

## **APPENDIX 5: FREE ONLINE IMPLEMENTATION RESOURCES FOR PATIENTS AND PROVIDERS**

<b>RESOURCE</b>	<b>WEBSITE</b>
Lists of automated blood pressure measurement devices which have been validated according to international standards	<a href="https://hypertension.ca/public/recommended-devices">https://hypertension.ca/public/recommended-devices</a> <a href="https://www.stridebp.org">https://www.stridebp.org</a> <a href="https://www.validatebp.org">https://www.validatebp.org</a>
Free certification program for optimal blood pressure measurement methods	<a href="https://campus.paho.org/en/course/home-blood-pressure-monitoring">https://campus.paho.org/en/course/home-blood-pressure-monitoring</a>
DASH eating plan to lower blood pressure	<a href="https://www.nhlbi.nih.gov/education/dash-eating-plan">https://www.nhlbi.nih.gov/education/dash-eating-plan</a>
Web-based application designed to track dietary sodium intake	<a href="https://www.projectbiglife.ca/calculators/sodium">https://www.projectbiglife.ca/calculators/sodium</a>
Canada's guidance on alcohol and health	<a href="https://www.ccsa.ca/canadas-guidance-alcohol-and-health">https://www.ccsa.ca/canadas-guidance-alcohol-and-health</a>