



## Tools and Resources

[www.heart.org](http://www.heart.org)



### Online Tools for Consumers (Individuals)

- [Check. Change. Control. Tracker \(https://www.ccctracker.com\)](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](http://www.ccctracker.com/aha) and find the campaign code on the map for your state and sign up.
- [My Life Check \(https://mlc.heart.org\)](https://mlc.heart.org)  
Get a full heart health assessment with this tool that encourages you to take actions and form habits to move toward ideal heart health.
- [Heart Attack Risk Calculator \(http://www.cvriskcalculator.com\)](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.
- [AHA's Smoking Cessation Tools and Resources https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco](https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco)  
This webpage provides 5 steps to quitting smoking and options to help you quit, including Quitlines, online resources and private programs.
- [Healthy for Life® 20 By 20 \(www.heart.org/healthyforlife\)](http://www.heart.org/healthyforlife)  
This is an evidence-based community nutrition and well-being program that empowers people to make healthy food, nutrition and lifestyle choices. It aims to change food and health attitudes and behaviors, equipping individuals with new skills for healthy living. The program incorporates interactive components such as healthy cooking demonstrations, shopping skills presentations and nutrition and heart health workshops.

The Healthy for Life® Educational Experiences guides organizations interested in teaching people in their community how to make these healthy food, nutrition and lifestyle choices. Ultimately our goal is to help individuals and families learn how healthy food can help them accomplish their goals and reach their potential every day.

- [Know Diabetes by Heart \(https://knowdiabetesbyheart.org\)](https://knowdiabetesbyheart.org)  
Living with type 2 diabetes puts you at higher risk for heart disease and stroke. Knowing what steps to take may reduce your risk

## Resources for Health Care Organizations, Worksites, and Community Organizations

- **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 addition to recognizing healthcare organizations for their blood pressure control efforts, Target: BP provides tools and resources to help sites improve.
- **EmPowered to Serve (<http://www.empoweredtoserve.org>)**

EmPOWERED to Serve is a movement inspiring those who are passionate about driving change through health justice in their communities. It provides opportunities for everyone to improve their health and make a positive impact on the health of their communities.
- **Get With The Guidelines ([http://www.heart.org/HEARTORG/Professional/GetWithTheGuidelinesHFStroke/Get-With-The-Guidelines---HFStroke\\_UCM\\_001099\\_SubHomePage.jsp](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, AFib and coronary artery disease 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 IQVIA), 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-iControl-Community-Partner-Resources\\_UCM\\_445512\\_Article.jsp#.WVQTmU0kviU](http://www.heart.org/HEARTORG/Conditions/More/ToolsForYourHeartHealth/Check-Change-iControl-Community-Partner-Resources_UCM_445512_Article.jsp#.WVQTmU0kviU))**

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.
- **Blood Pressure Guideline Toolkit for Clinicians ([www.heart.org/bptools](http://www.heart.org/bptools))**

This toolkit provides education and resources fostering effective communication with their patients about BP. In addition, tools are available for patients to understand their numbers, including the impact of medications and substances on BP control.
- **Check. Change. Control. Cholesterol (<https://www.heart.org/en/health-topics/cholesterol/cholesterol-tools-and-resources/check-change-control-cholesterol-program>)**

This initiative aims to improve awareness, detection, and management of high cholesterol by educating and empowering consumers, healthcare professionals and patients with evidence-based information and tools, while also improving quality of care for patients through AHA's quality improvement programs. It includes a patient guide and a quality recognition program for participating ambulatory health centers and systems.
- **Workplace Health Achievement Index ([www.heart.org/workplacehealth](http://www.heart.org/workplacehealth))**

An online scored self-assessment based on best practices to holistically evaluate the culture, structure, processes and health outcomes of workplace health programs. Index reports indicate the levels to which a company has successfully integrated a culture of health within the workplace and offer constructive feedback for improvements. Participating companies can access a secure, password protected administration portal to view benchmark reports from the Index and dashboard reports for monitoring

changes in the overall health of a workforce based on My Life Check, the American Heart Association's digital health risk assessment tool, or equivalent Life's Simple 7 data.

- **AHA Healthy Workplace Food and Beverage Toolkit**  
<https://www.heart.org/en/healthy-living/company-collaboration/healthy-workplace-food-and-beverage-toolkit>

A community version can be found at: <https://www.heart.org/en/healthy-living/company-collaboration/healthy-community-food-and-beverage-toolkit>

These toolkits were created to help community organizations and worksites improve their food environment and promote a culture of health. They provide practical action steps and suggestions to assist.

- **AHA's Healthy for Good Movement** (<https://www.heart.org/en/healthy-living>)  
Healthy for Good is the AHA's movement encouraging people to lead healthier lives by delivering science-based recommendations, tools, tips and motivation to build healthier behaviors. There are four key areas that ground the movement: Eat Smart, Add Color, Move More and Be Well.
- **Know Diabetes by Heart** (<https://knowdiabetesbyheart.org/professional/>)  
The American Heart Association and the American Diabetes Association have joined forces with the goal to reduce cardiovascular death, heart attack, stroke, and heart failure in people living with type 2 diabetes. To support you and your clinic or health system, you'll find the latest cardiovascular and diabetes science, patient educational and clinical care tools and quality improvement programs.