

## Health Improvement Resources for High Blood Pressure

Check out these websites for more information:

### 1. General Cardiovascular

- **MaineHealth Cardiovascular Health Program** [www.mainehealth.org/cvh](http://www.mainehealth.org/cvh) Information for patients and providers about MaineHealth cardiovascular materials and resources.
- **American Heart Association** [www.heart.org](http://www.heart.org) Information and interactive tools about many heart-related conditions and ways to improve heart health, including tips on nutrition, exercise, stress and more! To contact the local AHA, call **(207) 879-5700**.

### 2. Healthy Living

- **MyPlate** [www.choosemyplate.gov](http://www.choosemyplate.gov) Nutrition advice to build healthier diets with resources and tools for dietary assessment, nutrition education and other nutrition information.
- **Maine Trail Finder:** [www.mainetrailfinder.com](http://www.mainetrailfinder.com) Try walking for exercise. Find walking routes near you.
- **Maine Bike Coalition** [www.bikemaine.org](http://www.bikemaine.org) Learn about local bike trails, biking events and rides.
- **My FitnessPal** [www.myfitnesspal.com](http://www.myfitnesspal.com) If you are ready to get started on a weight loss or fitness journey, track your progress with either a Fitbit, jawbone or download an app to your phone.
- **Maine Tobacco Helpline** <https://preventionforme.org/> If you are trying to quit smoking, call this free and confidential helpline that offers support and quitting techniques. 1-800-207-1230 or, for hearing impaired **1-800-457-1220**.
- **MaineHealth Learning Resource Center** <https://mainehealth.org/healthy-communities/learning-resource-center> For health education classes, health information, and personalized assistance from health educators to answer health questions, contact the Learning Resource Center: **1-866-609-5183**.

### 3. Emotional Health

Ask your doctor about a referral to a behavioral health specialist if you are struggling with emotional issues related to your health.