



Heart Disease

Chronic Disease

Self-Management Guide

**A comprehensive self-management guide
with programs, tools, and resources**

*A project of Healthy Capital District Initiative
and the Population Health Improvement Program*

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Heart Disease Support Community

Mended Hearts

Counties Served: Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady

Phone Number: 1-888-HEART99 (1-888-432-7899)

National Office: (214) 206-9259

Fax: (214) 295-9552

Email: info@mendedhearts.org

About this Program: Mended Hearts is a national and community-based non-profit organization that has been offering the gift of hope to heart disease patients, their families and caregivers. To offer this hope Mended Hearts provides a variety of programs. Mended Hearts is a community-based, nationwide support network for heart patients and their caregivers founded in 1951. More than 20,000 members operate through 300 chapters and satellite organizations across the U.S., with one chapter in Canada. Mended Hearts is the largest peer-to-peer heart patient support network in the world.

Our local community chapters help people understand that there can be a rich, rewarding life after heart disease diagnosis. Members listen, share their experiences and volunteer to talk to other heart patients about what they may face including lifestyle changes, depression, recovery, and treatment. Mended Hearts volunteers offer peer-to-peer support to patients, family members and caregivers via:

Program Website: <http://mendedhearts.org/about-us>

Program Contact Information:

Mary Meliski (518) 478-3149

marymax1017@hotmail.com



Cardiac & Vascular Program

St. Peter's Hospital

Counties Served: Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady

Location: 315 S. Manning Boulevard, Albany, NY 12208

Phone Number: (518) 525-1590

About this Program: The Cardiac & Vascular Program at St. Peter's Hospital provides individualized fitness programs, education and emotional support for patients recovering from a cardiac event such as heart attack, angina, or coronary bypass surgery. Patients work one-on-one with registered nurses and exercise physiologists to reach their personal goals and set new ones for life-long wellbeing.

The program is designed to:

- Improve strength and endurance
- Reduce reoccurrence of another cardiac event
- Enhance understanding of coronary artery disease
- Improve quality of life
- Provide emotional support
- Help identify and control risk factors
- Offer vocational-related exercises for a return to work

Program Website: <http://www.sphp.com/cardiac-vascular>

Program Contact Information:

Dorothy Urchel

(518) 525-5037

dorothy.urschel@sphp.com



Advanced Heart Disease Program

St. Peter's Hospital

Counties Served: Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady

Address: 319 South Manning Boulevard, Suite 110B, Albany, NY 12208

Phone Number: (518) 525-5037

About this Program: St. Peter's Advanced Heart Disease Program works with you to help manage your disease. Our multidisciplinary team combines the expertise of a wide range of health care professionals: cardiologists, cardiac surgeons, vascular surgeons, nurse practitioners, nurses, nurse specialists, ventricular assist device (VAD) coordinators, dietitians, social workers, psychologists, and physical therapists.

Heart failure is a complex condition but there is much you can do to feel well and live longer.

Program Website: <http://www.sphpma.com/locations/cardiology-advanced-heart-disease-center>

Program Contact Information:

Dorothy Urchel

(518) 525-5037

dorothy.urschel@sphp.com



Heart Failure Program

Albany Med

Counties Served: Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady

Address: Physicians Pavilion, 2nd Floor, 43 New Scotland Avenue

Albany, New York 12208

Phone Number: (518) 262-5076

Albany Med Cardiac Rehabilitation helps patients after they've had a heart attack, bypass surgery, heart stent placement (PCI/PTCA), heart transplant or stable angina. The team guides patients on a path to achieving a healthier lifestyle, and assists in understanding cardiac risk factors, and improving heart health.

Most insurance companies will cover the cost of cardiac rehabilitation, though co-pays are applicable. Insurance policies vary, so it is encouraged to verify coverage before entering the program.

