



Million Hearts® Resources

Keeping People Healthy:

- **Tobacco Use**

<https://millionhearts.hhs.gov/tools-protocols/tools/tobacco-use.html>

A webpage featuring clinician-led interventions and patient resources to help smokers quit and reduce their risk for heart disease and stroke.

- **Physical Activity**

<https://millionhearts.hhs.gov/tools-protocols/tools/physical-activity.html>

A webpage listing community-based physical activity programs that clinical care teams can leverage to promote physical activity.

- **Particle Pollution**

<https://millionhearts.hhs.gov/tools-protocols/tools/particle-pollution.html>

A webpage of tools and resources for clinicians and patients that explain how air pollution can trigger a cardiovascular event and what steps can be taken to avoid particle pollution.

Optimizing Care:

- **Protocols**

<http://millionhearts.hhs.gov/tools-protocols/protocols.html>

A webpage with standardized, evidence-based protocols for hypertension treatment, cholesterol management, and tobacco cessation. The webpage features tools to serve as clinical decision support at the point of care.

- **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.

- **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.

- **Self-Measured Blood Pressure Monitoring**

<http://millionhearts.hhs.gov/tools-protocols/smbp.html>

A webpage that features self-measured blood pressure monitoring (SMBP) plus clinical support tools, references and resources, and success stories.

* Aspirin is when appropriate, Blood pressure control, Cholesterol management, Smoking cessation

- **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.
 - **National Association of Community Health Centers (NACHC) Self-measured Blood Pressure Monitoring: Implementation Guide for Health Care Delivery Organizations**
<https://www.nachc.org/wp-content/uploads/2018/09/NACHC-Health-Care-Delivery-SMBP-Implementation-Guide-08222018.pdf>
 A collection of tools and resources to help guide health care delivery organizations implement SMBP into practice or optimize their existing SMBP processes in a systematic way.
 - **NACHC Self-Measured Blood Pressure Monitoring Videos**
<https://www.nachc.org/taking-control-of-my-blood-pressure-patient-stories/>
 Compelling videos describing the impact that self-measured blood pressure monitoring has had on patients with high blood pressure and their care teams.
 - **SMBP Healthcare Communities Community**
<https://www.healthcarecommunities.org/>
 Log in or register for a free account; search “SMBP” under the “Available Communities” tab; click “Join Community” to access updates, tools and resources, discussion questions, and more.
- **Cholesterol Management**
<https://millionhearts.hhs.gov/tools-protocols/tools/cholesterol-management.html>
 A webpage that features the new clinical guidelines, provides background information on cholesterol and statins, and showcases tools and resources for clinicians and patients.
 - **The Scoop on Statins: What Do You Need to Know?**
<https://millionhearts.hhs.gov/learn-prevent/scoop-on-statins.html>
 A collection of consumer-facing messages about taking statins to manage high cholesterol.
 - **CDC Cholesterol Communications Kit**
<https://www.cdc.gov/cholesterol/communications-kit.htm>
 A webpage featuring social media messages, shareable graphics, a quiz, and additional resources.
 - **Medication Adherence**
<https://millionhearts.hhs.gov/tools-protocols/medication-adherence.html>
 A webpage of tools, including an interactive module, brief educational videos, checklists, and other materials, to help patients adhere to their medication regimens.
 - **Tobacco Use**
<https://millionhearts.hhs.gov/tools-protocols/tools/tobacco-use.html>
 A webpage featuring clinician-led interventions and patient resources to help smokers quit and reduce their risk for heart disease and stroke.
 - **Identifying and Treating Patients Who Use Tobacco: Action Steps for Clinicians**
<http://millionhearts.hhs.gov/files/Tobacco-Cessation-Action-Guide.pdf>
 A guide to provide evidence-based tobacco use identification and intervention strategies for busy clinicians.
 - **Cardiac Rehabilitation**
<https://millionhearts.hhs.gov/tools-protocols/tools/cardiac-rehabilitation.html>
 A webpage that features cardiac rehabilitation tools and resources for clinicians, cardiac rehab teams and patients to increase participation in cardiac rehabilitation to 70%.
 - **Cardiac Rehabilitation Change Package**
<https://millionhearts.hhs.gov/tools-protocols/action-guides/cardiac-change-package/index.html>

A quality improvement tool to help teams from hospitals and cardiac rehabilitation programs put systems and strategies in place to improve cardiac rehabilitation referral, enrollment, and participation.

- **Cardiac Rehabilitation Communications Toolkit**

<https://millionhearts.hhs.gov/partners-progress/partners/cardiac-rehab-toolkit.html>

A set of ready-to-use key messages, downloadable educational materials, sample social media posts, newsletter announcements, syndicated content, and a variety of visuals that can be adapted or adopted to spread awareness about the value of cardiac rehabilitation and solutions for increasing participation.

