

Finding cardiac resources can be challenging, but we are here for you at UCI Health. This handout lists resources to support your journey in managing your heart health and well-being.



Key:

Advocacy	Education	Classes	Management
Nutrition	Research	Support Groups	Treatment

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UCI HEALTH & UCI SSIHI CARDIOLOGY SERVICES

UCI Health Cardiology Services



Comprehensive care center for patients with heart disorders. Offers: diagnosis, treatment, monitoring, coaching, and education.

- Cardiac Arrhythmia
- Diabetes Prevention Program
- Diagnostic Imaging
- Heart Failure
- Heart Health Coaching
- Interventional Cardiology
- Preventive Cardiology
- Cardiothoracic Surgery
- Vascular and Endovascular Surgery
- Women's Heart
- Cardiac Rehabilitation
- Cardiac Amyloidosis
- Noninvasive Cardiovascular Imaging
- Cholesterol Management
- ECMO
- Structural Heart (Mitraclip, TAVR, Watchman)
- Adult Congenital Heart Disease



Call 1-714-456-6699 for more information
<https://www.ucihealth.org/medical-services/cardiology>

UCI Susan Samueli Integrative Health Institute Cardiology Services



Works with UCI Health to help prevent and improve heart problems

- Lifestyle intervention
- Comprehensive assessment of early heart disease
- Develop a personalized plan to reduce risk factors of heart disease
- Stress Management
- Mindfulness Training
- Relaxation Techniques
- Nutritional Supplements



Only accepts private pay, PPO, Medicare, and contracted insurances

Does not take HMO and CalOptima/MediCal

Call 1-949-824-7000 for more information
<https://ssihi.uci.edu/patient-care/integrative-specialties/integrative-cardiology/>

Disclaimer: This sheet does not include all cardiac resources. Ask your healthcare team for advice when making lifestyle changes. UCI Health doesn't endorse the external resources listed. Updated as of 10/23/2023.

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UCI HEALTH RESOURCES

UCI Health, Primary Care Services

- Offers healthcare for the whole family. Diagnosis, treatment, and management of heart disease.

☎ 1-714-456-7002

🌐 <https://www.ucihealth.org/medical-services/primary-care>



UCI Health, Heart Health Coaching

- Provides coaching services on education and management skills

☎ 1-714-456-7514

🌐 <https://www.ucihealth.org/medical-services/cardiology/heart-health-coaching>



UCI Health, Diabetes Prevention Program

- One-year, lifestyle-change program to help you prevent type 2 diabetes

☎ 1-714-456-7514

🌐 <https://www.ucihealth.org/events/health-classes/diabetes-prevention-program>



UCI Health, Family Health Center - Anaheim

- Offers healthcare for the whole family. Diagnosis, treatment, and management of heart disease.

☎ 1-657-282-6356

🌐 <https://www.ucihealth.org/locations/anaheim/family-health-center-anaheim>



UCI Health, Family Health Center - Santa Ana

- Offers healthcare for the whole family. Diagnosis, treatment, and management of heart disease.

☎ 1-657-282-6355

🌐 <https://www.ucihealth.org/locations/santa-ana/family-health-center-santa-ana>



UCI Health, Living Well with Heart Failure

- Free online class on how to manage living with heart failure

☎ 1-714-456-8887

🌐 <https://www.ucihealth.org/events/event-search-results?keyword=Living%20well%20with%20heart%20failure>



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UCI Health, Healthy Living Series Classes - English

- Help you discover how to live well and equip you with the tools to improve your life and well-being.

 1-714-456-7514

 <https://www.ucihealth.org/events/health-classes/healthy-living-series>



UCI Health, Vivir Bien Serie - Spanish

- Help you discover how to live well and equip you with the tools to improve your life and well-being in Spanish.

 1-714-456-3739

 <https://www.ucihealth.org/events/health-classes/healthy-living-series-en-espanol>



UCI Health, Advanced Heart Failure & VAD Support Group

- Online support group to share experiences and gain knowledge

 1-714-456-7514

 <https://www.ucihealth.org/events/support-groups/advanced-heart-failure-vad-support-group>



UCI Health - Plant-Based Cooking Workshop Series

- Learn to adapt and cook plant-based foods online for free

 1-714-456-8434

 <https://www.ucihealth.org/events/event-search-results?keyword=plant%20based>



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AMERICAN HEART ASSOCIATION (AHA)

American Heart Association (AHA)

- An organization dedicated to improving and advancing cardiovascular health for all to have longer and healthier lives. It aims to identify and remove barriers to health access and quality.