Program Website:

http://www.amc.edu/patient/services/cardiology/heart_failure/index.cfm



Strong Women Healthy Hearts

Cornell Cooperative Extension

Counties Served: Saratoga

Location: 50 West High Street, Ballston Spa, NY 12020

Phone Number: (518) 885-8995

About this Program: Strong Women – Healthy Hearts is an 8-week, twice-weekly program, designed by top nutritionists at Tufts University. During these hour-long classes, you will learn about heart healthy eating patterns and weight control techniques. Some topics include portion control, menu planning, and approaches to a healthy diet. You will also engage in light aerobic exercise, either walking or dancing. All women are welcome to participate but please note this program has been developed for women 40 years of age and older who have been mostly or completely inactive for the past few years and are interested in improving their health, vitality, and well-being. It starts gently and slowly helps you build up your fitness.

Program Website: ccesaratoga.org/nutrition-food/nutrition/strongwomen-healthy-hearts

Program Contact

Information: Diane Whitten

(518) 885-8995

dwhitten@cornell.edu



Heart2Heart Cardiovascular Care

Ellis Medicine's Community Wellness Program

Counties Served: Schenectady

Address: Ellis Medicine's Community Wellness Program,
Medical Arts Building, Suite 304, Schenectady, NY 12308

Phone Number: (518) 243-4771

About this Program: This outpatient program is staffed by cardiologists and cardiology specialists from Ellis' nationally recognized Wright Heart Center. Patients will receive health screening, education and care - including the administration of medications such as IV Lasix - to prevent their condition from progressing. Plus, the program's location in the Medical Arts Building adjacent to Ellis Hospital enables direct access to the comprehensive resources of Ellis, including nutrition counseling, physical and/or cardiac rehabilitation and other services vital to achieving and maintaining good heart health.

Through follow-up care, patient education and support, the program can help patients manage their health and avoid returning to the ER. It's another way Ellis is improving cardiac care and taking a proactive role to reduce the cost and impact of healthcare in our community.

Program Website: <http://www.ellismedicine.org/heart/community-wellness-program.aspx>

Program Contact Information:

Dr. Andalib Nawab

(518) 377-8184

nawaba@ellismedicine.org



A Guide for CHF Patients

Ellis Medicine

Languages: English

Description: Learning which one you are in as far as managing your heart disease.

Target patient: Adults

<http://www.ellismedicine.org/pdf/DailyCHFGuide.pdf>

A Patients Guide to Atrial Fibrillation

St. Peter's Health Partners

Languages: English

Description: A booklet to explain what atrial fibrillation is, its symptoms, effects and treatments. You will also learn how to make basic lifestyle changes that will give you a better quality of life.

Target patient: Adults

<http://www.sphp.com/workfiles/brochures/Patient-Guide-to-AFIB-Booklet-5-6-14.pdf>

A Patients Guide to Cardiac MRI

St. Peter's Health Partners

Languages: English

Description: Pamphlet to explain what to expect from a cardiac MRI, why they are performed and what happens after.

Target patient: Adults

<http://www.sphp.com/workfiles/brochures/Cardiac-MRI-Brochure-for-Patients-13.pdf>

About Heart Disease *Centers for Disease Control and Prevention*

Languages: English **Description** Downloadable fact sheets about heart disease and related conditions

Target patient: Adults

<http://www.cdc.gov/heartdisease/about.htm>

All About Heart Disease

American Heart Association

Languages: English

Description: National and local information regarding heart disease, staying healthy, eating right and resources.

Target patient: Adults

<http://www.heart.org/HEARTORG/>

All About Strokes

American Stroke Association

Languages: English

Description: National and local information regarding stroke warning signs, prevention, treatment and life after a stroke.

Target patient: Adults

<http://www.strokeassociation.org/STROKEORG/>

Cardiac Rehab Patient Resources

American Association of Cardiovascular and Pulmonary Rehabilitation

Languages: English

Description: Online resources to help find a cardiac program near you, and the benefits of cardiac rehabilitation.

Target patient: Adults

<https://www.aacvpr.org/Resources/Resources-for-Patients/Cardiac-Rehab-Patient-Resources>

Cardiac Rehabilitation *Ellis Medicine*

Languages: English

Description: Online resources to help with education, counseling, behavioral changes and exercises.

Target patient: Adults

<http://www.ellismedicine.org/health-topics/default.aspx?8ellismedicine/libv/h18.shtml>



Cholesterol

National Institutes of Health

Languages: English

Description: Numerous links and websites to help with heart disease education.

