



Million Hearts® Resources

Resources for Clinicians:

- **Hypertension Control: Change Package for Clinicians**
http://millionhearts.hhs.gov/files/HTN_Change_Package.pdf
A quality improvement change package with a listing of process improvements that ambulatory clinical settings can implement as they seek optimal hypertension control.
- **Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians**
http://millionhearts.hhs.gov/files/MH_SMBP_Clinicians.pdf
A guide to facilitate the implementation of self-measured blood pressure monitoring (SMBP) plus clinical support in preparing care teams to support SMBP, selecting and incorporating clinical support systems, empowering patients, and encouraging health insurance coverage for SMBP plus additional clinical support.
- **Evidence-Based Hypertension Treatment Protocols**
<http://millionhearts.hhs.gov/tools-protocols/protocols.html>
A webpage with a hypertension treatment protocol template and featured evidence-based protocols to help clinicians improve blood pressure control by clarifying titration intervals, revealing new treatment options and expanding the types of staff that can assist in a timely follow-up with patients.
- **Tobacco Cessation Protocol**
A webpage with a tobacco cessation protocol template and featured evidence-based protocols to help clinicians identify patients who use tobacco and systematically deliver appropriate cessation services.
<http://millionhearts.hhs.gov/tools-protocols/protocols.html#TCP>
- **Undiagnosed Hypertension**
<http://millionhearts.hhs.gov/tools-protocols/hiding-plain-sight/index.html>
A webpage that describes the phenomena of patients with uncontrolled hypertension being seen by clinicians, but remaining undiagnosed; resources, references and case studies are provided to help clinicians find their undiagnosed hypertensive patients.
 - **Hypertension Prevalence Estimator**
<https://nccd.cdc.gov/MillionHearts/Estimator/>
An interactive tool health systems and practices can use to start or build on their existing hypertension management quality improvement process by comparing the expected hypertension prevalence generated from the tool with their calculated prevalence.
- **Million Hearts® Clinical Quality Measures (CQM)**
<http://millionhearts.hhs.gov/data-reports/cqm.html>
A webpage that displays national clinical quality measures and targets focused on the Million Hearts® ABCS (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation).
- **Medication Adherence Resources**
<https://millionhearts.hhs.gov/tools-protocols/medication-adherence.html>
A webpage with a variety of resources, tools, tip sheets and success stories to help patients take medications correctly and consistently.

- **Health IT Resources:**

<https://millionhearts.hhs.gov/tools-protocols/tools/health-IT.html>

A webpage with health IT resources and tools that enable easier clinical quality reporting and improvement.

Clinically-focused Programs:

- **Million Hearts® Hypertension Control Challenge**

<http://millionhearts.hhs.gov/partners-progress/champions/index.html>

- **Million Hearts® Cardiovascular Disease Risk Reduction Model**

<https://innovation.cms.gov/initiatives/Million-Hearts-CVDRRM/>

- **EvidenceNOW: Advancing Heart Health in Primary Care**

<http://www.ahrq.gov/professionals/systems/primary-care/evidencenow.html>

Public Health Resources and Programs:

- **Self-Measured Blood Pressure Monitoring: Action Steps for Public Health Practitioners**

http://millionhearts.hhs.gov/files/MH_SMBP.pdf

- **CDC State Heart Disease and Stroke Prevention Programs**

<http://www.cdc.gov/dhdspp/programs/index.htm>

Tools for Patients:

- **Heart Age Predictor**

<http://www.cdc.gov/vitalsigns/cardiovascular-disease/heartage.html>

- **Blood Pressure Wallet Card**

http://millionhearts.hhs.gov/files/BP_Wallet_Card.pdf

- **Smoke Free (SF)**

<http://smokefree.gov/>

- **Million Hearts® Videos: Personal Stories**

<http://millionhearts.hhs.gov/news-media/media/videos.html#ps>

Community Engagement:

- **Million Hearts® 2022 Partner Materials**

<https://millionhearts.hhs.gov/about-million-hearts/partner-materials.html>

- **Cardiovascular Health: Action Steps for Employers**

http://millionhearts.hhs.gov/files/MH_Employer_Action_Guide.pdf

Supportive Campaigns:

- **Mind Your Risks**

<https://mindyourrisks.nih.gov/index.html>

- **Tips from Former Smokers**

<http://www.cdc.gov/tobacco/campaign/tips/index.html>