



Heart Health Resource Guide

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Table of Contents

Blood Pressure Control

[Fact Sheets | Consumers | Page 8](#)

- 25 Ways to Take Part in Heart Month
- 28 Days Toward a Healthy Heart
- ABCS for Heart Health
- American Heart Association “Answers by Heart” Fact Sheets
 - How Can I Monitor My Cholesterol, Blood Pressure and Weight?
 - How Can I Reduce High Blood Pressure?
 - What About African Americans and High Blood Pressure?
 - Why Should I Limit Sodium?
- BP Raisers: Learn What Could Raise Your Blood Pressure
- Consequences of High Blood Pressure
- Healthy Blood Pressure for Healthy Hearts: Small Steps to Take Control
- Heart-Healthy Foods: Shopping List
- High Blood Pressure: How to Take Control of Your Goal
- How to Measure Your Blood Pressure at Home
- Let’s Talk About High Blood Pressure and Stroke
- Questions to Ask Your Doctor About Blood Pressure
- Questions to Ask About Your Blood Pressure (Women)
- Small Changes Make a Big Difference
- Supporting Your Loved One With High Blood Pressure
- Taking Care of Our Hearts, Together
- What Can I Do to Improve My Blood Pressure?
- Heart Disease Zone Tool
- High Blood Pressure Zone Tool
- Heart Failure Zone Tool

[Fact Sheets | Providers & Healthcare Team | Page 9](#)

- Algorithms and Protocols
 - Blood Pressure Treatment Algorithm
 - The Million Hearts: Creating Your Own Hypertension Treatment Protocol
 - American Medical Association
 - Kaiser Permanente
 - Veterans Affairs/Department of Defense

- CDC Vital Signs Fact Sheet: Preventing Stroke Deaths
- Community Health Workers and Million Hearts
- How to Measure Blood Pressure Effectively
- Supporting Your Patients With High Blood Pressure Visit Checklist

[Toolkits | Page 10](#)

- Hypertension Communications Kit
- American Heart Association Hypertension Guideline Toolkit
- American Heart Association Hypertension Guideline Toolkit for Pharmacists
- Million Hearts Hypertension Control Change Package (Second Edition)
- Million Hearts COVID-19 and Cardiovascular Disease Partner Toolkit
- Million Hearts Undiagnosed Hypertension Partner Toolkit
- Self-Measured Blood Pressure Monitoring (SMBP) Implementation Toolkit
- US Blood Pressure Validated Device Listing

[Helpful Resources | Page 11](#)

[Local and State](#)

- American Heart Association Indianapolis
- Indiana Department of Health Division of Chronic Disease, Primary Care and Rural Health

[National](#)

- Agency for Healthcare Research and Quality
- American Heart Association
- Centers for Disease Control and Prevention Heart Disease Statistics and Maps
- Division of Heart Disease and Stroke Prevention:
State, Local and Tribal Heart Disease and Stroke Programs
- Million Hearts

[Cardiac Rehabilitation](#)

[Fact Sheets | Page 11](#)

- Cardiac Rehabilitation: Saving Lives, Restoring Health, Preventing Disease
- Life After a Heart Attack: My Discharge Worksheet
- Preparing for Medical Visits: PACE Guide Sheet
- What Is Cardiac Rehabilitation?

[Toolkits | Page 12](#)

- [Million Hearts Cardiac Rehabilitation Change Package](#)
- [Million Hearts Cardiac Rehabilitation Communications Toolkit](#)

[Helpful Resources | Page 12](#)

[National](#)

- [American Heart Association](#)
- [Million Hearts](#)

[Cholesterol Management](#)

[Fact Sheets | Consumers | Page 12](#)

- [ABCS for Heart Health](#)
- [American Heart Association “Answers by Heart” Fact Sheets](#)
 - [How Can I Monitor My Cholesterol, Blood Pressure and Weight?](#)
 - [How Do My Cholesterol Levels Affect My Risk of Heart Attack and Stroke?](#)
 - [How Can I Improve My Cholesterol?](#)
- [Cholesterol Conversation Starters](#)
- [Cholesterol: Myths vs. Facts](#)
- [Your Cholesterol Score Explained](#)

[Fact Sheets | Providers & Healthcare Team | Page 13](#)

- [Cholesterol Management Protocols](#)
 - [Cholesterol Clinical Practice Guidelines](#)
 - [Kaiser Permanente National Dyslipidemia Management Clinical Guide](#)
 - [Veterans Affairs/Department of Defense](#)
 - [Institute for Clinical Systems Improvement](#)
- [Community Health Workers and Million Hearts](#)
- [Fotonovela: How to Control Your Fat and Cholesterol](#)
- [Promotora Guide: How to Control Your Fat and Cholesterol: Learning to Control Your Cholesterol and Fat Intake](#)

