



Million Hearts™ in Missouri Physician Champion Role

- Serve as an expert resource for the Million Hearts™ Initiative in Missouri.
- Promote the Million Hearts™ initiative at any and all opportunities with health professionals and providers. Encourage providers to:
 - TREAT high blood pressure and cholesterol in your patients according to national clinical guidelines.
 - TREAT appropriate patients with Aspirin according to national clinical guidelines.
 - ESTABLISH and DISCUSS with patients their specific goals for treatment and the most effective ways that they can help control their risk factors for heart disease and stroke.
 - COACH your patients to develop heart-healthy habits, such as regular exercise and a diet rich in fresh fruits and vegetables, and stress reduction techniques. Provide tools to show their progress and access to team members to help them succeed.
 - ASK your patients about their smoking status and provide cessation support and medication when appropriate.
 - ASK about barriers to medication adherence and help find solutions.
 - USE health information technology, such as electronic health records and decision support tools, to improve the delivery of care and control of the ABCS.
- Promote the Million Hearts™ initiative at any and all opportunities with the public or patients. Encourage them to follow their provider's advice.
- Serve on advisory council that will meet twice a year. Meeting may be done virtually or in-person based on the preference of the physician champions.
- Actively identify opportunities for improvement in cardiac care in Missouri.
- Suggest activities and educational opportunities that exist surrounding the Million Hearts™ initiative in Missouri.

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Be one in a MILLION HEARTS™
Preventing 1 million heart attacks and strokes over 5 years.