

## Education and Self-Management Resources

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