[Toolkits | Page 13](#)

- [Cholesterol Management Guide for Health Care Practitioners](#)
- [My Cholesterol Guide: Take Action. Live Healthy!](#)

Helpful Resources | Page 13

National

- Agency for Healthcare Research and Quality
- American Heart Association
- Centers for Disease Control and Prevention
- Million Hearts

Medication Adherence and Therapy

Fact Sheets | Consumers | Page 14

- ABCS for Heart Health
- American Heart Association “Answers by Heart” Fact Sheets
 - How Can I Monitor My Medicines?
 - What Are Anticoagulants and Antiplatelet Agents?
 - What Are Cholesterol-Lowering Medicines?
 - What is High Blood Pressure Medicine?
- Aspirin for Reducing Your Risk of Heart Attack and Stroke: Know the Facts

Fact Sheets | Providers & Healthcare Team | Page 14

- Cardiovascular Health Medication Adherence
 - Action Steps for Public Health Practitioners
 - Action Steps for Health Benefit Managers
 - Interactive Module for Healthcare Providers
 - Video: Help Patients Take Blood Pressure Medicine as Directed
- Improving Medication Adherence Among Patients With Hypertension: A Tip Sheet for Healthcare Professionals
- The Scoop on Statins: What Do You Need to Know?

Toolkits | Page 15

- A Facilitator’s Primary Care Toolkit to Improve Heart Health

Helpful Resources | Page 15

National

- Agency for Healthcare Research and Quality
- American Heart Association
- Million Hearts
- U.S. Food & Drug Administration

Smoking Cessation

Fact Sheets | Consumers | Page 15

- ABCS for Heart Health
- American Heart Association “Answers by Heart” Fact Sheets
 - How Can I Avoid Weight Gain When I Stop Smoking?
 - How Can I Handle the Stress of Not Smoking?
 - How Can I Quit Smoking?
- Reasons to Quit Smoking
- What You Need to Know About Quitting Smoking: Advice From the U.S. Surgeon General

Fact Sheets | Providers & Healthcare Team | Page 16

- Community Health Workers and Million Hearts
- Smoking Cessation: A Report of the Surgeon General
- Tobacco Cessation Protocols
 - Million Hearts: Create Your Own Tobacco Cessation Protocol
 - Atrius Health and Harvard Vanguard Medical Associates Tobacco Intervention Workflow
 - Louisiana State University Health System Tobacco Control Initiative Treatment Protocol
 - Veterans Health Administration: Tobacco Use Cessation Treatment Guidance

Toolkits | Page 16

- Million Hearts Tobacco Cessation Change Package
 - Million Hearts: Tobacco Cessation Intervention Protocol
 - Clinical Action Guide on Identifying and Treating Patients Who Use Tobacco
 - Million Hearts Tobacco Cessation Change Package Video Tutorial

Helpful Resources | Page 17

Local/State

- Indiana Alcohol and Tobacco Commission
- Indiana Minority Health Coalition
- Indiana Tobacco Prevention & Cessation
- Rethink Tobacco Indiana
- Quit Now Indiana



National

- Agency for Healthcare Research and Quality
- American Cancer Society
- American Heart Association
- American Lung Association
- Centers for Disease Control and Prevention
- National Cancer Institute Division of Cancer Control and Population Sciences
- The Center for Black Health & Equity

Resource Guide Overview

This compilation of evidence-based recommendations, tools, and resources has been created to assist providers and other healthcare professionals who promote chronic disease management to prevent or decrease cardiovascular events by improving aspirin use, blood pressure control, cholesterol management, smoking cessation and cardiac rehabilitation. Each section of the resource guide is divided by consumer and healthcare team and contains fact sheets, tool kits, and helpful resources.

The information and resources provided come from a number of national- and state-level organizations listed below.

- Agency for Healthcare Research and Quality
- American Cancer Society
- American Heart Association
- American Lung Association
- Centers for Disease Control and Prevention
- Division for Heart Disease and Stroke Prevention: State, Local, and Tribal Heart Disease and Stroke Programs
- Indiana Alcohol and Tobacco Commission
- Indiana Clinical and Translational Sciences Institute
- Indiana Department of Health Division of Chronic Disease, Primary Care, and Rural Health
- Indiana Minority Health Coalition
- Indiana Tobacco Prevention & Cessation
- Million Hearts
- National Cancer Institute Division of Cancer Control and Population Sciences
- Quit Now Indiana
- Rethink Tobacco Indiana
- The Center for Black Health & Equity

This resource guide is an evolving document. The electronic version may be updated as new information is acquired and will be made available at www.resourcehub.exchange. Qsource is not responsible for outdated links or missing files from external websites and organizations.

