

# Digital resources for Lipid Management

The purpose of this document is to provide an overview of digital resources to support staff for the implementation of the [Proactive Care Frameworks](#). This is intended to be a resource that local systems can access for guidance and information on validated resources available, as well as providers of digital technology to support patient care.

## Resources for Lipid Management

### Heart UK resources

- [Healthy Eating](#)
- [Blood fats explained](#)
- [Understanding cholesterol](#)
- [Familial Hypercholesterolemia](#)
- [Statins](#)

### British Heart Foundation resources

- [Understanding Cholesterol](#)
- [What are statins?](#)

### Other resources

- [NHS information on statins](#)
- [Patient decision aid for statins](#)

### Peer Support

Support and conversations with others living with high cholesterol. ([CLICK HERE](#) – then type cholesterol into search function)

## Health and wellbeing resources

### Diet:

- [‘One You’](#) resources providing information and recipes for easy ways to eat better.

### Exercise:

- [‘One You’](#) resources for moving more.
- [iPrescribe app](#) offers a tailored exercise plan by creating a 12-week exercise plan based on health information entered by the user.
- [Getting active around the home](#): tips, advice and guidance on how to keep or get active in and around the home from Sport England.
- [Dance to health](#): Online dance programme especially tailored to people over 55 years old.

### Smoking cessation:

- [NHS UK](#) on stop smoking aids, tools and practical tips.

### Alcohol:

- [Heart UK](#) resources on cutting down on alcohol.
- [‘One You’](#) guidance for drinking less.

### Mental Wellbeing:

- [NHS UK](#), every mind matters.

## Digital Tools for Lipid Management

There are limited available Digital Tools for at home lipid management. However, please check the **Resource for Hypertension** for options that could be helpful in supporting patients with CVD including high cholesterol.

## Support for implementing Digital Tools

Your local AHSN is available to support and coordinate engagement with providers to assist with a better understanding of the suggested digital tools.

Please contact [here](#) for more information, including:

- A virtual demonstration of the solution.
- The most pertinent evidence for use of the solution.
- Advice and support for engaging with the Industry supplier.