



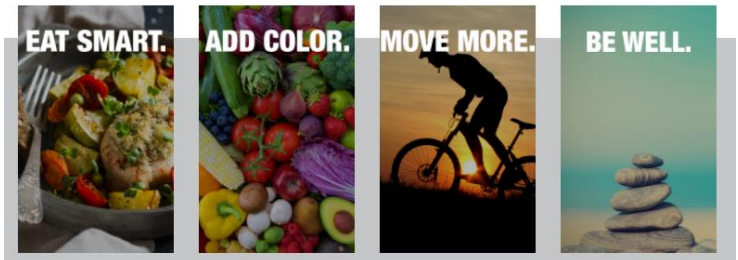
American Heart Association Resources for Building a Healthier Self, Family & Community

- ♥ **Check, Change, Control®.** Self-monitoring of blood pressure is a key step towards achieving better cardiovascular control. Use the online tracker to record your readings, share them with your provider. Includes access to numerous educational resources on hypertension. Also available for employers/organizations to “host” for their members. Website: heart.org/ccc Registration Code: WIHBP.



- ♥ **CPR.** Bystander CPR can double or even triple the rate of survival for an out-of-hospital cardiac arrest. Learn more about Hands-Only CPR or local certification classes at cpr.heart.org

- ♥ **Healthy For Good.** Learn simple ways you can make health your daily reality, for good. Sign up for occasional newsletters and tips. heart.org/healthyforgood



- ♥ **Life's Simple 7.** The seven benchmarks of ideal cardiovascular health. Learn more about your health status at heart.org/mylifecheck



- ♥ **Recipe Database.** Not sure what to make that's healthy? You can sort by meal type, dietary requirement, ingredients, and more. Also includes videos and food preparation guides. recipies.heart.org



♥ **Social Media.** Follow us on Facebook, Twitter, or Instagram @AHAWisconsin for inspiring stories, healthy tips, new events, and ways to take action on policy initiatives.

♥ **Support Network.** Heart disease and stroke take an incredible mental as well as physical toll on both the patient and their family/friends. Connect with others who are or have experienced similar events. You can give or receive support. heart.org/supportnetwork



♥ **Workplace Health Solutions.** Want to help drive continuous improvement in your workplace's culture of health? WHS helps companies of all types/sizes evaluate where they are, take steps to improve, and then celebrates their success for meeting standards. heart.org/workplacehealth

♥ **You're The Cure.** Become a powerful voice for change and help us impact the communities around us by supporting policies that "build a culture of health." Past victories include CPR Training for students and clean indoor air laws. yourethecure.org



**THANK YOU FOR DOING PART TO
BUILD A CULTURE OF HEALTH FOR ALL!**

If you have questions about these or other resources, please contact the **American Heart Association – Milwaukee** at 414.271.9999.