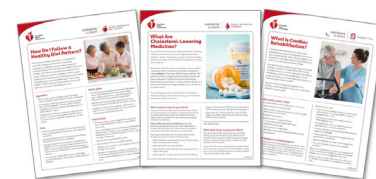
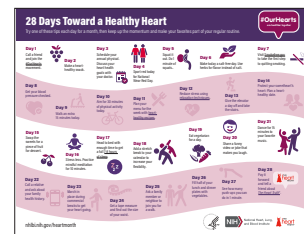


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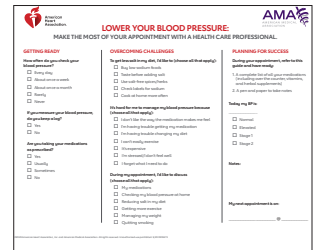
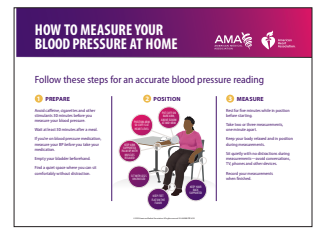
Blood Pressure

Fact Sheets | Consumer

- 25 Ways to Take Part in Heart Month—Each February, the National Heart, Lung, and Blood Institute marks American Heart Month by raising awareness about heart health and urging Americans to reduce their risk for developing heart disease. | <https://bit.ly/3HgiqWQ>
- 28 Days Toward a Healthy Heart – This tip sheet offers ideas for simple ways to incorporate heart health into every day of the month. Try a new activity each day and make your favorites part of your regular routine. | <https://bit.ly/3HjuMgC>
- ABCS for Heart Health—This easy-to-understand fact sheet is about the ABCS of heart health (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation).
 - English: <https://bit.ly/3gcImGN> | Spanish: <https://bit.ly/3HcJzK6>
- American Heart Association “Answers by Heart” Fact Sheets—A series of downloadable patient information sheets presented in a question-and-answer format that’s brief, easy to follow, and easy to read. The fact sheets also provide space to write questions to help you prepare and get the most out of your visit with your healthcare professional. | <https://bit.ly/3s9PcTf>
 - How Can I Monitor My Cholesterol, Blood Pressure and Weight? | <https://bit.ly/3HtGd5q>
 - How Can I Reduce High Blood Pressure? | <https://bit.ly/3odwSYd>
 - What Is High Blood Pressure?
 - English: <https://bit.ly/3reVZLQ> | Spanish: <https://bit.ly/3GIBTnr>
 - What About African Americans and High Blood Pressure? | <https://bit.ly/35xpHDr>
 - Why Should I Limit Sodium? | <https://bit.ly/3gtuHvn>
- BP Raisers: Learn What Could Raise Your Blood Pressure—Keeping blood pressure under control can mean adding things to your life, such as exercise, that help lower blood pressure. It can also mean avoiding things that raise blood pressure. Here is a list of blood pressure raisers and information on how to keep your pressure from getting too high. | <https://bit.ly/3odtYmi>
- Consequences of High Blood Pressure—High blood pressure is often the first domino in a chain, or “domino effect,” leading to devastating consequences. | <https://bit.ly/3HcKlqu>
- Healthy Blood Pressure for Healthy Hearts: Small Steps to Take Control—Learn about what high blood pressure is, how it can affect your health, and steps you can take to prevent or control you high blood pressure. | <https://bit.ly/3AJghQY>
- Heart-Healthy Foods: Shopping List | <https://bit.ly/3L9qNG2>
- High Blood Pressure: How to Take Control of Your Goal—Share these hypertension control tip sheets with your patients to encourage them to take control their goal.
 - English: <https://bit.ly/3gtv9tz> | Spanish: <https://bit.ly/3HluE0g>
 - African Americans | <https://bit.ly/32P0zas>

