

RESOURCES AND TOOLS TO HELP YOU CHANGE AND CONTROL HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

HEALTHY OHIO: <http://www.healthyohioprogram.org/>

Help quitting smoking is available by calling the American Lung Association at 1-800-242-8721. Or call THE OHIO TOBACCO QUIT LINE, 1-800-QUIT-NOW, 1.800.784.8669 (available to uninsured Ohioans and Medicaid recipients).

OHIO DEPARTMENT OF HEALTH: <http://www.odh.ohio.gov/>

HIGH CHOLESTEROL: What You Need To Know
www.nhlbi.nih.gov/health/public/heart/chol/wyntk.htm

CHOLESTEROL INFORMATION AND TOOLS:
<http://www.nhlbi.nih.gov/health/public/heart/index.htm#chol>

“AIM FOR A HEALTHY WEIGHT,” www.nhlbi.nih.gov

“YOUR GUIDE TO LOWERING HIGH CHOLESTEROL,”
[www.nhlbi.nih.gov/high blood cholesterol](http://www.nhlbi.nih.gov/high%20blood%20cholesterol)

LEARN HOW AFRICAN-AMERICAN RON TUCKER IS CONTROLLING HIS BLOOD PRESSURE,
[http://www.nhlbi.nih.gov/high blood cholesterol/real/rt/meet.htm](http://www.nhlbi.nih.gov/high%20blood%20cholesterol/real/rt/meet.htm)

NUTRITION.GOV: <http://www.nutrition.gov/>

FITNESS.GOV: www.fitness.gov

SMOKING AND TOBACCO USE RESOURCES: www.cdc.gov/tobacco

FREEDOM FROM SMOKING® ONLINE: <http://www.ffsonline.org/>

THE OHIO TOBACCO QUITLINE: 1-800-QUIT-NOW (1-800-784-8669), <http://ohio.quitlogix.org>

HEART.ORG, <http://www.heart.org/HEARTORG/>

HEALTHFINDER, www.healthfinder.gov

MEDLINEPLUS, www.medlineplus.gov

BLOOD PRESSURE JOURNAL, An app for Android devices that tracks blood pressure, heart rate and weight. Free at <https://play.google.com/store/apps/details?id=com.michaelfester.heart.lite&hl=en>

BLOOD PRESSURE COMPANION, An iPhone, iPod touch and iPad app that tracks blood pressure, heart rate and weight. Free at <https://itunes.apple.com/app/blood-pressure-companion-free/id458537528?mt=8>

DIET POINT, An iPhone, iPod touch and iPad weight loss meal planner app. Free at <https://itunes.apple.com/us/app/diet-point-weight-loss-meal/id365306881?mt=8>

MYFITNESSPAL, An app to track calories and exercise and monitor progress – compatible with most mobile operating systems. Free at <http://www.myfitnesspal.com/>

CHOOSE THIS NOT THAT FOR HIGH CHOLESTEROL, Android app with nutrition guidelines for how to reduce your risk, prevent and combat High Cholesterol. \$2.99 at https://play.google.com/store/apps/details?id=appinventor.ai_egfayen.Cholesterol&hl=en

CHOLESTEROL TRACKER, Record and monitor cholesterol information, for iPhone, iPod touch and iPad. \$2.99 at <https://itunes.apple.com/us/app/cholesterol-tracker/id452500570?mt=12>

