

DISCOVER APPS AND RESOURCES THAT HELP YOU REACH YOUR GOAL

These apps and resources will help you check, change and control high blood pressure and high cholesterol. You'll find tools to track your progress, programs to try, and contact information for organizations that can help you meet your goals.

Mobile Apps and Online Tools

"Blood Pressure Journal," a free app for Android devices that tracks blood pressure, heart rate and weight: play.google.com/store/apps/details?id=com.michaelfester.heart.lite&hl=en

"Blood Pressure Companion," a free iPhone, iPod touch and iPad app that tracks blood pressure, heart rate and weight:

itunes.apple.com/app/blood-pressure-companion-free/id458537528?mt=8

"MyFitnessPal," a free app, compatible with most mobile operating systems, that tracks calories and exercise and monitors progress: myfitnesspal.com

"MyHealthTracker," a free app for Apple and Android devices that records and monitors cholesterol, blood pressure, medications, weight, blood glucose, medications and more: play.google.com/store/apps/details?id=com.halcyon.ui.screens.healthtracker

"The Well Blog," sponsored by *The New York Times*, reviews activity trackers and updates a list as new trackers become available: well.blogs.nytimes.com/projects/activity-trackers

Medical Resources

Healthfinder: healthfinder.gov

Healthy Ohio: healthy.ohio.gov

Heart.org: heart.org/HEARTORG

MedlinePlus: nlm.nih.gov/medlineplus

National Heart, Lung and Blood Institute: nhlbi.nih.gov

Million Hearts® Initiative: millionhearts.hhs.gov/about_hd.html

Ohio Department of Health: odh.ohio.gov

The Center for African American Health: caahealth.org

High Blood Pressure Resources

"Your Guide to Lowering High Blood Pressure," National Heart, Lung and Blood Institute: nhlbi.nih.gov/hbp

Success Story: Ron Tucker nhlbi.nih.gov/hbp/real/rt/meet.htm

Success Story: Carol Jackson nhlbi.nih.gov/hbp/real/cj/meet.htm

High Cholesterol Resources

"High Blood Cholesterol: What You Need To Know," National Heart, Lung and Blood Institute: nhlbi.nih.gov/health/public/heart/cholesterol/wyntk.htm

"Your Guide to Lowering High Blood Cholesterol," National Heart, Lung and Blood Institute: nhlbi.nih.gov/health/public/heart/cholesterol/cholesterol_tlc.pdf

Smoking Cessation Resources

Smoking and tobacco use resources, Centers for Disease Control and Prevention: cdc.gov/tobacco

Freedom from Smoking® online, American Lung Association: ffsonline.org

The Ohio Tobacco Quitline, 1-800-QUIT-NOW (1-800-784-8669), Ohio Department of Health: ohio.quitlogix.org

If you need help to quit smoking, call the American Lung Association at 1-800-242-8721. Or call the Ohio Tobacco Quitline, 1-800-QUIT-NOW, 1-800-784-8669 (Services are free to some individuals. Please call the Quitline and they will help you determine eligibility).

Health and Wellness Resources

Nutrition.gov: nutrition.gov

Fitness.gov: fitness.gov

Nutrition fact sheets and tips for eating out, American Dietetic Association: eatright.org

"Aim for a Healthy Weight," National Heart, Lung and Blood Institute: nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm

