

AHA/ASA RESOURCES FOR HEART CONDITIONS

Heart Insight Magazine

Heart Insight has been serving heart patients and their families for over eight years. Now a digital-only publication, it's not only available in an easy to navigate digital edition, but as a free app on the smartphone or tablet of your choice. All articles as well as other helpful resources and information are also available for free on the *Heart Insight* website. And when you sign up with your email, you'll also receive the *Heart Insight* e-News monthly newsletter for free between quarterly issues.



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The Support Network

When faced with challenges recovering from heart disease or stroke, it's important to have emotional support. That is why we created an online community to connect patients and loved ones with others during their journey.

Caregiver Resources

The AHA has many helpful resources for caregivers including downloadable guides and checklists and journal pages to help you in the day-to-day efforts of supporting your loved ones recovery and your own health.

Heart360 Personal Health Record

Heart360® is an easy-to-use tool which helps you understand and track the factors that affect your heart health — including blood pressure, physical activity, cholesterol, glucose, weight and medications. Heart360® safely and securely stores your information in Microsoft® HealthVault™. Sign up today to manage your heart health!

Health Assessments

By entering a few of your health numbers, our risk tools will provide you with valuable information on steps you can take today to lower your risk of cardiovascular disease (CVD). Take a few minutes to learn your health risks with one of our powerful risk assessment tools.

Trackers & Logs

Nearly 20 different printable trackers and logs for everything from recording your family health history to tracking your physical activity or preparing for your next visit to the doctor.

Watch, Learn & Live Video Library

Here you'll find informative illustrations and animations about a variety of conditions, treatments and procedures related to heart disease and stroke.

Answers by Heart

Answers by Heart is a series of downloadable patient information sheets presented in a question-and-answer format that's brief, easy to follow and easy to read. They also provide room for you to write down questions to ask your doctor.



My Life Check

My Life Check® was designed by the American Heart Association with the goal of improved health for all Americans. Any person can make these changes and even modest improvements to your health will make a big difference. Start with one or two. Know your heart score.

Conditions on Heart.org

Learn more about the cardiovascular conditions you or your loved one are managing.

[Arrhythmia](#)

[Atrial Fibrillation](#)

[Cholesterol](#)

[Congenital Heart Defects](#)

[Diabetes](#)

[Heart Attack](#)

[Heart Failure](#)

[Heart Valves](#)

[High Blood Pressure](#)

[Peripheral Artery Disease](#)

[Stroke](#)