



Tools and Resources

<http://www.heart.org>



Online Tools

- **Check. Change. Control. Tracker** (<https://www.ccctracker.com>)
A new online tool to help you track your blood pressure readings and connect with a volunteer health mentor to share your results and progress. Signing up is easy, you just need a campaign code which you can receive by contacting your local AHA affiliate who can also provide more information on the program. If there isn't an AHA office near you, go to www.ccctracker.com/aha and find the campaign code on the map for your state and sign up.
- **My Life Check** (<http://tools.bigbeelabs.com/aha/tools/mlc/>)
Get a full heart health assessment with this tool based on many years of research.
- **Heart Attack Risk Calculator** (<http://www.cvriskcalculator.com/>)
Calculate your 10-year risk of heart disease or stroke using the ASCVD algorithm published in 2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk
- **High Blood Pressure Health Risk Calculator** (<http://tools.bigbeelabs.com/aha/tools/hbp/>)
Enter your latest blood pressure reading to learn your risk of having a heart attack, a stroke, and developing heart failure and kidney disease. You'll also learn how a few lifestyle changes can lower your blood pressure and your health risks. You can print your risk report to review and discuss with your healthcare professional.

Resources

- **Target: BP** (<http://targetbp.org>)

Target: BP is a nationwide initiative aimed at controlling high blood pressure and reducing the growing number of Americans who have heart attacks and stroke. The initiative is co-led by the American Heart Association (AHA) and the American Medical Association (AMA) to help physicians, care teams and patients achieve better blood pressure control in accordance with current AHA guidelines.
- **EmPowered to Serve**
(<http://www.empoweredtoserve.org>)

A multicultural initiative that works to influence faith-based as well as urban housing channels to build strategic alliances that support a “culture of health” through healthy living, enhancing the chain of survival, and improving the environment.
- **Get With The Guidelines**
(http://www.heart.org/HEARTORG/Professional/GetWithTheGuidelinesHFStroke/Get-With-The-Guidelines---HFStroke_UCM_001099_SubHomePage.jsp)

Get With The Guidelines programs are in-hospital programs for improving stroke, heart failure, resuscitation, and AFib care by promoting consistent adherence to the latest evidence-based practices. The program provides hospitals with access to: web-based Patient Management Tool™ (powered by Quintiles Real World and Late Phase Research), clinical decision support, robust registry, real-time benchmarking capabilities and other performance improvement methodologies toward the goal of enhancing patient outcomes and saving lives.
- **Check. Change. Control. (CCC)**
(http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Check-Change-iControli-Community-Partner-Resources_UCM_445512_Article.jsp#.WVQmU0kvIU)

Check. Change. *Control.* is an evidence-based hypertension management program that utilizes blood pressure self-monitoring to empower patients/participants to take ownership of their cardiovascular health. The program incorporates the concepts of remote monitoring and online tracking as key features to improve outcomes in hypertension management, physical activity, and weight reduction.

 - **Check. Change. Control. Cholesterol Patient Guide**
(<http://www.heart.org/mycholesterolguide>)
- **AHA’s Smoking Cessation Tools and Resources**
http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp
- **AHA Healthy Workplace Food and Beverage Toolkit July 2016**
http://www.heart.org/HEARTORG/GettingHealthy/WorkplaceWellness/WorkplaceWellnessResources/Healthy-Workplace-Food-and-Beverage-Toolkit-Resources_UCM_465206_Article.jsp