

# MPV NEW JERSEY MEDICAL GROUP

## Hypertension Self-Management Support Plan

### Hypertension Support Groups

- ◆ American Heart Association – [www.supportnetwork.heart.org](http://www.supportnetwork.heart.org)
- ◆ American Society of Hypertension – [www.ash-us.org/for-patients](http://www.ash-us.org/for-patients)

### Weight Management

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

### Exercise

- ◆ Curves - 877-673-3144- [www.curves.com](http://www.curves.com)
- ◆ 24 Hour Fitness - 800-224-0240- [www.24hourfitness.com](http://www.24hourfitness.com)
- ◆ New York Sports Club - [www.newyorksportsclubs.com](http://www.newyorksportsclubs.com)

### Smoking Cessation

- ◆ [www.smokefree.gov](http://www.smokefree.gov)

### Reduce Alcohol Drinking

- ◆ [www.rethinkingdrinking.niaaa.nih.gov](http://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)