

Digital Health Tools for Heart Health & Cholesterol

Heart disease and high cholesterol continue to affect Black communities at higher rates due to stress, limited access to quality care, and systems that haven't always been built with Black families in mind. Below are two digital health apps that can make it easier to stay organized, track changes, and walk into appointments fully informed.

Hello Heart

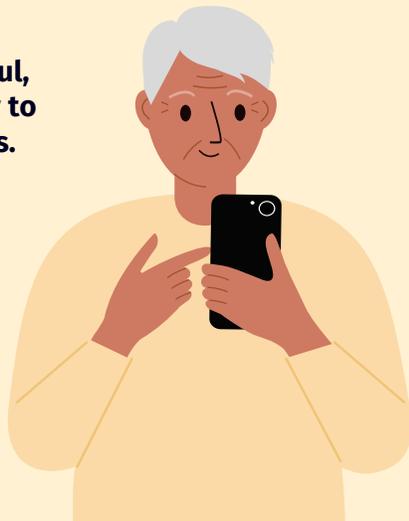


What it offers:

-  Tracks blood pressure, weight, and cholesterol trends in one place.
-  Helps identify what may be affecting readings, stress, salty foods, long workweeks, travel, etc.
-  Uses simple visuals to highlight patterns and changes.

Why it connects with the community:

The layout is clear, **reminders are helpful**, and the **data is easy to share with providers**.



Heart & Stroke Helper

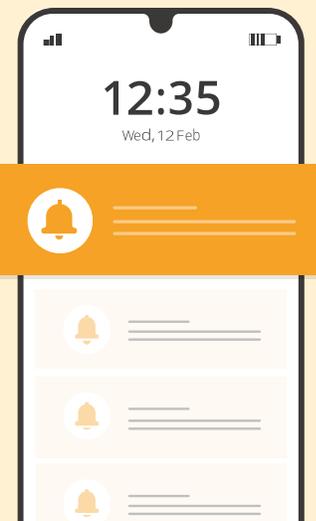


What it offers:

-  Helps set small, everyday goals that build stronger long-term heart habits.
-  Links cholesterol management to lifestyle habits like eating patterns, movement, sleep, and stress.
-  Includes practical, culturally relevant tips to support healthier versions of traditional meals.

Why it's supportive:

Heart health is about **more than numbers**, it's about **daily routines, culture, and overall wellbeing**. This app **brings those pieces together**.



How to use these apps (step-by-step)

STEP 1

Download & set up

- Find Hello Heart and Heart & Stroke Helper in your app store.
- Create an account.
- Enter any activation code provided by a clinic or employer (for Hello Heart).

STEP 2

Sync devices & add baseline info

- Connect a blood pressure cuff or wearable device if available.
- Add the most recent cholesterol results so the app can track progress over time.
- Enable notifications for check-ins and reminders.

STEP 3

Make it part of the routine

- Check blood pressure around the same time daily.
- Record weight weekly.
- Update cholesterol whenever new lab results are received.
- Use Heart & Stroke Helper to log meals, movement, and stress levels.

STEP 4

Set goals that make sense

Start with simple steps, such as:

- Checking blood pressure a few times each week.
- Choosing grilled or baked versions of favourite meals.
- Taking a 10-minute walk after meals.

Lift Every Voice Pro Tip:

Bring App Data to Medical Appointments

Sharing app data with providers gives a clearer picture of what's happening between visits and helps guide decisions about medications, lifestyle changes, and follow-ups. This information makes care more personalized and supports stronger communication during appointments.