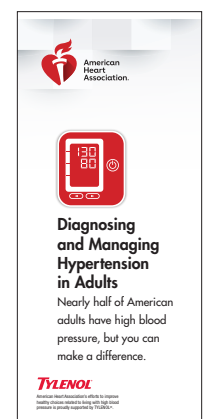


- How to Measure Your Blood Pressure at Home | <https://bit.ly/343ZY5a>
- Let's Talk About High Blood Pressure and Stroke—This downloadable resource defines high blood pressure, how it increases risk of stroke, and factors that put you at risk. | <https://bit.ly/3uc2r8s>
- Questions to Ask Your Doctor About Blood Pressure—Many people have questions for their healthcare professionals about medications, lifestyle changes, and challenges with managing blood pressure. Use this printable list of questions to help you at your next appointment. You can even add your own questions and thoughts in the space provided.
 - English: <https://bit.ly/3rYTTik> | Spanish: <https://bit.ly/3L9rU8Gf>
- Questions to Ask About Your Blood Pressure (Women) – This fact sheet provides questions women may want to ask their healthcare provider about blood pressure. Topics include healthy and high blood pressure, home monitoring, and blood pressure medicine. | <https://bit.ly/3KVQHwJ>
- Small Changes Make a Big Difference—Even small changes can make a big difference. It's important to know about blood pressure and how to keep it in the healthy range. | <https://bit.ly/341eR8C>
- Supporting Your Loved One With High Blood Pressure—Caregivers and family members play an important role in keeping hypertension under control.
 - English: <https://bit.ly/3L0CEpw> | Spanish: <https://bit.ly/3oeur7r>
 - African Americans: <https://bit.ly/3s8ueDV>
- Taking Care of Our Hearts, Together—Small steps go a long way, especially when you connect with others to stay motivated. This fact sheet suggests several lifestyle changes you can make today and ways to get your friends, family, and colleagues involved. | <https://bit.ly/34n9Ir4>
- What Can I Do to Improve My Blood Pressure?—Describes the impact specific modifications can make on your blood pressure. | <https://bit.ly/3gacPoX>
- Heart Disease Zone Tool | <https://bit.ly/3M2dB62>
- High Blood Pressure Zone Tool | <https://bit.ly/358PVfG>
- Heart Failure Zone Tool | <https://bit.ly/3BTq1sq>



Fact Sheets | Providers & Healthcare Team

- Algorithms and Protocols
 - Blood Pressure Treatment Algorithm | <https://bit.ly/32MOJh5>
 - Create your own hypertension treatment protocol using the Million Hearts template, guidance document, and interactive guide:
 - Hypertension Protocol | <https://bit.ly/3GaBuV7>
 - Protocol Implementation | <https://bit.ly/3Gtye7v>
 - Protocol | <https://bit.ly/3HGoe8Y>
- American Medical Association | <https://bit.ly/3IR1CpB>
- Kaiser Permanente | <https://bit.ly/3IR1UwH>
- Veterans Affairs/Department of Defense | <https://bit.ly/3oeocAG>

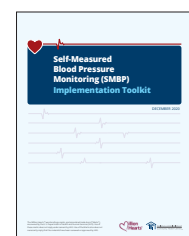
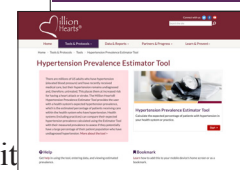
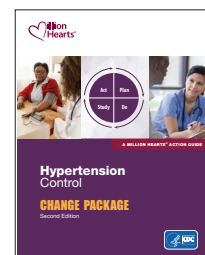


- Centers for Disease Control and Prevention Vital Signs Fact Sheet: Preventing Stroke Deaths | <https://bit.ly/3uePLNX>
- Community Health Workers and Million Hearts—Community health workers can play a key role in team-based care for patients with chronic diseases, particularly for individuals facing health disparities.
 - English: <https://bit.ly/3re9onp> | Spanish: <https://bit.ly/3AM10ic>
- How to Measure Blood Pressure Effectively—This handout demonstrates how to measure blood pressure properly.
 - English: <https://bit.ly/3Gg7cA8> | Spanish: <https://bit.ly/3oepDPA> | Chinese: <https://bit.ly/3IMrlzs>
- Supporting Your Patients With High Blood Pressure Visit Checklist—Effective provider-patient communication improves health outcomes and saves time. Use this checklist with sample questions to communicate better with your patients during every visit. | <https://bit.ly/32MR0J9>



