

TAKE ACTION RESOURCES



Prevention and Primary Care

- [Where to Go for Care](#): Use this document to determine where to go for the best treatment.
- [Primary Care Matters – How to Select a Provider](#): Use this checklist to find the right primary care provider for you.
- [Primary Care Appointment Checklist](#): Use this checklist to prepare for your next check-up.
- [Know Your Numbers](#): Use this pamphlet to keep track of your blood pressure, weight, A1C, and other important health numbers.
- [NYC Health Benefits Program](#): Use this website to learn more about employee health benefits and find contact information for your insurance provider.

Disease Prevention

- [Diabetes Risk Test](#): Use this risk test to determine your risk for type 2 diabetes.
- [Heart Age Calculator](#): Use this calculator to determine the age of your heart based on your risk factors for heart disease.
- [Goal Setting Worksheet](#): Use this worksheet to set SMART health goals and make a plan to achieve them.

Quitting Smoking

- [NYC HelpMeQuit App](#): Use this app to track and celebrate your progress, manage cravings, and connect with other quitters for support.
- [Still Smoking? The Time to Quit is Now](#): Use this guide to find reasons to quit and tips to make it easier.
- [Coping With Triggers](#): Use this worksheet to help you identify triggers and cope with cravings.
- [E-Cigarettes](#): Use this health bulletin to learn more about the risks of e-cigarettes.