

Today our hearts are focused on millions across the nation.



These days, there are many unknowns. What is known: Current information and clinical experts suggests COVID-19 poses greater risks to older adults and people with serious **underlying medical conditions**, including heart disease. We have important roles in getting the word out to those at risk and their care teams.

For people who have serious heart conditions it is more important than ever to:

1. Stay home if possible.
2. Wash your hands often.
3. Avoid close contact (6 feet, which is about two arm lengths) with other people.
4. Clean and disinfect frequently touched surfaces.
5. Avoid all cruises and non-essential air travel.
6. Call a healthcare professional if you have concerns about COVID-19 and your underlying condition if you are sick.
7. Stock up on supplies, such as extra necessary medicines, and continue to take medications as directed.

This is a rapidly evolving situation related to a novel virus. Our goal is to share up-to-date information and recommendations as well as important resources to help you stay informed. We appreciate your commitment to health and safety and your continued focus on preventing cardiovascular events in our nation. We understand the unique demands and responsibilities for those serving our population through public health and health care.

In this unprecedented time, it is important to reach out to each other. Focus on your health and that of your family, friends, colleagues, and community. Although there is continued emphasis on social distancing, we need social support more than ever. Let's approach these challenges one day at a time, with compassion and concern.

For more information on steps you can take to protect yourself, see CDC's **How to Protect Yourself** resource.

With heartfelt appreciation and support,

Laurence Sperling, M.D., FACC, FACP, FAHA, FASPC
Executive Director, Million Hearts®

Tools You Can Use

Review CDC's communication resources related to COVID-19.

The Centers for Disease Control and Prevention (CDC) offers free resources, including videos, fact sheets, and posters. Above are links to current communication tools and resources available for use and distribution.

Get timely information about public health emergencies with Clinician Outreach and Community Activity (COCA) calls, webinars, and resources.

COCA prepares clinicians to respond to emerging health threats and public health emergencies, such as COVID-19, by communicating relevant, timely information related to disease outbreaks, disasters, terrorism events, and other health alerts.

Some people are at higher risk of COVID-19.

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Everyone reacts differently to stressful situations.

The coronavirus disease 2019 (COVID-19) outbreak may be stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress makes you, the people you care about, and your community stronger.

Protecting your household from COVID-19.

Plan and make decisions now that will protect you and your family during the COVID-19 outbreak.

New CPT codes are available to cover self-measured blood pressure monitoring (SMBP) clinical services.

This Target: BP™ resource describes the new CPT billing codes for the delivery of SMBP services. Providers can use these codes to submit claims for SMBP training and education, SMBP device calibration, the collection and interpretation of measurements, and the development and communication of a treatment plan.

Quick Fact

Get the latest facts about COVID-19 cases in your state at <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html#reporting-cases>.

Million Hearts® in the Community

Community health centers play a critical role in the COVID-19 response.

The National Association of Community Health Centers (NACHC) has partnered with the Health Resources and Services Administration (HRSA) to host weekly COVID webinars and share resources to educate and inform community health centers.

CMS releases a list of telehealth services covered by Medicare.

The Centers for Medicare & Medicaid Services (CMS) released a list of telehealth services and the corresponding codes that are payable under the Medicare Physician Fee Schedule. The list includes support for self-measured blood pressure monitoring and tobacco cessation counseling.

The Science of Million Hearts®

Stay up to date on COVID-19 with CDC's latest MMWRs. (MMWR)

People with underlying health conditions, including CVD, may be at higher risk for severe COVID-19. (MMWR J Med)

Renin-angiotensin-aldosterone system inhibitors in patients with Covid-19. (N Engl J Med)

Cardiovascular implications of fatal outcomes of patients with coronavirus disease 2019 (COVID-19). (JAMA)

CARDIA study: Assessing systolic blood pressure variability may help identify young adults at higher risk for CVD later in life. (JAMA Cardiol)

Coronaviruses and the cardiovascular system: acute and long-term implications. (Eur Heart J)

Do This!

See How to Make Your Own Face Covering.

Surgeon General Jerome Adams, MD, MPH, demonstrates ways to create your own face covering in a few easy steps.