 1-800-242-8721

 <https://www.heart.org/>



AHA - Recipes

- A variety of healthy and nutritious cookbook recipes available for you to cook and enjoy.

 1-800-242-8721

 <https://recipes.heart.org/en/>



Interactive Cardiovascular Library

- Informative illustrations and animations about a variety of conditions, treatments, and procedures related to heart disease and stroke.

 <https://watchlearnlive.heart.org/index.php>



Life's Essential 8™ - Improving & Maintaining Cardiovascular Health

- The key measures for improving and maintaining cardiovascular health. Checklist for lifelong good health.

 <https://diabetesleadership.org/>



Healthier Living with Heart Failure - Interactive Guide

- Interactive guide on managing symptoms and reducing risk of heart failure.

 <https://mydigitalpublication.com/publication/?m=46677&i=753422&p=1&ver=html5>



Download the Heart Failure (HF) App

- An app to help you manage heart failure. It'll help you track your daily symptoms, vitals, mood, energy level and more. You can add your care team members to view your data and monitor your condition.

 <https://www.heart.org/en/health-topics/heart-failure/heart-failure-tools-resources/hf-helper-app>



Scan QR
for the website**Symptom Tracker - English** 📖

- Self-Check Plan for Heart Failure Management
- 🌐 <https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/HF-Symptom-Tracker.pdf>

**Symptom Tracker - Spanish** 📖

- Self-Check Plan for Heart Failure Management
- 🌐 <https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/HF-Symptoms-Self-Check-Plan-SPANISH.pdf>

**Heart Failure and Your Ejection Fraction Explained - English** 📖

- Informative illustration on ejection fraction and how much blood is pumped out.
- 🌐 <https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/HF-and-Your-Ejection-Fraction-Explained.pdf>

**Heart Failure and Your Ejection Fraction Explained - Spanish** 📖

- Informative illustration on ejection fraction and how much blood is pumped out in Spanish.
- 🌐 <https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/Explicacion-de-la-IC-y-la-fraccion-de-eyecion.pdf>

**How Can I Improve My Low Ejection Fraction?** 📖 📁

- Fill-out guide and plan to manage heart failure.
- 🌐 <https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/Lowering-Your-Ejection-Fraction.pdf>

**Medication Tracker** 📁

- Medicine Chart for Heart Failure Management
- 🌐 <https://www.heart.org/-/media/Files/Health-Topics/Heart-Failure/HF-Medication-Chart.pdf>



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GOVERNMENT RESOURCES

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Centers for Disease Control and Prevention (CDC) - Heart Disease

- A national public health agency. Provides the latest national information and resources on heart disease.
- 📞 1-800-232-4636
- 🌐 <https://www.cdc.gov/heartdisease/>



Office on Women's Health

- Provides national leadership and coordination to improve heart health of women and girls through policy, education, and innovative programs.
- 📞 1-800-994-9662
- 🌐 <https://www.womenshealth.gov/heart-disease-and-stroke>



National Heart, Lung, and Blood Institute (NIH) - Heart Healthy Living

- National medical research, training, and education agency to promote the prevention and treatment of heart, lung, and blood disorders and enhance the health of all.
- 🌐 <https://www.nhlbi.nih.gov/health/heart-healthy-living>



National Institute on Minority Health and Disparities (NIH) - Cardiovascular Disease Information in Multiple Languages

- National research agency aimed to improve heart health in minorities and reduce health disparities.
- 🌐 <https://www.nimhd.nih.gov/programs/education-training/language-access/health-information/cardiovascular-disease/>



MedlinePlus - Health Information in Multiple Languages

- Online heart health information resource for patients, families, and friends. Service of National Library of Medicine (NLM).
- 🌐 <https://medlineplus.gov/>



MedlinePlus®
Trusted Health Information for You

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U.S. Food & Drug Administration (FDA) - Heart Disease

