

# NEWSLETTER

February is American Heart Month, Don't Miss a Beat

Volume 1: Issue 2. February 2022



In this edition

- The Heart of the Matter
- Heartbeat: Tools to fight heart disease
- Vital Funding: A lifeline for your practice
- Upcoming Webinars

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It's Official! It's American Heart Month. Don't Miss a Beat

## GETTING TO THE HEART OF IT: A TIMELINE

In 1963, Congress issued a joint resolution requesting that the president issue an annual proclamation to designate February as American Heart Month to encourage Americans to take better care of their hearts.

In 1964, President Lyndon B. Johnson declared the battle against heart disease official.

Sadly, 58 years later, we're still fighting the same fight, but with a new twist: we're in the midst of a pandemic, and our most vulnerable patients are those who are at a high risk for or living with a chronic condition such as heart disease.

Flash forward to 2022 and there is hope. Empowered with innovative tools to prevent chronic diseases, PreventionLink, in collaboration with a team of providers, is leading the way in an ambitious fight to prevent and reduce chronic disease.

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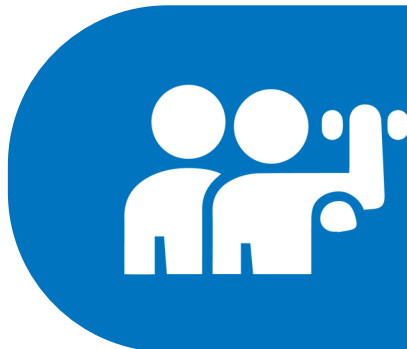
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# HEARTBEAT: NEW TOOLS AND INNOVATIONS IN SOUTHERN MARYLAND TO IMPROVE HEART HEALTH

Although heart disease is still a leading cause of death for many Americans, providers can be part of the evolutionary changes to improve heart health. There are many new tools and innovations PreventionLink of Southern Maryland has to offer providers and patients in this fight. We have pioneered an array of evidenced-based programs and services that can be integrated into clinical practices with very little effort. Below are just a few:



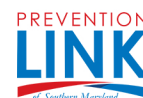
New: Remote Patient Monitoring (RPM) program. A free service that integrates a provider's treatment plan using a mobile application and remote physiology. The RPM device's primary objective is collecting data remotely to enable the support of health program services for the management of chronic care conditions such as hypertension, cholesterol, blood pressure, diabetes, and obesity. Eligible program participants may receive state-of-the-art health monitoring tools that may include a glucose monitor, blood pressure monitor, pulse oximeter and scale.



Cardiac rehabilitation (CR) is a comprehensive secondary prevention program designed to improve cardiovascular health following a cardiac-related event or procedure. The program consists of 36 one-hour sessions that include team-based, supervised exercise training, education and skills development for heart-healthy living, and counseling on stress and other psychosocial factors. CR programs are certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).



Medication Therapy Management (MTM) program is for patients who take a wide range of medication, to help them avoid medication mistakes. Our medication therapy management services are provided by advanced trained pharmacists who review and assess the participant's medications (prescription, Over The Counter (OTC), herbals, and supplements). A comprehensive medication list is generated, and pharmacists identify potential or actual medication-related problems and healthcare risks and recommend solutions to healthcare providers.





# It Takes Heart

Interested in improving health outcomes for your patients?

We know it takes heart to move the needle, but it also takes your pledge, commitment, and time. PreventionLink of Southern Maryland's dedicated staff are here to assist you integrate our programs into your practice. We offer step-by-step assistance from enrolling into the program, implementing the program, and welcoming your first patient.

If you are interested in joining the winning team or just want additional information about PreventionLink, please complete our provider form below and a PreventionLink representative will be in contact with you. Get started today!

[https://preventionlinkmd.com/medical\\_provider](https://preventionlinkmd.com/medical_provider)

## VITAL FUNDING

Funding is the lifeline of every business, especially small medical practices. PreventionLink is committed to helping our network of providers to maintain their success.

The Center for Interprofessional Education at the University of Maryland, Baltimore has recently announced two funding opportunities. These seed grants are focused on health equity and team-based care and range from \$5,000 to \$25,000. Learn more at

<https://www.umaryland.edu/ipe/funding-opportunities/seed-grants/>.

In our April issue, we will share a time-sensitive funding opportunity for primary care providers.

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# UPCOMING EVENTS



Tuesday, February 8th at 12pm:

<https://attendee.gotowebinar.com/register/6304232857495717902>

Tuesday, February 8th at 5pm:

<https://attendee.gotowebinar.com/register/1232483686216198159>

Thursday, February 10th at 12pm:

<https://attendee.gotowebinar.com/register/421476212987240718>

Wednesday February 23rd at 12pm:

<https://attendee.gotowebinar.com/register/931881605228787215>

Wednesday, March 9th at 12pm:

<https://attendee.gotowebinar.com/register/8608335339802741516>

Thursday, March 10th at 5pm:

<https://attendee.gotowebinar.com/register/1625528306820616717>

Tuesday, March 22nd at 5pm:

<https://attendee.gotowebinar.com/register/3570175149240147469>

Thursday, March 24th at 12pm:

<https://attendee.gotowebinar.com/register/8758160291761694734>

## SHARE THE LOVE

Ensure that your colleagues don't miss a beat. Share our newsletter today and let's make a heart-healthy difference.



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