

# Cardiovascular National Resource Information List



## Healthfinder

Enter the word *hypertension*, *cholesterol*, or the name of any health topic in which you are interested. This site contains links to heart information Web sites, and educational material that can be downloaded or ordered.

[www.healthfinder.gov](http://www.healthfinder.gov)

## MEDLINEPLUS, National Library of Medicine

Click on *Heart Diseases*, *High Blood Pressure* or *Cholesterol*. Contains interactive education on-line and information to download, print or order. Also, enter *Stoke* in Search then click *Stroke*, then *Interactive Tutorial*.

[www.nlm.nih.gov/medlineplus/heartandcirculation.html](http://www.nlm.nih.gov/medlineplus/heartandcirculation.html)

## National Library of Medicine toll-free number

for telephone categories and to order publications. E-mail from "contact us" on Web site.

1-888-346-3656

## National Heart, Lung and Blood Institute (NHLBI)

Choose *Heart and Vascular Diseases* for information in both English and Spanish on high blood pressure, lowering cholesterol, weight reduction, physical activity, diet and recipes for a healthy heart, and smoking cessation. Educational material that can be downloaded printed or ordered.

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## National Heart, Lung and Blood Institute Resource Library

Tip sheets and other resources and recipes.

[www.nhlbisupport.com/chd1/tipsheets/resourceroom.htm](http://www.nhlbisupport.com/chd1/tipsheets/resourceroom.htm)

## NHLBI Health Information Center

Order publications or ask for special topic information.

1-301-592-8573

e-mail: [NHLBIinfo@nhlbi.nih.gov](mailto:NHLBIinfo@nhlbi.nih.gov)

**NHLBI toll-free number and e-mail** for weight control information from WIN (Weight-control Information Network)

1-877-946-4627

e-mail: [win@info.niddk.nih.gov](mailto:win@info.niddk.nih.gov)

## Centers for Disease Control and Prevention

Information and fact sheets on the impact of cardiovascular disease in the United States and Arkansas. Click *Heart Disease* and *Stroke* then *tools and resources*.

[www.cdc.gov/nccdphp](http://www.cdc.gov/nccdphp)

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**Arkansas  
BlueCross BlueShield**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[arkansasbluecross.com](http://arkansasbluecross.com)



**Health Advantage**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[healthadvantage-hmo.com](http://healthadvantage-hmo.com)



**BlueAdvantage  
Administrators of Arkansas**  
An Independent Licensee of the Blue Cross and Blue Shield Association  
[blueadvantagearkansas.com](http://blueadvantagearkansas.com)

### **American Heart Association**

Click on *For Patients, Diseases & Conditions, Heart & Stroke Encyclopedia* or *Healthy Lifestyle*. The interactive Heart Profiler reviews treatment options specific to your concerns.

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

### **American Heart Association Start!**

All-in-one information to help you walk more, eat better and live a longer, healthier life. Recipes, resources and on-line fitness planners and trackers.

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

### **Delicious Decisions**

American Heart Association on-line cookbook.

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

### **The President's Council on Physical Fitness and Sports**

Contains information on beginning a fitness program, including a fitness log; tips on how to get fit for different age groups and varying beginning levels of fitness. Publications on healthy living and activities are available.

[www.fitness.gov](http://www.fitness.gov)

**Nutrition.Gov** is an easy, online access to information on food and nutrition. Contains information and links to dietary guidelines, food safety, nutrition, fitness, exercise, weight loss and control plus life stages eating.

[www.nutrition.gov](http://www.nutrition.gov)

### **Federal Food and Drug Administration**

Tips on reading food labels and substitutions for healthier diets. Click *Food*, then *Labeling & Nutrition*, then *How to Understand and use the Nutrition Fact Label*.

[www.fda.gov/opacom/lowlit/hlyheart.pdf](http://www.fda.gov/opacom/lowlit/hlyheart.pdf)

### **North Carolina Cooperative Extension Service**

*Give Your Heart a Healthy Beat* gives a brief review of risk factors, tips on diet and exercise, and heart-healthy recipes.

[www.ces.ncsu.edu/hhb](http://www.ces.ncsu.edu/hhb)

### **Utah Department of Health, Cardiovascular Program "Heart Highway"**

Information on all aspects of cardiovascular health, high blood pressure and high cholesterol for both adults and kids — teacher classroom information and visual aids, healthy recipes, fun games and activities for kids on-line and more.

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

### **Healthy Refrigerator**

Consumer-oriented information about a heart-healthy diet as well as other information. Great site for kids.

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

### **Smokefree.gov**

Information and professional assistance that helps support both your immediate and long-term needs as you become, and remain, a nonsmoker. Get immediate assistance through an online step-by-step guide plus local, state and national telephone quitlines, instant messaging service and publications which may be downloaded, printed or ordered.

[www.smokefree.gov](http://www.smokefree.gov)  
**1-800-QUIT-NOW**  
**1-800-784-8669**

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*The Cardiovascular Education Program is for health education purposes only. We do not offer medical advice or medical services. Always consult your treating physician(s) for any medical advice or services you need. You, as the member, are responsible for selecting providers, services or products. Please check your member benefits for coverage of services. All information furnished by you is kept strictly confidential and only used to provide us with information necessary for participation in the Cardiovascular Education Program.*