- National agency to protect the population and advance public health.
- 1-888-463-6332
- <https://www.fda.gov/consumers/minority-health-and-health-equity-resources/heart-disease>



NONPROFIT & NOT-FOR-PROFIT ORGANIZATIONS



CardioSmart - American College of Cardiology

- A patient engagement program to support the patient and doctor partnership to personalize care on heart disease.
- 1-800-253-4636
- <https://www.cardiosmart.org/>



The Heart Foundation

- To increase awareness of heart disease, prompting early detection, and supporting the innovative research for heart disease.
- 1-818-865-1100
- <https://theheartfoundation.org/heart-disease/>



Physical Activity Videos For Heart Health

- Certified instructors and trainers will walk you through simple exercises, stretches, and circuits that you can do at home without any equipment.
- <https://theheartfoundation.org/heart-disease/get-moving-for-heart-health/>



Heart Failure Society of America (HFSA) - Patient Hub

- Learn about heart failure risk factors, symptoms, and stages. Explore tools to help patients and caregivers. Find external resources for additional information and more.
- 1-301-312-8635
- <https://hfsa.org/patient>



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	<p>American College of Lifestyle Medicine   </p> <ul style="list-style-type: none"> Learn about the benefits of plant-based eating and how it could treat and prevent heart disease <p>https://lifestylemedicine.org/articles/benefits-plant-based-nutrition-cardiovascular-disease/</p>	
	<p>American Society for Nutrition (ASN)    </p> <ul style="list-style-type: none"> To advance the science, education, and practice of nutrition to improve overall health. <p>☎ 1-240-428-3650</p> <p>https://nutrition.org/?s=heart</p>	

FORUMS & SUPPORT GROUPS

 <p>Find Community. Find Wellness. Find Hope.™</p>	<p>Depression and Bipolar Support Alliance (DBSA) - Orange County CA Chapter   </p> <ul style="list-style-type: none"> Peer led support groups gain support, wisdom, strength, and hope from fellow members. <p>https://www.dbsaoc.org/services</p>	
	<p>National Alliance on Mental Illness   </p> <ul style="list-style-type: none"> If you or someone you know are in a crisis, they are here to help you. OC Warmline is available 24/7 and support groups are available. <p>https://www.namio.org/crisis-we-can-help</p>	

TECHNOLOGY, MEDICATION, & EQUIPMENT

<p>UCI Health</p>	<p>Patient Education Library - Health Clips   </p> <ul style="list-style-type: none"> Learn about heart and vascular problems, heart disease, cardiac procedures, and recovery. <p>https://www.healthclips.com/facility/02800/Library</p>	
	<p>GoodRx  </p> <ul style="list-style-type: none"> Get the right care at the best price. Will help you find lowest medication costs and discounts. <p>☎ 1-855-268-2822</p> <p>https://www.goodrx.com/</p>	

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	<p>Rx Assist 📖 📁 +</p> <ul style="list-style-type: none"> • Can help you learn more about pharmaceutical companies and other resources to help lower your medication costs. <p>🌐 https://www.rxassist.org/patients</p>	
	<p>Cardiovascular.Abbott - Keeping Your Heart Healthy with Breakthrough Medical Technology 📖 +</p> <ul style="list-style-type: none"> • Focus on innovative technologies that can improve <p>🌐 treatment of heart disease and conditions.</p> <p>🌐 https://www.abbott.com/consumer/cardiovascular.html</p>	
	<p>Cardiovascular.Abbott - HeartMate3 - LVAD Therapy 📖 +</p> <ul style="list-style-type: none"> • A treatment for those with advanced heart failure. <p>🌐 https://www.cardiovascular.abbott/us/en/patients/treatments-therapies/heartmate-lvad-therapy.html</p>	
	<p>Medtronic 📖 📁 +</p> <ul style="list-style-type: none"> • Heart and vascular treatments and therapies information for patients and caregivers <p>🌐 https://www.medtronic.com/us-en/patients/treatments-therapies/heart-vascular.html</p>	