Target patient: Adults

<https://search.usa.gov/search?affiliate=hip&query=cholesterol>

Congestive Heart Failure: Prevention, Treatment & Research

Johns Hopkins Medicine

Language: English

Description: Collection of research to help avoid the conditions that contribute to heart failure and how to carefully manage these conditions if they develop.

Target patient: Adults

http://www.hopkinsmedicine.org/health/healthy-heart/diseases_and_conditions/congestive-heart-failure-prevention-treatment-and-research

Coronary Artery Disease: Prevention, Treatment & Research

Johns Hopkins Medicine

Language: English **Description:** Collection of research to help prevent coronary artery disease through learning about controlling the risk factors.

Target patient: Adults

http://www.hopkinsmedicine.org/health/healthy-heart/diseases_and_conditions/coronary-artery-disease-prevention-treatment-and-research

Eating on a Budget: The Three P's

United States Department of Agriculture **Description:**

Tips on planning, purchasing, and preparing food on a budget.

Languages: English **Target Audience:** Adults

<https://choosemyplate-prod.azureedge.net/sites/default/files/budget/PlanPurchasePrepare.pdf>

Educational Resources

Obesity Action Coalition (OAC)

Description: Compilation of brochures and informational guides on topics including understanding obesity, obesity-related diseases, and weight loss options. Some Spanish brochures available. Available for purchase.

Languages: English

Target Audience: Adults

www.obesityaction.org/educational-resources/brochures-and-guides

Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging

National Institutes of Health

Description: Booklet for older adults that reviews the importance of exercise and physical activity, with sample exercises, activity logs, and resources.

Languages: English, Spanish

Target Audience: Adults

www.go4life.nia.nih.gov/exercise-guide

Fitness

National Institutes of Health

Languages: English

Description: Numerous links and websites to help with heart disease education.

Target patient: Adults

<https://search.usa.gov/search?affiliate=hip&query=fitness>

Go, Slow, and Whoa! Foods

We Can!

Description: Chart to help families make smart food choices

Languages: English

Target Audience: Children, Adults

www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf



Grocery List Template

We Can!

Description: Grocery list with examples of "Go" "Slow" and "Whoa" foods to encourage healthier grocery shopping

Languages: English

Target Audience: Adults

www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_grocery.pdf

Heart Disease and Women

Ellis Medicine

Languages: English

Description: Numerous links and articles explaining what women need to be aware of to help maintain heart health.

Target patient: Adults

<http://www.ellismedicine.org/healthtopics/default.aspx?8ellismedicine/libv/w01.shtml>

Heart Disease Condition and Treatment

Albany Medical College

Language: English

Description: Cardiac electrophysiology experts work closely with each patient to find the best treatment options for arrhythmia related conditions.

Target patient: Adults

<http://www.amc.edu/patient/services/cardiology/Electrophysiology/conditions.cfm>

Heart Disease

National Institutes of Health

Languages: English

Description: Numerous links and websites to help with heart disease education.

Target patient: Adults

<https://search.usa.gov/search?affiliate=hip&query=heart%20disease>

Heart Health

Hannaford

Description: Online recipe guide with information on appropriate portion sizes.

Languages: English

Target Audience: Adults

<https://www.hannaford.com/content.jsp?pageName=HealthConditionsHeartHealth&leftNavArea=HealthLeftNav>

Heart Risk Assessment

Ellis Medicine

Languages: English

Description: Heart risk assessment that can help you learn more about your own heart risk factors.

Target patient: Adults

<http://www.ellismedicine.org/healthtopics/default.aspx?8ellismedicine/libv/h05.shtml>

Heart Smart: A Guide to Heart Care at Every Age

Johns Hopkins Medicine

Languages: English

Description: A few simple habits can help you lower your risk of heart disease and live a longer, healthier life — starting now.

Target patient: Adults

http://www.hopkinsmedicine.org/health/healthy_heart/download_heart_smart_guide.html



How to Avoid Portion-Size Pitfalls to Help Manage Your Weight

Centers for Disease Control and Prevention (CDC)

Description: Printable board game with tips on how to control portion sizes to help manage weight

Languages: English

Target patient: Adolescents

http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf

How to Start Exercising and Stick to It

Helpguide.org

Description: Steps you can take to make exercise less intimidating and painful and more fun and instinctive

Languages: English

Target patient: Adults

<https://www.helpguide.org/articles/healthy-living/how-to-start-exercising-and-stick-to-it.htm>

Life is Why

American Heart Association & Albany Medical Center

Languages: English

Description: Campaign designed to help individuals make small changes in their lifestyle that will result in healthier, happier and longer lives.