Toolkits

- Hypertension Communications Kit—Spread awareness of heart disease and stroke prevention by sharing these resources on your social media pages and with your colleagues. | <https://bit.ly/3HhJvsF>
- American Heart Association Hypertension Guideline Toolkit—This toolkit offers a variety of essential guideline-related resources. | <https://bit.ly/3s4nUgW>
- American Heart Association Hypertension Guideline Toolkit for Pharmacists | <https://bit.ly/3u9ruZQ>
- Million Hearts Hypertension Control Change Package, Second Edition—The Hypertension Control Change Package (HCCP) provides a listing of process improvements that outpatient clinical settings can implement as they seek optimal hypertension control. The HCCP is composed of change concepts, change ideas, and evidence- or practice-based tools and resources. The HCCP is divided into four focus areas: key foundations, equipping care teams, population health management, and individual patient supports. | <https://bit.ly/3rbYVZQ>
 - Hypertension Prevalence Estimator Tool | <https://bit.ly/3AJoNzr>
 - Finding Undiagnosed Hypertensive Patients Video | <https://bit.ly/34n1e3p>
- Million Hearts COVID-19 and Cardiovascular Disease Partner Toolkit—This toolkit includes tools approved by the Centers for Disease Control and Prevention’s Division for Heart Disease and Stroke Prevention that you can use to encourage individuals to continue seeking cardiovascular care at this time. | <https://bit.ly/3oaq8u8>
- Million Hearts Undiagnosed Hypertension Partner Toolkit—Many Americans with hypertension visit their healthcare providers regularly but remain undiagnosed. Million Hearts has developed clinician and patient resources to help you find patients with hypertension who are hiding in plain sight in your system or practice. | <https://bit.ly/3HhmlCx>
- Self-Measured Blood Pressure Monitoring (SMBP) Implementation Toolkit—This toolkit, developed by the National Association of Community Health Centers for Million Hearts, can help organizations successfully integrate SMBP monitoring into care processes and workflows. | <https://bit.ly/3445t3O>
 - US Blood Pressure Validated Device Listing | <https://www.validatebp.org/>



Helpful Resources

Local/State

- American Heart Association Indianapolis | <https://bit.ly/3Hhe5CP>
- Indiana Department of Health Division of Chronic Disease, Primary Care, and Rural Health | <https://bit.ly/3Gbc5dH>
- Indiana Clinical and Translational Sciences Institute | <https://bit.ly/35FAT15>

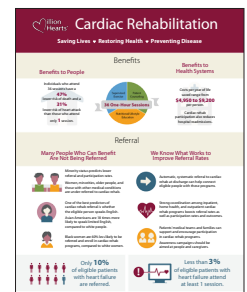
National

- Agency for Healthcare Research and Quality | <https://www.ahrq.gov/>
- American Heart Association | <https://bit.ly/3ALdI0P>
- Centers for Disease Control and Prevention Heart Disease Statistics and Maps | <https://bit.ly/3s8X3jG>
- Division for Heart Disease and Stroke Prevention: State, Local, and Tribal Heart Disease and Stroke Programs | <https://bit.ly/3KVXk25>
- Million Hearts | <https://millionhearts.hhs.gov/index.html>

Cardiac Rehabilitation

Fact Sheets

- Cardiac Rehabilitation: Saving Lives, Restoring Health, Preventing Disease—Learn about challenges in the existing cardiac rehabilitation infrastructure, as well as strategies needed to maximize uptake of programs in the United States. | <https://bit.ly/34aXH8i>
- Life After a Heart Attack: My Discharge Worksheet—Use this checklist to help you navigate the days between hospital discharge and your follow-up visit with your doctor.
 - English: <https://bit.ly/3HiGI2o> | Spanish: <https://bit.ly/3rbGpRf>
- Preparing for Medical Visits: PACE Guide Sheet—Because office visits are short (about 15 minutes), preparing can help you make the most of your time with your doctor. Researchers at Ohio State University developed the PACE Guide Sheet to give you an easy way to organize your feelings, questions, and concerns before your visit. | <https://bit.ly/3KRznsG>
- What Is Cardiac Rehabilitation? | <https://bit.ly/3GaCRmA>

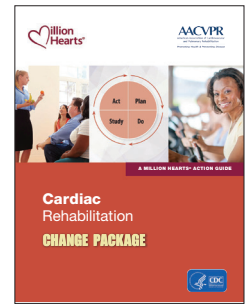


Toolkits

- Million Hearts Cardiac Rehabilitation Change Package–The Cardiac Rehabilitation Change Package (CRCP) provides a listing of process improvements that CR champions can implement as they seek optimal CR utilization. It is composed of change concepts, change ideas, and tools and resources. With each change idea, the CRCP lists one or more evidence- or practice-based tools and resources that can be adapted by or adopted in a healthcare setting to improve CR utilization.

| <https://bit.ly/3recKa2>

- Million Hearts Cardiac Rehabilitation Communications Toolkit | <https://bit.ly/3KX6f3o>



Helpful Resources

National

- American Heart Association | <https://bit.ly/3AOm47C>
- Million Hearts | <https://bit.ly/3gee72c>