ADVANCED DIRECTIVES

	<p>UCI Health - Advanced Directive Class 📖 📁 +</p> <ul style="list-style-type: none"> • In this class, a doctor and social worker will explain what a advanced directive form is and how it is used. <p>🌐 https://www.ucihealth.org/events/health-classes/advance-directives</p>	
	<p>National Institute on Aging (NIH) - Advanced Care Planning 📖</p> <ul style="list-style-type: none"> • National agency focused on the nature of aging and to extend the healthy, active years of life. <p>🌐 https://www.nia.nih.gov/health/advance-care-planning-advance-directives-health-care#what</p>	

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California PREPARE Advanced Directive 📄

- Fill out your advanced directive online with pages that are easy-to-read and that PREPARE will walk you through them.
- 🌐 <https://prepareforyourcare.org/en/advance-directive-state/ca>



National Portable Medical Orders (POLST) 📄

- Honoring the wishes of those with serious illness and frailty. A process and a form.
- <https://polst.org/>



SMOKING RESOURCES 🚬



Kick It California - Tobacco Cessation California Assistance 📄

- Take the first step towards quitting with a free program that helps Californians kick smoking, vaping, and smokeless tobacco.
- ☎ 1-800-300-8086
- 🌐 <https://kickitca.org/>



OC Health Care Agency - Tobacco Use Prevention Program 📖 📄

- Located at 12 Civic Center Plaza, Suite 127, Santa Ana, CA 92701. Self-help resources to quit smoking.
- ☎ 1-866-639-5864 or 1-866-NEW-LUNG
- 🌐 <https://ohealthinfo.com/services-programs/wellness-safety-prevention/tobacco-use-prevention>



American Cancer Society - Quit For Life 📖 📄

- Free self-help materials and referrals.
- ☎ 24 hour hotline coaching. Call 1-866-784-8454 or 1-QUIT-FOR-LIFE (Available in English & Spanish).
- 🌐 <https://www.cancer.org/cancer/risk-prevention/tobacco.html>



Substance Abuse

- List of referrals, programs, and treatment centers available in OC.
- ☎ 1-855-886-5400
- 🌐 <https://ssa.ocgov.com/how-do-i/find/community-resources/substance-abuse>



Orange County Food Help

- Find free food in Orange County with an interactive map. Has local soup kitchens, food pantries, home-delivered meals, congregate meals, and after-school meals for yourself and the rest of your family. Available in many languages.
- 🌐 <https://ocfoodhelp.org/>



In-Home Supportive Services (IHSS)

- Provides supportive services to person who are aged, blind, or disabled, and who are limited in their ability to care for themselves and cannot live at home safely without assistance.
- ☎ 1-714-825-3000
- 🌐 <https://www.ssa.ocgov.com/elderdisabled-home-services/home-supportive-services>



Adult Mental Health Services

- List of statewide and countywide resources for mental health.
- 🌐 <https://www.ssa.ocgov.com/health-care-services/other-community-health-services/adults-mental-health-services>



TRANSPORTATION RESOURCES

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Senior Wheels Transportation Program

- For Anaheim residents, transportation within a 10 miles radius of the resident's home.
- ☎ More information: 714-765-4511
- ☎ Reservations: 714-706-8161
- 🌐 <https://www.anaheim.net/1638/Senior-Wheels-Transportation-Program>



Tustin Senior Transport Program

- For individuals 55 and older as well as for person with disabilities.
- ☎ More information or Scheduling a Medical Trip: 1-714-573-3348
- ☎ Scheduling a Senior Center & Shopping Trip: 1-714-573-3330
- 🌐 <https://www.tustinca.org/1022/Transportation-Program>



Orange County Transit Authority (OCTA): Senior Transit Programs

- Senior Mobility Program - Local transportation for seniors in OC.
 - ☎ 1-714-560-5596
- Senior Non-Emergency Medical Transportation Program (SNEMT) - Low-cost transportation to and from medical appointments and other health-related trips.
 - ☎ 1-800-510-2020 OR 1-714-480-6450
- 🌐 <https://www.octa.net/programs-projects/programs/senior-transit-programs/overview/>



Orange County Transit Authority (OCTA): ACCESS

- Service within ¾ mile of, and during the same hours as, the OC Bus service. \$3.60 for each one-way trip.
- ☎ Eligibility: 714-560-5956
- ☎ Reservation: 877-628-2232
- ☎ TDD: 800-564-4232
- 🌐 <http://octa.net/Getting-Around/Bus/Access-Service/Overview/>

