



American Diabetes Association® (ADA) Wellness and Resource Series

Get Started

- 1) Visit:
- 2 Register for at least two out of the five of the ADA's free programs below using the same email address for each program you or your child participates in.*
- 3) Once you have registered for the programs, you will receive your wellness starter kit delivered to your doorstep.

Wellness Starter Kit Includes:

- \$15 grocery gift card
- How to Thrive: A Guide for Your Journey with Diabetes
- The Diabetes Placemat
- Diabetes Southern Cookbook
- ADA Resource Guide

ADA programs for adults:

- Type 2 Diabetes Risk Test
- Living With Type 2 Diabetes®
- Diabetes Food Hub®

ADA programs for children:

- Project Power
- Imagine Camp

*Only Mississippi residents can take part in the Wellness and Resource Series and receive the wellness starter kit.

*Participants must use the same email address for each program they register for to receive the wellness starter kit.

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Type 2 Diabetes Risk Test

Are you at risk for developing type 2 diabetes? Take charge and see for yourself. There's no better time to turn things around. Take the type 2 diabetes risk test to learn more in just 60 seconds. Get an accurate risk assessment along with achievable next steps based on your results.

Living With Type 2 Diabetes®

Created for those living with type 2 diabetes, whether you've been recently diagnosed or have lived with diabetes for a long time, the Living With Type 2 Diabetes® program offers participants an opportunity to learn about diabetes and diabetes management over a 12-month period. Available in English and Spanish.

Diabetes Food Hub®

From nutrition experts at the ADA, Diabetes Food Hub® is the premier food and cooking destination for people living with diabetes and their families. Diabetes Food Hub provides solutions to daily meal planning challenges and saves you time during your busy week by using the innovative meal planner, editable shopping list, shoppable recipes, and tips from food experts.

Project Power

Kids ages 5–12 will make new friends and participate in age-appropriate physical activity challenges and nutrition education so they're prepared to make healthy lifestyle choices. This free, at-home afterschool experience is designed to keep our community healthy.

Imagine Camp

ADA Imagine Camp is an innovative program designed to connect youth with diabetes to new friends while building confidence and independence in diabetes management. In our new virtual, in-home camp experience, we bring the magic of camp to the homes of all campers living with diabetes—fun is not cancelled!