Target patient: Adults

<http://capitalregionny.heart.org/american-heart-association-albany-medical-center-working-together-improve-heart-health-capital-region/>

Managing Your Congestive Heart Failure

Ellis Medicine

Languages: English **Description:** Managing your disease through diet, medication, and exercise.

Target patient: Adults

<http://www.ellismedicine.org/pdf/ManagingCHF.pdf>

Managing your Heart Failure

St. Peter's Health Partners

Languages: English

Description: Explaining the symptoms, risks and how the Cardiac & Vascular Center can assist you.

Target patient: Adults

<http://www.sphp.com/workfiles/brochures/Managing-Heart-Failure-Brochure-12.pdf>

MOVE! Weight Management

United States Department of Veterans Affairs

Description: Collection of weight management handouts, with topics covering behavior, nutrition, and physical activity.

Languages: English

Target Audience: Adults

www.move.va.gov/handouts.asp

Nutrition and Behavioral Medicine Resources for Patients

American Association of Cardiovascular and Pulmonary Rehabilitation

Languages: English

Description: Numerous links and websites to help with heart disease education.

Target patient: Adults

<https://www.aacvpr.org/Resources/Resources-for-Patients/Nutrition-and-Behavior-Resources-for-Patients>

Nutrition Education

United States Department of Veterans Affairs

Description: Registered dieticians are available to provide nutrition counseling related to all types of medical needs.

Languages: English

Target Audience: Adults

https://www.albany.va.gov/services/Nutrition_and_Food_Services.asp



Educational

Obesity

National Institutes of Health

Languages: English

Description: Numerous links and websites to help with heart disease education.

Target patient: Adults

<https://search.usa.gov/search?affiliate=hip&query=obesity>

Parent Tips: Compare and Save – Eat Healthy, Spend Less

We Can!

Description: Example page of how healthy snacks and meals can save calories and money

Languages: English

Target Audience: Children, Adults

www.nhlbi.nih.gov/health/educational/wecan/downloads/tip_comparison.pdf

Parent Tips: Healthy Snacks 100 Calories or Less

We Can!

Description: 100-calorie snack ideas for parents

Languages: English

Target Audience: Children, Adults

www.nhlbi.nih.gov/health/educational/wecan/downloads/hundredcalories.pdf

Parent Tips: Making Healthier Food Choices

We Can!

Description: Provides tips for parents on how to make healthier food choices at home.

Languages: English

Target Audience: Children, Adults

<https://healthyeating.nhlbi.nih.gov/parentTips.aspx?linkId=3>

Senior Nutrition

Cornell Cooperative Extension

Description: Free nutrition education if you are a senior living in Rensselaer County and have questions about your health conditions and nutrition.

Languages: English

Target Audience: Adults

www.ccerensselaer.org/food-nutrition/senior-nutrition

Serving Size Comparison Chart

Dairy Council of California **Description:** Chart comparing traditional serving sizes that use ounces, cups, and other measurements to parts of a hand, so patients can better understand appropriate serving sizes

Languages: English

Target Audience: Children, Adults

www.healthyeating.org/Portals/0/Documents/Schools/Parent%20Ed/Portion_Sizes_Serving_Chart.pdf

Stroke

National Institutes of Health

Languages: English

Description: Numerous links and websites to help with heart disease education.

Target patient: Adults

<https://search.usa.gov/search?affiliate=hip&query=stroke>

The Heart Smart Workout Plan

Spark People

Languages: English

Description: Heart healthy exercise plans for all fitness levels

Target patient: Adults, Adolescents

http://www.sparkpeople.com/resource/fitness_articles.asp?id=1611



Tips for Weight Loss

Academy of Nutrition and Dietetics

Description: Collection of online articles with tips regarding weight loss, healthy eating plans, ways to cut calories, and other suggestions on how to lose weight safely.

