

Hypertension webinar Resources

How to confirm diagnosis & manage raised blood pressure:

Validated BP Monitors for Home Use – <https://bihsoc.org/bp-monitors/for-home-use>

Self-management plan - <https://www.digihealthwell.co.uk/wp-content/uploads/2020/12/Hypertension-plan-not-diagnosed.pdf>

Digital opportunities for your care – what are they?

NHS apps library - <https://www.nhs.uk/apps-library>

Couch to 5k – <https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k>

Manage your health app

Apple App Store – <https://apps.apple.com/gb/app/manage-your-health/id1039817165>

Google Play Store – https://play.google.com/store/apps/details?id=com.keele.vpil&hl=en_GB&gl=US

NHS app – <https://www.nhs.uk/apps-library/nhs-app>

Smoking cessation apps - <https://www.digihealthwell.co.uk/wp-content/uploads/2020/09/Smoking-Cessation-Apps.pdf>

British Society for Heart Failure app - <https://apps.apple.com/us/app/bsheartfailure/id1539426320>

Video consultation - <https://www.digihealthwell.co.uk/patients/vc-patientguide/>

Social Media - <https://www.digihealthwell.co.uk/wp-content/uploads/2020/05/TECS-Facebook-guide-for-clinicians-may-20.pdf>