



**A Conversation with Janet Wright, Million Hearts® 2022 Webinar  
Questions and Answers  
September 19, 2017**

The CVD network hosted a call with Dr. Janet Wright, who provided an overview of Million Hearts® 2022 and discussed some of the roles of state health departments. A critical role is partnering: collaborating with and convening partners. The CVH network highlighted state efforts to improve clinical care through blood pressure management within clinics and also discussed efforts to use evidence-based clinical protocols within its large health systems. Below is summary of the questions and answers for Dr. Wright:

**Q. Our state is having a Million Hearts Partner meeting in November. What specific recommendations do you have for communicating the value of cardiac rehab to our existing partners?**

A. Convey that evidence shows that Cardiac Rehab saves lives, reduces cardiovascular events, and helps people feel better. It reduces readmissions, improves medication adherence and quality of life. It is covered by insurance and Medicare but utilization remains low, especially among people of color, women, and those with low SES, all very high burden populations. Key strategies for improving referral, enrollment, and participation are included in the article on [Improving Cardiac Rehab Road Map](#).

**Q. Has there been discussion to adding the hybrid programs as an option to expand the reach of Cardiac Rehab. These programs utilize a great deal of staff time and result in cost that are not reimbursed.**

A. CR as currently delivered is resource-intensive and not always convenient for patients. New models (first session at facility and subsequent sessions by web, etc = “hybrid”) are used at Kaiser Permanente and the VA with good results. These are not yet covered by Medicare. Room for innovation here!

**Q. Are there strategies to offset the cost to patients participating in CR?**

A. Health plans can reduce or waive co-pays. Programs can provide transportation and/or free parking. Health plans and employers could reward high-attenders. Please see Roadmap article.

**Q. What data source will measure a 20% decline in sodium use?**

A. National Health and Nutrition Examination Survey (NHANES)

**Q. What criteria are you proposing for statin use?**

A. ACC/AHA 2013 Guidelines:

<http://circ.ahajournals.org/content/early/2013/11/11/01.cir.0000437738.63853.7a>

B. Clinical Quality Measures that MH 2022 uses are available at:

[https://millionhearts.hhs.gov/files/MH\\_CQM.pdf](https://millionhearts.hhs.gov/files/MH_CQM.pdf).