

MPV NEW JERSEY MEDICAL GROUP

Hypertension Self-Management Support Plan

Hypertension Support Groups

- ◆ American Heart Association – www.supportnetwork.heart.org
- ◆ American Society of Hypertension – www.ash-us.org/for-patients

Weight Management

- ◆ Weight Watchers - 800-621-6000; www.weightwatchers.com
- ◆ Over Eaters Anonymous - 505-891-2664 (support group)- www.oa.org

Exercise

- ◆ Curves - 877-673-3144- www.curves.com
- ◆ 24 Hour Fitness - 800-224-0240- www.24hourfitness.com
- ◆ New York Sports Club - www.newyorksportsclubs.com

Smoking Cessation

- ◆ www.smokefree.gov

Reduce Alcohol Drinking

- ◆ www.rethinkingdrinking.niaaa.nih.gov

Journals

- ◆ AHA Journal – <http://hyper.ahajournals.org>

Apps

- ◆ Calorie King
- ◆ Blood Pressure Companion
- ◆ SparkQuote (Free, inspiring quote for the day)