Languages: English

Target Audience: Adults

www.eatright.org/resources/health/weight-loss

we can!

*Ways to Enhance Children's Activities & Nutrition
Greene County Public Health Department*

Description: Guide to help you and your family make smart food choices

Languages: English

Target patient: Adolescents, Adults

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/go-slow-whoa.pdf>

What's a Serving? *Education, Training and*

Research (ETR) **Description:** Pamphlet that promotes nutrition through sensible diets and healthy serving sizes. Available for purchase.

Languages: English

Target Audience: Adults

www.pub.etr.org/productdetails.aspx?id=100000105&itemno=237

What's On Your Plate?

United States Department of Agriculture

Description: Two page document reviewing food groups and healthy daily amounts.

Languages: English, Spanish

Target Audience: Adults

https://www.cnpp.usda.gov/sites/default/files/nutrition_insights_uploads/insight11.pdf



Goal Setting

Body Weight Planner

United States Department of Agriculture

Description: Online planner where patients can input their body weight, set a weight loss goal, and graphically view their goal progress

Languages: English

Target Audience: Adolescents, Adults

<https://www.supertracker.usda.gov/MyWeightManager.aspx>

My Fitness Pal

Under Armour Connected Fitness

Description: Website that allows patients to track their diet and exercise and set weight loss goals. My Fitness Pal offers free iPhone and Android apps to help patients keep track of diet, weight, and exercise while on-the-go, helping them reach their weight loss goals.

Languages: English

Target Audience: Adolescents, Adults

<https://www.myfitnesspal.com/>

Weekly Weight Loss Goal-Setting

Boston Medical Center

Description: Worksheet for patients to outline their weight loss goals for the week, rate the difficulty of the goals, and assess their success at completing the goals

Languages: English

Target Audience: Adolescents, Adults

<https://www.bmchp.org/~media/c9cd3ee01cc641dbb7a30241a103edf3.pdf?>



Planning/Monitoring

These tools help individuals with self-management and track personal health records and nutrition information.

Food Log

Johns Hopkins Medicine

Description: Worksheet for patients to log their food and drink consumption, and includes time, place, thoughts, food preparation, and specific amounts.

Languages: English

Target Audience: Adults

http://www.hopkinsmedicine.org/diabetes/diabetes_education/patient_education_material/Food_Log.pdf

Meal Planning Plates

Johns Hopkins Medicine

Description: Worksheet for each meal for 7 days of the week for patients to help divide their plates by appropriate food groups.

Languages: English

Target Audience: Children, Adults

www.hopkinsmedicine.org/diabetes/diabetes_education/patient_education_material/meal_planning_plates_tool.pdf



Alliance Product Calculator

Alliance for a Healthier Generation

Description: Online calculator where patients can enter food product information and answer a few questions to determine if their beverage, snack, side or entrée item meets the USDA's "Smart Snacks in Schools" Guidelines

Languages: English

Target Audience: Adults

www.healthiergeneration.org/take_action/schools/snacks_and_beverages/smart_snacks/alliance_product_calculator/

Choose My Plate

United States Department of Agriculture

Description: Website with a plethora of tools regarding food groups, recipes, personalized plan, and other items to help with weight loss and management.

Languages: English

Target Audience: Adults

<https://www.choosemyplate.gov/>

FitDay

FitDay

Description:

Online diet and weight loss journal with a mobile application to help track progress.

Languages: English

Target Audience: Adults www.fitday.com/

fitbit

fitbit

Description: Wearable wireless activity tracker that can monitor number of steps walked, heart rate, quality of sleep, steps climbed, and other metrics. Available for purchase.

Languages: English

Target Audience: Adolescents, Adults

<https://www.fitbit.com/>

Mayo Clinic Healthy Weight Pyramid

Mayo Clinic

Description: Online tool to help people identify how many calories they should be consuming to lose weight, based on their age, gender, height, and weight.