Cholesterol Management

Fact Sheets | Consumers

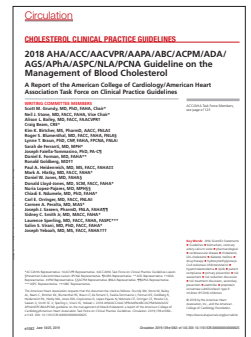
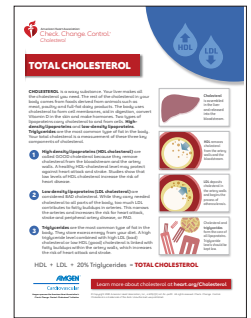
- ABCS for Heart Health – This easy-to-understand fact sheet is about the ABCS of heart health (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation).
 - English: <https://bit.ly/3ufMQoy> | Spanish: <https://bit.ly/34p66ol>
- American Heart Association “Answers by Heart” Fact Sheets–A series of downloadable patient information sheets presented in a question-and-answer format that’s brief, easy to follow, and easy to read. The fact sheets also provide space to write questions to help you prepare and get the most out of your visit with your healthcare professional.
 - How Can I Monitor My Cholesterol, Blood Pressure and Weight? | <https://bit.ly/3uej7Mw>
 - How Do My Cholesterol Levels Affect My Risk of Heart Attack and Stroke? | <https://bit.ly/3AURfys>
 - How Can I Improve My Cholesterol? | <https://bit.ly/34tXs86>
- Cholesterol Conversation Starters–Use these conversation starters to talk with your family and healthcare team about high cholesterol and heart health.
 - English: <https://bit.ly/3Hkn71H> | Spanish: <https://bit.ly/3Gg89IO>



- Cholesterol: Myths vs. Facts
 - English: <https://bit.ly/3of9R6X> | Spanish: <https://bit.ly/3gd5oNQ>
- Your Cholesterol Score Explained
 - English: <https://bit.ly/3odEMRo> | Spanish: <https://bit.ly/3KZ9cQT>

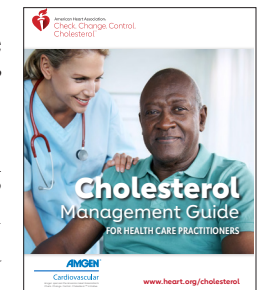
Fact Sheets | Providers & Healthcare Team

- Cholesterol Management Protocols
 - Cholesterol Clinical Practice Guidelines | <https://bit.ly/32LoeIK>
 - Kaiser Permanente National Dyslipidemia Management Clinician Guide | <https://bit.ly/3ufK6qY>
 - Veterans Affairs/Department of Defense | <https://bit.ly/3s7rqqF>
 - Institute for Clinical Systems Improvement | <https://bit.ly/3gfQ8jj>
- Community Health Workers and Million Hearts–Community health workers can play a key role in team-based care for patients with chronic diseases, particularly for individuals facing health disparities.
 - English: <https://bit.ly/3ofb91N> | Spanish: <https://bit.ly/3GhGS91>
- Fotonovela: How to Control Your Fat and Cholesterol–Promotoras and other community health workers are encouraged to read the fotonovela with participants.
 - English: <https://bit.ly/3ofDdSJ> | Spanish: <https://bit.ly/3Hgyvvu>
- Promotora Guide: How to Control Your Fat and Cholesterol: Learning to Control Your Cholesterol and Fat Intake–This Promotora/community health worker guide accompanies the fotonovela and gives these members of the healthcare team a brief summary of objectives, tips, additional activities, reviews, and reminders.
 - English: <https://bit.ly/3KWwxmd> | Spanish: <https://bit.ly/3ufMcXS>



Toolkits

- Cholesterol Management Guide for Health Care Practitioners–A convenient guide designed to assist professionals in addressing, diagnosing, and managing their patients’ cholesterol. | <https://bit.ly/3rhZrFS>
- My Cholesterol Guide: Take Action. Live Healthy!–Understanding and improving cholesterol is important for men, women, and children of all ages. High cholesterol contributes to a higher risk for cardiovascular diseases, such as heart disease and stroke. Use this guide to understand cholesterol, risks, medications, treatment plans, and lifestyle changes. | <https://bit.ly/3gbezy6>



Helpful Resources

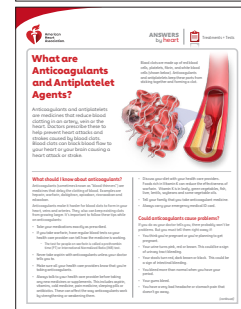
National

- Agency for Healthcare Research and Quality | <https://www.ahrq.gov/>
- American Heart Association | <https://bit.ly/3rejqoC>
- Centers for Disease Control and Prevention | <https://bit.ly/3gejjTK>
- Million Hearts | <https://bit.ly/3gi2k2M>

