



## **Chronic Conditions- Hypertension Resources**

### **Providing Support for Patients Diagnosed with Hypertension: September 13, 2017**

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### **Professional Resources**

- *NHLBI Online Catalog*

<https://catalog.nhlbi.nih.gov/>

### **Patients Community Based Resources**

- *Chronic Disease Self-Management Programs: Contact Celest Harp at:*

[managemyhealth@health.ny.gov](mailto:managemyhealth@health.ny.gov)

### **Resources for Contraception and Hypertension During Pregnancy**

- *Contraceptive Counseling and Resources*

<https://www.acog.org/-/media/Department?LARC/ContraceptiveCounselingReplaceable.pdf>

<https://www.cdc.gov/mmwr/volumes/65/rr/rr6503a1.htm>

[https://www.cdc.gov/reproductivehealth/contraception/pdf/summary-chart-us-medical-eligibility-criteria\\_508tagged.pdf](https://www.cdc.gov/reproductivehealth/contraception/pdf/summary-chart-us-medical-eligibility-criteria_508tagged.pdf)

<https://www.cdc.gov/reproductivehealth/contraception/index.htm>

- *Hypertension During Pregnancy*

[https://www.health.ny.gov/professionals/protocols\\_and\\_guidelines/hypertensive\\_disorders/2013\\_hdp\\_executive\\_summary.pdf](https://www.health.ny.gov/professionals/protocols_and_guidelines/hypertensive_disorders/2013_hdp_executive_summary.pdf)

<https://www.nhlbi.nih.gov/health/resources/heart/hbp-pregnancy>

<https://www.marchofdimes.org/complications/high-blood-pressure-during-pregnancy.aspx>

### **Patient Educational Resources**

- *Million Hearts Tools*

<https://millionhearts.hhs.gov/tools-protocols/tools.html>

- *American Heart Association*

[http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/KnowYourNumbers/Monitoring-Your-Blood-Pressure-at-Home\\_UCM\\_301874\\_Article.jsp#.WoR8BXmWyUI](http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/KnowYourNumbers/Monitoring-Your-Blood-Pressure-at-Home_UCM_301874_Article.jsp#.WoR8BXmWyUI)

- *YMCA: Blood Pressure Self-Monitoring Program*

<http://www.ymca.net/blood-pressure-self-monitoring/>

- *Physical Activity*

<https://www.cdc.gov/physicalactivity/index.html>

- *Birth Control*

<https://www.bedsider.org/>



**Department  
of Health**

**Office of  
Health Insurance  
Programs**

- *Planning for Pregnancy*  
<https://www.cdc.gov/preconception/planning.html>
  
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