Languages: English

Target Audience: Adults

www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/itt-20084941

NIH BMI Calculator – iPhone App

National Institutes of Health

Description: Free iPhone app to calculate BMI

Languages: English

Target Audience: Children, Adults

www.itunes.apple.com/at/app/nih-bmi-calculator/id446441346?l=en&mt=8

NIH BMI Calculator – Online

National Institutes of Health

Description: Online tool to calculate BMI

Languages: English

Target Audience: Children, Adults

www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm



Cardio Pulmonary Rehabilitation

St. Peter's Hospital and Samaritan Campus

Description:

Provides individualized fitness programs, education and emotional support for patients recovering from a cardiac event such as heart attack, angina, or coronary bypass surgery.

Address: 315 S. Manning Boulevard, Albany, NY 12208

Phone Number: 518-525-1590

www.sphp.com/workfiles/Brochures/Seton-CardiacRehab_bro.pdf

Heart Failure Program

Albany Med

Description:

Albany Med Cardiac Rehabilitation helps patients after they've had a heart attack, bypass surgery, heart stent placement (PCI/PTCA), heart transplant or stable angina. The team guides patients on a path to achieving a healthier lifestyle, and assists in understanding cardiac risk factors, and improving heart health.

Address: Physicians Pavilion, 2nd Floor, 43 New Scotland Avenue, Albany, New York 12208

Phone Number: (518) 262-5076

http://www.amc.edu/patient/services/cardiolog y/heart_failure/index.cfm



Food Assistance

The following agencies can help you find the nearest food assistance programs that serve your neighborhood. Call ahead to verify the facility's address and hours.

Food Pantries for the Capital Region

Address: 32 Essex Street, Albany, NY 12206

Phone Number: (518) 458-1167

Hours: Monday - Friday 8 a.m. to 4 p.m.

Website: www.thefoodpantries.org

National Hunger Hotline

Description: A United States Department of Agriculture (USDA) Food and Nutrition Service free National Hunger Hotline to help individuals find food near your location.

Phone Number: 1-866-3-HUNGRY or 1-866-3-48679

Hours: Monday - Friday 9 a.m. to 5 p.m. Saturday 10 a.m. to p.m.

Nutrition Outreach and Education

Program (NOEP)

Description: Free nutrition assistance programs such as the Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamp Program. Contact an NOEP Coordinator based on your county to get more information.

Website: www.hungersolutionsny.org/find-a-noep

Phone Numbers:

Albany: (518) 689-6327

Columbia: (518) 828-8660 ext. 128

Greene: (518) 943-1462 ext. 104

Rensselaer: (518) 274-2607 ext. 4108

Saratoga: (518) 587-5188 ext. 412

Regional Food Bank of Northeastern New York

Address: 965 Albany-Shaker Road, Latham, NY 12110

Phone Number: (518) 786-3691

Hours: Monday - Friday 8 a.m. - 5 p.m.

Website: www.regionalfoodbank.net

Women, Infants, and Children (WIC)

Description: Nutrition assistance program for low income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five. To find a local agency, call or visit the NYSDOH website.

Website:

www.health.ny.gov/prevention/nutrition/wic/how_to_apply.htm



Prescription Assistance Programs & Online Resources

Contact the following prescription assistance programs for complete program descriptions, eligibility requirements, and application forms.

Elderly Pharmaceutical Insurance Coverage (EPIC) Program

Description: An income-eligible New York State program for residents aged 65 and older to supplement their out-of-pocket Medicare Part D drug plan costs. Seniors can apply for EPIC at any time of the year.

Phone Number: 1-800-332-3742

Website: www.health.ny.gov/health_care/epic/

Extra Help With Medicare Prescription Drug Plan Costs

Description: Income-eligible seniors aged 65 and older who has Medicare can apply for Extra Help to help with the costs of monthly premiums, annual deductibles, and prescription co-payments related to a Medicare prescription drug plan.

Phone Number: 1-800-772-1213

Website:

www.ssa.gov/medicare/prescriptionhelp/

GoodRx

Description: A web-based medical application that gathers prices and discounts to help find the lowest cost pharmacy for your prescriptions.

Website: www.goodrx.com

NeedyMeds.org

Description: Database for finding prescription assistance programs, drug discount cards, and patient assistance programs offered by pharmaceutical companies to help reduce medication costs.

Phone Number: 1-800-503 6897

Website: www.needymeds.org

Partnership for Prescription Assistance

Description: Offers information about available prescription assistance programs based on eligibility for more than 2,500 brand name and generic medications to help reduce medication costs.

