fresh herbs and parmesan cheese – Diane tried it and it's delicious - <https://therealfooddietitians.com/herb-roasted-parmesan-acorn-squash/>

*Happy Holidays to All. See you in 2025*

*Diane and Jonathan*