

Digital Resources for Hypertension

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.

Managing high blood pressure:

- [Managing blood pressure at home](#)
- [Blood pressure and stroke](#)

Monitoring your blood pressure at home:

- [Benefits of remote monitoring for blood pressure - video](#)
- [How to measure your blood pressure – video](#)
- [Step by step guide for patients on how to take BP](#)
- [Home monitoring diary for patients](#)
- [Blood pressure monitors buying guide](#)
- [Why cuff size matters](#)

How to assess pulse rhythm at home:

- [How to take your pulse - video](#)
- [Know your pulse and what is AF?](#)

Peer Support

Support and conversations with others living with high blood pressure. ([CLICK HERE](#) – then type high blood pressure (or hypertension) into search function)

Health and wellbeing resources

Diet:

- [NHS Advice on eating well](#)
- [Advice and guidance on losing weight](#)
- [NHS advice on lowering cholesterol levels](#)

Exercise:

- [Getting active around the home](#)
- [Dance to health](#)
- [Tips to get active](#)

Smoking cessation:

- [NHS support for smoking cessation](#)

Alcohol:

- [Heart UK alcohol guidance](#) & [NHS Drink Less guidance](#)

Wellbeing and Mental Health:

- [Every Mind Matters](#)