

# Heart Health Resources

## Heart Health Resources

### **Harris County Public Health – Health & Wellness Clinics**

**Location:** 1730 Humble Place Drive, Humble, TX 77338 & 3737 Red Bluff Road, Pasadena, TX 77503

**Availability:** Monday – Friday, 8:00AM - 5:00PM

**Helpline:** (832) 927-7350 (Humble and Red Bluff)

**Website:** <https://publichealth.harriscountytexas.gov/services-programs/services/hwc>

**Service(s) Provided:** Low-cost screenings for diabetes, high blood pressure, and high cholesterol. Call to confirm eligibility and schedule an appointment.

**Service Area:** Harris County

### **UT Physicians Dare to C.A.R.E – Heart Health Foundation**

**Location:** 11476 Space Center Boulevard, Houston, TX 77059

**Availability:** Wednesdays 8:00AM – 12:00PM and Fridays 8:00AM – 4:00PM

**Helpline:** (713) 486-3273

**Website:** <https://www.daretocare.us/>

**Service(s) Provided:** Free vascular screening program. Must be 60 years and older or at least 50 years old with certain risk factors for vascular disease. No referrals required. Call to schedule an appointment

**Service Area:** Greater Houston Area

### **CVS Pharmacy**

**Location:** Multiple Locations

**Availability:** Varies by location

**Helpline:** Varies by location

**Website:** <https://www.cvs.com/minuteclinic/resources/blood-pressure>

**Service(s) Provided:** No-cost heart health screenings for total cholesterol, HDL (good) cholesterol, blood pressure, blood sugar, and body mass index

**Service Area:** Nationwide

### **H-E-B Pharmacy**

**Location:** Multiple Locations

**Availability:** The second Saturday of the month from 9:00AM to 2:00PM

**Helpline:** Varies by location

**Website:** <https://www.heb.com/static-page/article-template/Second-Saturday-Screenings>

**Service(s) Provided:** Free blood pressure and blood glucose screenings, low-cost screening for total cholesterol, HDL (good) cholesterol, and blood sugar.

**Service Area:** Nationwide

### **Medlite Pharmacy**

**Location:** 16506 FM. 529 Road, Suite 108 Houston, TX 77095

**Availability:** Monday – Friday, 9:00AM - 6:00PM; Saturday, 9:00AM - 4:00PM

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**Helpline:** (281) 815-7366

**Website:** <https://www.medlitepharmacy.com/pharmacy-free-blood-pressure-checks>

**Service(s) Provided:** Free blood pressure screenings and affordable anti-coagulation and heart medications.

**Service Area:** Greater Houston Area

## **WomenHeart: The National Coalition for Women with Heart Disease**

**Helpline:** (202) 728-7199

**Email:** mail@womenheart.org, Houston Support Group Chapter Email (WH-Houston@womenheart.org)

**Website:** <https://www.womenheart.org/>

**Service(s) Provided:** Women Heart provides online monthly support networks across the U.S. for women living with or at risk of heart disease. The support groups are led by trained volunteers and the program offers four support groups in Texas. For those unable to attend their local group, they provide one-on-one support via their Sistermatch program, online forums, and additional live meetings.

**Service Area:** Nationwide

## **Mended Hearts**

**Location:** Multiple locations

**Helpline:** Information Line (1-888-432-7899); Resource Center (229) 518-2680

**Email:** info@mendedhearts.org

**Website:** [https://mendedhearts.org/connect/chapters\\_groups/find-your-chapter/](https://mendedhearts.org/connect/chapters_groups/find-your-chapter/)

**Service(s) Provided:** Non-Profit organization with hundreds of chapters and groups across the U.S. that host support group meetings, educational programs, visiting and hospital support, and create awareness of heart disease in the community.

**Service Area:** Nationwide

## **American Heart Association**

**Availability:** Monday – Friday, 7:00AM – 7:00PM CT; Saturday 9:00AM – 5:00PM CT

**Helpline:** (800) 242-8727

**Website:** <https://www.heart.org/en/>

**Service(s) Provided:** Educational resources to promote heart health through healthy eating and healthy lifestyle, information on heart diseases and other health conditions, and caregiver support forums.

**Service Area:** Nationwide