- **Outpatient Cardiac Rehabilitation Use Surveillance Methodology**

<https://millionhearts.hhs.gov/files/Cardiac-Rehab-Use-Surveillance-Guidance.pdf>

Provides an administrative claims-based outpatient cardiac rehabilitation surveillance methodology that can be applied to member databases within health insurance plans and health system databases to monitor and inform cardiac rehabilitation-related quality improvement efforts.

- **Health IT**

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

A webpage to help clinicians and other healthcare professionals learn more about health IT and access health IT-related tools and resources that enable easier clinical quality reporting and improvement.

- **Clinical Quality Measures (CQM)**

<https://millionhearts.hhs.gov/data-reports/cqm/measures.html>

A webpage with clinical quality measures for the Million Hearts® ABCS (A_spirin when appropriate, B_{lood} pressure control, C_holesterol management, and S_moking cessation) and where they are embedded in select public and private programs.

- **Million Hearts® for Clinicians Microsite**

<https://tools.cdc.gov/medialibrary/index.aspx#/microsite/id/279017>

A collection of Million Hearts® clinical messages and quality improvement tools that partners can easily share with their clinical audiences.

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 and Community Resources and Programs:

- **Preventing 1 Million Heart Attacks and Strokes**

<https://www.cdc.gov/vitalsigns/million-hearts/index.html>

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

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

- **Medication Adherence: Action Steps for Public Health Practitioners**

<https://millionhearts.hhs.gov/files/Medication-Adherence-Action-Guide-for-PHPs.pdf>

- **Medication Adherence: Action Steps for Health Benefit Managers**
https://millionhearts.hhs.gov/files/MH_MedicationActionGuide.pdf
- **Cardiovascular Health: Action Steps for Employers**
http://millionhearts.hhs.gov/files/MH_Employer_Action_Guide.pdf
- **CDC State Heart Disease and Stroke Prevention Programs**
<http://www.cdc.gov/dhdsp/programs/index.htm>
- **Healthy is Strong**
<http://millionhearts.hhs.gov/learn-prevent/healthy-is-strong.html>

Tools for Consumers:

- **Heart Age Predictor**
<http://www.cdc.gov/vitalsigns/cardiovascular/sease/heartage.html>
- **Visit Checklist**
https://millionhearts.hhs.gov/files/TipSheet_HC_P_Checklist.pdf
- **High Blood Pressure: How to Make Control Your Goal**
https://millionhearts.hhs.gov/files/TipSheet_How_to_MCYG_General.pdf
- **Supporting Your Loved One with High Blood Pressure**
https://millionhearts.hhs.gov/files/TipSheet_LovedOne_AA.pdf
- **Blood Pressure Wallet Card**
http://millionhearts.hhs.gov/files/BP_Wallet_Card.pdf
- **The Scoop on Statins: What Do You Need to Know?**
<https://millionhearts.hhs.gov/learn-prevent/scoop-on-statins.html>
- **Smoke Free (SF)**
<http://smokefree.gov/>
- **Recipes for a Heart Healthy Lifestyle**
<https://millionhearts.hhs.gov/learn-prevent/recipes.html>
- **Air Quality Index**
<https://www.airnow.gov/>
- **Million Hearts® Videos (on YouTube)**
<https://www.youtube.com/playlist?list=PLvrp9iOILTQYAJrt7lkeiyxYfoG7YTIFR>
- **Million Hearts® E-Cards & Shareables**
<https://millionhearts.hhs.gov/news-media/media/ecards.html>

Supportive Campaigns and Initiatives:

- **Target: BP™**
<https://targetbp.org/>
- **Mind Your Risks**
<https://mindyourrisks.nih.gov/>
- **Tips from Former Smokers**
<http://www.cdc.gov/tobacco/campaign/tips/index.html>
- **Brain Attack Coalition**
<https://www.brainattackcoalition.org/>

Stay Connected:

- **Million Hearts®**
MillionHearts@cdc.gov
- **Million Hearts® SMBP Forum**
MillionHeartsSMBP@nachc.org

- **Million Hearts® Cardiac Rehabilitation Collaborative**

MillionHeartsCRC@cdc.gov

- **Million Hearts® eUpdate**

https://service.govdelivery.com/accounts/USCDC/subscriber/new?topic_id=USCDC_519

- **Million Hearts® on Facebook**

<https://www.facebook.com/millionhearts/>

- **@MillionHeartsUS on Twitter**

<https://twitter.com/MillionHeartsUS>

Content on the Million Hearts® website is available for syndication at the [CDC Public Health Media Library](#).