

Digital resources for Heart Failure

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the Proactive Care Frameworks. This list has been developed for local systems to access guidance and information on validated resources available.

Heart Failure resources for patients

- [BHF Heart Failure](#)
- [BHF Heart Failure Personal Record](#)
- [Pumping Marvellous Heart Failure Guide](#)
- [Pumping Marvellous Living well with Heart Failure](#)
- [NHS Heart Failure information](#)
- [Medicines for my Heart](#)

Risk factors

Education

[Understanding high blood pressure](#)

[What is high blood pressure?](#)

[Risk factors for heart and circulatory disease](#)

[Understanding cholesterol](#)

[How to lower your cholesterol](#)

Self-management

[How to reduce your blood pressure: 6 top tips](#)

[Manage your blood pressure at home](#)

[Home Blood Pressure Monitoring \(video\)](#)

[How to choose a blood pressure monitor](#)

[How to check your blood pressure \(video\)](#)

Behaviour Change

[Eat well](#)

[Healthy eating guide](#)

[Get active](#)

[Get active indoors](#)

[Ways to move](#)

[Quit smoking](#)

[Drink Less](#)