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

revised 3/20/2019
# Table of Contents

## Heart Disease Programs

<table>
<thead>
<tr>
<th>Location</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Albany</td>
<td>4-7</td>
</tr>
<tr>
<td>Columbia</td>
<td>4-7</td>
</tr>
<tr>
<td>Greene</td>
<td>4-7</td>
</tr>
<tr>
<td>Rensselaer</td>
<td>4-7</td>
</tr>
<tr>
<td>Saratoga</td>
<td>4-8</td>
</tr>
<tr>
<td>Schenectady</td>
<td>4-7, 9</td>
</tr>
</tbody>
</table>

## Heart Disease Tools

<table>
<thead>
<tr>
<th>Tool</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Educational</td>
<td>10-15</td>
</tr>
<tr>
<td>Goal Setting</td>
<td>16</td>
</tr>
<tr>
<td>Planning/Monitoring</td>
<td>17</td>
</tr>
<tr>
<td>Tracking/monitoring</td>
<td>18</td>
</tr>
</tbody>
</table>

## Heart Disease Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment/Rehabilitation</td>
<td>19</td>
</tr>
<tr>
<td>Food Assistance</td>
<td>20</td>
</tr>
<tr>
<td>Prescription Assistance Programs &amp; Online Resources</td>
<td>21</td>
</tr>
<tr>
<td>Rx Rewards Programs &amp; Discounts Cards</td>
<td>22</td>
</tr>
<tr>
<td>Pharmaceutical Companies Patient Assistance Programs</td>
<td>23</td>
</tr>
<tr>
<td>Sports &amp; Recreation</td>
<td>24</td>
</tr>
<tr>
<td>Tobacco Cessation</td>
<td>25</td>
</tr>
<tr>
<td>Weight Management</td>
<td>26</td>
</tr>
</tbody>
</table>

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Please send corrections and updates to [phip@hcdiny.org](mailto:phip@hcdiny.org)
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](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](http://www.sphp.com/cardiac-vascular)

Program Contact Information:
Dorothy Urchel
(518) 525-5037
dorothea.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.sphma.com/locations/cardiology-advanced-heart-disease-center

Program Contact Information:
Dorothy Urchel
(518) 525-5037
dorothy.urchel@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: cesarotoga.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](http://www.ellismedicine.org/heart/community-wellness-program.aspx)

**Program Contact Information:**  
Dr. Andalib Nawab  
(518) 377-8184  
nawaba@ellismedicine.org
Educational

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

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

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

About Heart Disease Centers for Disease Control and Prevention
Languages: English Description: Downloadable fact sheets about heart disease and related conditions
Target patient: Adults
https://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

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Please send corrections and updates to phip@hcdiny.org
Educational Resources

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

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

**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

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Please send corrections and updates to phip@hcdiny.org
Educational

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

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

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

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
Educational

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  

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  

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

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

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

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

**Parent Tips: Healthy Snacks**  
*100 Calories or Less*  
*We Can!*  
**Description:** 100-calorie snack ideas for parents  
**Languages:** English  
**Target Audience:** Children, Adults  

**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  

**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

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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 Audience:** Adolescents, Adults


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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


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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

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  

**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  
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 entree 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/  

**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  

**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/  

**NIH BMI Calculator – iPhone App**  
*National Institutes of Health*  
**Description:** Free iPhone app to calculate BMI  
**Languages:** English  
**Target Audience:** Children, Adults  

**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  

**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/
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/cardiology/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
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

**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/](http://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](http://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](http://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](http://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](http://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.rxouteach.org](http://www.rxouteach.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

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
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
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 programs 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