Website: www.pparx.org

PrescriptionHope.com

Description: A national pharmacy program that obtains FDA-approved prescription medications for the set price of \$50/month per medication. Advocate order, manage, tracks, and refill medications on time, and renew medications annually.

Phone Number: 1-877-296-4673

Website: www.prescriptionhope.com

RxOutreach

Description: A non-profit mail order pharmacy that offers medications at affordable prices for enrolled eligible individuals.

Phone Number: 1-888-796-1234

Website: www.rxoutreach.org

St. Peter's Health Partners

Prescription Assistance Program

Description: Helps financially struggling individuals in Albany and Rensselaer find and apply for prescription assistance programs.

Phone Numbers:

Albany : (518) 268-6442

Rensselaer: (518) 525-6646

Senior Services of Albany

Description: Prescription relief line that offers counseling on prescription coverage, eligibility screening, and how to apply to prescription assistance programs.

Phone Number: (518) 935-2307



Rx Rewards Programs & Discounts Cards

CVS ExtraCare Pharmacy & Health Rewards Card

Description: A free rewards card that allows members to earn rewards every time prescriptions are filled. Discounts are also offered on vaccinations.

Website: www.cvs.com/extracare

New York Rx Card

Description: A free discount prescription drug card for New York residents who can save up to 75% on medication costs at participating pharmacies. Visit the website to create a discount prescription card.

Website: www.newyorkrxcard.com

Price Chopper RxAdvantEdge Card

Description: A free membership to save 15 -50% on prescription costs. Discounts are also offered on generic drugs.

Website: www.pricechopper.com/pharmacy#/

Rite Aid Rx Savings Program

Description: A free membership to save 15% on prescription costs. Discounts are also offered on generic drugs. Visit your local store to sign up.

Website: www.riteaid.com

United Way of the Greater Capital Region FamilyWize

Description: A free prescription discount card that helps enrolled uninsured and insured individuals reduce medication costs.

Website: www.unitedwaygcr.org/familywize-prescription-savings

Walmart

Description: Convenient prescription refills starting from \$4. Fast, easy Rx refills with their app. Printable pdfs in English and Spanish at the bottom of the page.

Website: [https://www.walmart.com/cp/\\$4-prescriptions/1078664](https://www.walmart.com/cp/$4-prescriptions/1078664)

Walgreen's Prescription Savings Club

Description: An annual fee of \$20 per individual or \$35 per family gets members special discounts on brand-name, generic medications, immunizations, and durable medical equipment.

Website: <https://www.walgreens.com>



Pharmaceutical Companies Patient Assistance Programs (PAPs)

PAPs are programs managed by drug companies that offer free or low cost drugs to eligible individuals. Visit their website or call for complete program descriptions, eligibility requirements, and application forms.

Bayer Patient Assistance Program

Description: Eligible individuals can receive discounts on Bayer manufactured medication.

Phone Number: 1-866-575-5002

Website: www.pharma.bayer.com

Bristol-Myers Squibb Assistance Foundation

Description: Eligible individuals can receive discounts or assistance in obtaining certain medications.

Phone Number: 1-800-736-0003

Website: www.bmspaf.org

The Lilly Cares Foundation

Description: Eligible individuals can receive discounts or assistance in obtaining certain medications.

Phone Number: 1-855-LLY-TRUE or 1-855-559-8783 **Website:** www.lillycares.com

Pfizer Rx Pathways

Description: Helps individuals find assistance programs that offer insurance support, co-pay help, and medicines such as glucotrol for free or at a savings.

Phone Number: 1-844-989-PATH or 1-844-989-7284

Website: www.pfizerrxpathways.com



Sports & Recreation

The following is a list of websites with activities and events in NYS.