Medication Adherence and Therapy

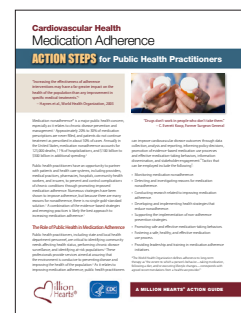
Fact Sheets | Consumers

- ABCS for Heart Health—This easy-to-understand fact sheet is about the ABCS of heart health (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation).
 - English: <https://bit.ly/3KV7VdE> | Spanish: <https://bit.ly/3AQfQo6>
- American Heart Association “Answers by Heart” Fact Sheets—A series of downloadable patient information sheets presented in a question-and-answer format that’s brief, easy to follow, and easy to read. The fact sheets also provide space to write questions to help you prepare and get the most out of your visit with your healthcare professional.
 - How Do I Manage My Medicines? | <https://bit.ly/32N1CHP>
 - What Are Anticoagulants and Antiplatelet Agents? | <https://bit.ly/3KYtABL>
 - What Are Cholesterol-Lowering Medicines? | <https://bit.ly/344e0DS>
 - What is High Blood Pressure Medicine? | <https://bit.ly/3L0P80m>
- Aspirin for Reducing Your Risk of Heart Attack and Stroke: Know the Facts | <https://bit.ly/3Gbk11v>



Fact Sheets | Providers & Healthcare Team

- Cardiovascular Health Medication Adherence—Reasons for medication nonadherence include complex dosing regimens, poor health professional-patient communication, use of hard-copy prescriptions, and the cost of medication. Numerous strategies, including educating patients, simplifying treatment, and coordinating patient care across the healthcare team, can improve adherence.
 - Action Steps for Public Health Practitioners—This guide provides a call to action for public health practitioners to support evidence- and practice-based medication-adherence strategies that improve blood pressure control. | <https://bit.ly/3Hhn1rR>
 - Action Steps for Health Benefit Managers—This guide provides a call to action for health, employer, and pharmacy benefit managers to implement evidence- and practice-based medication-adherence strategies that improve blood pressure control, cholesterol management, and smoking cessation. | <https://bit.ly/34mZrLI>
 - Interactive Module for Healthcare Providers—This online module from the American Medical Association provides eight steps to improve medication adherence. Moving through the module, providers can find answers to common questions about how to involve staff and patients in identifying nonadherence and changing behaviors. | <https://bit.ly/34q3o2c>
 - Video: Help Patients Take Blood Pressure Medicine as Directed—High blood pressure (hypertension) is one of the leading causes of heart disease, stroke, kidney disease, and death in the United States. One major cause of poor blood pressure control is not taking medications at the right time and in the right amount. Learn the steps you can take to help you or your loved ones.
 - English: <https://bit.ly/3GfSnMl> | Spanish: <https://bit.ly/3Hgkxwb>

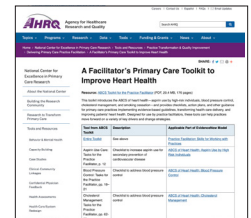


- Improving Medication Adherence Among Patients With Hypertension: A Tip Sheet for Healthcare Professionals – Medication adherence is critical to successful hypertension control for most patients. | <https://bit.ly/3rfQWLn>
- The Scoop on Statins: What Do You Need to Know? – Share this one-page version with patients who need to know the benefits and risks of statins, how statins work, and who should be using them. | <https://bit.ly/3IS0cuX>



Toolkits

- A Facilitator’s Primary Care Toolkit to Improve Heart Health—This toolkit introduces the ABCS of heart health—Aspirin use by high-risk individuals, Blood pressure control, Cholesterol management, and Smoking cessation—and provides checklists, action plans, and other guidance for primary care practices implementing evidence-based guidelines, transforming healthcare delivery, and improving patients’ heart health. | <https://bit.ly/3odst7m>



Helpful Resources

National

- Agency for Healthcare Research and Quality | <https://www.ahrq.gov/>
- American Heart Association | <https://www.heart.org/en/>
- Million Hearts | <https://bit.ly/3ugYOhw>
- U.S. Food & Drug Administration | <https://www.fda.gov/>

Smoking Cessation

Fact Sheets | Consumers

- ABCS for Heart Health—This easy-to-understand fact sheet is about the ABCS of heart health (Aspirin when appropriate, Blood pressure control, Cholesterol management, and Smoking cessation).
 - English: <https://bit.ly/3HIMaI2> | Spanish: <https://bit.ly/3KRH2aq>
- American Heart Association “Answers by Heart” Fact Sheets—A series of downloadable patient information sheets presented in a question-and-answer format that’s brief, easy to follow, and easy to read. The fact sheets also provide space to write questions to help you prepare and get the most out of your visit with your healthcare professional.
 - How Can I Avoid Weight Gain When I Stop Smoking? | <https://bit.ly/3IS04vv>
 - How Can I Handle the Stress of Not Smoking? | <https://bit.ly/34t0ud6>
 - How Can I Quit Smoking? | <https://bit.ly/35xs2ON>
- Reasons to Quit Smoking—Everyone has their own reasons for quitting smoking. Quitting smoking has many benefits. This is true no matter how old you are or how long you have smoked. | <https://bit.ly/3gaslBd>

