

Education and Self-Management Resources

Diabetes	American Diabetes Association Diabetes Care Tools and Resources https://diabetes.org/about-diabetes
Blood Pressure	American Heart Association Manage High Blood Pressure https://www.heart.org/en/health-topics/high-blood-pressure/
Healthy Eating	MyPlate Healthy Eating Resources https://www.myplate.gov/
Physical Activity	Centers for Disease Control Physical Activity Basics https://www.cdc.gov/physicalactivity/basics/index.htm
Men's Health	USA.gov Men's Health Resources https://www.usa.gov/features/improving-mens-health
Women's Health	Office of Women's Health Women's Health Resources https://www.womenshealth.gov/
Mental Health	Centers for Disease Control Mental Health Tools and Resources https://www.cdc.gov/mentalhealth/tools-resources/index.htm
Vaccines	Centers for Disease Control Vaccine Schedules https://www.cdc.gov/vaccines/schedules/index.html