Things to Do in New York State

Website: www.iloveny.com/things-to-do/outdoor-adventures/

Albany County

Website: www.albanycounty.com/recreation.aspx

Columbia County

Website:
www.columbiacountytourism.org/explore/?wpv-business-category=outdoors

Greene County

Website: www.greatnortherncatskills.com/map

Rensselaer County

Website: www.rensco.com/events

Saratoga County

Website: www.saratoga.com/things-to-do/

Schenectady County

Website: www.schenectadycounty.com/sports-and-recreation

YMCA

Locations:

Albany

616 North Pearl Street Albany, NY 12204
(518) 463-9622

Bethlehem

900 Delaware Avenue Delmar, NY 12054
(518) 439-4394

Duanesburg

221 Victoria Drive Delanson, NY 12053
(518) 895-9500

Glenville

127 Droms Road Glenville, NY 12302
(518) 399-8118

Greenbush

20 Community Way E. Greenbush, NY 12061
(518) 477-2570

Greene County

35 Route 81 West Coxsackie, NY 12192
(518) 731-7529

Guilderland

250 Winding Brook Drive Guilderland, NY 12084
(518) 456-3634

Schenectady

433 State Street Schenectady, NY 12305
(518) 881-0117

Southern Saratoga

1 Wall Street Clifton Park, NY 12065 (518) 371-2139

Troy

2500 21st Street Troy, NY 12180
(518) 272-5900



Tobacco Cessation Services/Support

Contact the following tobacco cessation service providers and groups for complete descriptions, services, locations, classtimes, and fees.

Affiliated Psychological Services

Description: Hypnosis for tobacco cessation

Location: 623 New Loudon Road,
Latham, NY 12110

Phone Number: (518) 783-1051

Counties Served: Capital Region

The Butt Stops Here

Description: Free 7-week program

Location:

HealthLink at Nathan Littauer Hospital
2 Colonial Court, Johnstown, NY 12095

Phone Number: (518) 736-1120

Classes are held on Monday 6 p.m. to 7 p.m.

Counties Served: Fulton

Center for Smoking Cessation at St.

Peter's Cancer Center

Location: 317 South Manning Boulevard Suite 100,
Albany, NY 12208

Phone Number: (518) 525-1827 Classes are held on
Monday 6 p.m. to 7 p.m.

Counties Served: Capital Region

St. Mary's Hospital Healthcare at Amsterdam

Location: 3380 Guy Park Avenue, Amsterdam, 12010

Phone Number: (518) 841-7448 Classes are held on
Mondays 6 p.m. to 7 p.m.

Counties Served: Montgomery

St. Peter's Health Partners at St. Mary's Hospital

Location: Troy 1300 Massachusetts Avenue,
Leonard Boardroom, Troy, NY 12180

Phone Number: (518) 268-5727

Counties Served: Capital Region

Courage to Quit

Description: Free 7-week program

Location: Capital City Rescue Mission
259 South Pearl Street, Albany, NY 12202

Phone Number: (518) 462-0459

Counties Served: Albany

City Mission of Schenectady

425 Hamilton St, Schenectady, NY 12305

Phone Number: (518) 372-9311

Counties Served: Schenectady

New York State Smokers' Quitline

Description: Free Quit Coaching Support **Phone**

Number: 1-866-697-8487

Website: www.nysmokefree.com



Weight Management

The following workshops guide individuals to manage their weight. Call for a complete description of services, address, class times, and fees.

Hannaford Dietitian & Free Classes/Demos

Description: Free nutrition demos and classes taught by a registered or certified dietitian, and often include food samples, recipes, and a store tour.

Website: www.hannaford.com

Health & Wellness Page by Market 32 by Price Chopper

Description: Informational page that contains healthy recipes, weight loss/management strategies, and a forum to ask a registered dietitian questions.

Website: www.pricechopper.com

Healthy Living Center Wellness

Wellness Facilities

Description: The center provides a variety of group exercise classes, access to a Hannaford registered dietician and occasional wellness pro- grams provided by CDPHP.

Address: 900 Central Avenue, Albany, NY 12065

Phone Number: (518) 729-4732

Website: www.healthyalbany.org/

ShopRite Dietitian Program Description:

Free complimentary services to ShopRite, which include one-on-one consultations with dietitian and chefs, supermarket tours, support groups, weight management classes, kids and adult cooking classes and in-store product samplings.

Website: www.shoprite.com/dietitian



To view this guide online, visit www.hcdiny.org.
Please send corrections and updates to phip@hcdiny.org





Population Health Improvement Program