Internet Resources for Managing Your Cardiovascular Health

Because MESSA cares about your health, we are providing you with a list of credible web sites that provide reliable and up-to-date information to help you achieve and maintain control of your cardiovascular health. Keep in mind that your primary physician is the most important resource, so never alter your treatment plan without consulting with your physician.

Reliable Internet Sites

- Healthfinder at www.healthfinder.gov
- Medline Plus at www.medlineplus.gov
- The American Heart Association at www.heart.org
- The American Heart Association’s Heart-Check Food Certification at heartcheckmark.org
- American Stroke Association at www.strokeassociation.org
- National Heart Lung and Blood Institute at www.nhlbi.nih.gov
- Centers for Disease Control and Prevention at www.cdc.gov
- NeedyMeds at www.needymeds.org

Questions?

If you have any questions, please call MESSA Member Education at 800.336.0022 and select prompt 3 to talk with a MESSA nurse specially trained in cardiovascular disease management.