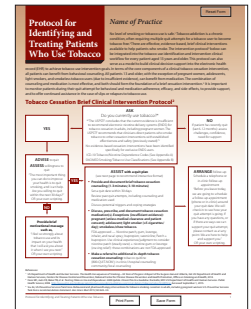


- What You Need To Know About Quitting Smoking: Advice From the U.S. Surgeon General—Provides an easy-to-read overview of the Surgeon General’s report and its findings. Also provides an overview of smoking cessation resources.
| <https://bit.ly/3LaNkCr>



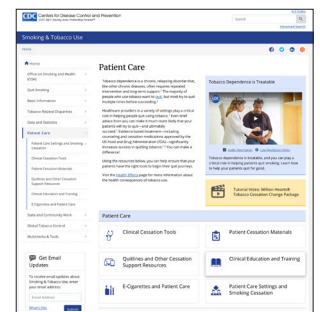
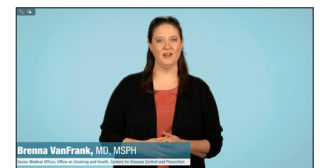
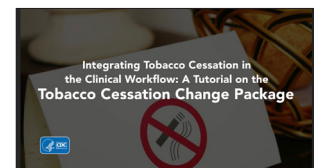
Fact Sheets | Providers & Healthcare Team

- Community Health Workers and Million Hearts—Community health workers can play a key role in team-based care for patients with chronic diseases, particularly for individuals facing health disparities.
 - English: <https://bit.ly/3L0RN XU> | Spanish: <https://bit.ly/3renEfV>
- Smoking Cessation: A Report of the Surgeon General | <https://bit.ly/3HjDvz5>
- Tobacco Cessation Protocols—Create your own tobacco-cessation protocol using the following template and implementation guidance document.
 - Tobacco Cessation Protocol | <https://bit.ly/3oa4Exi>
 - Tobacco Cessation Protocol Implementation Guidance | <https://bit.ly/3ocO3sG>
- Atrius Health and Harvard Vanguard Medical Associates Tobacco Intervention Workflow
| <https://bit.ly/3s7zXtW>
- Louisiana State University Health System Tobacco Control Initiative Treatment Protocol
| <https://bit.ly/3GgnE3v>
- Veterans Health Administration: Tobacco Use Cessation Treatment Guidance
 - Part 1: <https://bit.ly/3IVbMps> | Part 2: <https://bit.ly/3gddTbI> | Part 3: <https://bit.ly/3GiPjAN>



Toolkits

- Million Hearts Tobacco Cessation Change Package – The Tobacco Cessation Change Package is a quality improvement tool created by the Centers for Disease Control and Prevention and is intended for healthcare professionals in outpatient, inpatient, and behavioral health settings and public health professionals who partner with these groups. It provides a list of process improvements that clinicians can implement as they seek to deliver optimal treatment to patients who use tobacco. It gives clinical teams a practical resource to increase the reach and effectiveness of tobacco cessation interventions and to incorporate these interventions into the clinical workflow.
| <https://bit.ly/3KWBPY5>
- Tobacco Cessation Intervention Protocol | <https://bit.ly/3KWhwRx>
- Clinician Action Guide on Identifying and Treating Patients Who Use Tobacco | <https://bit.ly/34kV97p>
- Million Hearts Tobacco Cessation Change Package Video Tutorial
| Video: <https://bit.ly/3ocGClA> | Website Toolkit: <https://bit.ly/3rkktnC>



Helpful Resources

Local

- Indiana Alcohol and Tobacco Commission | <https://www.in.gov/atc/>
- Indiana Minority Health Coalition | <https://www.imhc.org/>
- Indiana Tobacco Prevention & Cessation | <https://www.in.gov/health/tpc/>
- Rethink Tobacco Indiana | <https://rethinktobaccoindiana.org/>
- Quit Now Indiana | <https://www.quitnowindiana.com/>

National

- Agency for Healthcare Research and Quality | <https://www.ahrq.gov/>
- American Cancer Society | <https://www.cancer.org/>
- American Heart Association | <https://bit.ly/3IQrWjz>
- American Lung Association | <https://www.lung.org/>
- Centers for Disease Control and Prevention | <https://www.cdc.gov/tobacco/>
- National Cancer Institute Division of Cancer Control and Population Sciences | <https://bit.ly/3ISQWXz>
- The Center for Black Health & Equity | <https://centerforblackhealth.org/>