



American Heart Association.

EmPOWERED to Serve™

Managing Your Chronic Conditions During the COVID-19 Pandemic

RESOURCE LIST

Call to Action:

Managing your chronic conditions is always important, but even more so during the COVID-19 pandemic. Underlying conditions such as heart disease, high blood pressure and diabetes disproportionately affect Black and Hispanic/Latino people. It's important to take control of your health through self-monitoring your conditions at home, going back to see your doctor and getting the COVID-19 vaccine. This lesson is for people who:

- Have or may be at risk for high blood pressure
- Have or may be at risk for diabetes
- Need help to return to their doctors
- Need more information about the COVID-19 vaccine

The lesson provides suggested American Heart Association/American Stroke Association resources. You can tailor the lesson to your specific community needs. Add more resources or substitute different ones to make the lesson work best for your community.

Is the program aimed at adults?

Yes. Keep participants interested by breaking them into small groups to review a resource. Ask each group to share what they learned with the full group.

No audiovisual equipment?

No worries. Make copies of handouts. Ask participants to take turns reading key messages aloud.

Have a projector?

Great. Use the slides to guide your talk. And download an American Heart Association video for one of your interactive activities.

Have a good internet connection?

Show one of the American Heart Association's videos, break participants into groups to take an online quiz or do a demo of an online tool.



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The icon in front of each resource indicates the format of that activity. Below are tips on how to incorporate that activity into the lesson.



Video: Play the video and engage participants in a discussion after the viewing.



Printed Handout: Ask volunteers to take turns reading the information on the handout.



Group Discussion: Break participants into small groups. Ask each group to review the resource and report what they learned to the full group.



Online Tool: Give a short demonstration of the tool. Encourage participants to make a note of the URL so they can access it from home.

Additional Resources

Target: BP

Check with your physician to see if they participate in Target: BP, a program that supports physicians and care teams by offering access to the latest research, tools, and resources to reach and sustain blood pressure goal rates within the patient populations they serve.

Learn more here: targetbp.org.

Know Diabetes by Heart

Learn more about living with diabetes and gain access to resources and support to manage your goals.

Learn more at knowdiabetesbyheart.org.



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Point #1: Monitor and measure your blood pressure at home.



Blood Pressure Measurement Instructions

A one-page informational sheet that describes the proper steps for checking blood pressure and the ranges of blood pressure levels. <http://bit.ly/2qx1Wr0>



Understanding Blood Pressure Readings

Use this online chart to understand what your blood pressure numbers mean. <http://bit.ly/1zQfM02>



Self-Measured Blood Pressure Monitoring

This educational video trains care teams and patients to properly self-measure blood pressure. <http://bit.ly/2QENFTU>



My Blood Pressure Log (Printed)

My Blood Pressure Log (Printed): Print this log to keep track of your blood pressure readings. <http://bit.ly/2LCP3TI>



High Blood Pressure and Stroke Booklet

A 16-page booklet emphasizes why it's important to get your blood pressure checked and how to manage it. (Order ahead of time and review for five minutes.) <http://bit.ly/37nvwQG>



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Point #2: Monitor and measure your blood sugar at home.



What Is Diabetes and How Can I Manage It?

The one-page informational sheet explains type 1 and type 2 diabetes and how to manage them. <https://bit.ly/3zkPwAP>



Types of Diabetes

This provides more in-depth information about type 1 and type 2 diabetes as well as diabetes during pregnancy.

<https://bit.ly/38iKEjC>



4 Questions to Ask Your Doctor About Diabetes and Your Heart

The one-page sheet outlines the most important questions to ask your doctor about diabetes and your heart.

<https://bit.ly/3DLTQ5e>

Point #3: It's important to go back to your doctor.



Preparing for Your First Appointment

The one-page resource helps you prepare for a delayed doctor's appointment.

<https://bit.ly/3mw7kW6>



Find Affordable Health Insurance

Learn more about the options in your area.

<https://bit.ly/3qzBGmG>



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Find a Health Center Near You

Need a new doctor? Take a look at health centers in your area providing quality care.
<https://bit.ly/3jhlrvi>



Five Reasons Hospitals Are Safe for Heart, Stroke Emergencies — Even in the Pandemic

This video walks through preventative measures hospitals are taking to keep you safe.
<https://bit.ly/3jkBDgw>

Point #4: Consider getting the vaccine.



Questions About COVID-19 Vaccination

Learn more about the different vaccines and how they can help protect you and your family.
<https://bit.ly/2WrOnZA>



Find COVID-19 Vaccines Near You

Learn more about the options in your area.
<https://bit.ly/3krt2rE>



CDC Education on the COVID-19 Vaccine

Learn more about the efficacy of the vaccine and data and studies about it.
<https://bit.ly/3BKJnFr>