

Steps to Access the Online Million Hearts[®] Fellowship Educational Module



**THE OHIO STATE
UNIVERSITY**

1. Go to <http://go.osu.edu/millionhearts>
2. Select ***Million Hearts Fellow*** from the course list.
3. Select Create new account if you are a new user or login with your existing account if you are a returning user.
4. If you are registering as a new user you will receive an email with a confirmation link to verify you have used a valid email address. After receiving this e-mail, please click on the link to activate your account.
5. You will then be directed to a website and you will need to click on the button that says “Enroll Me.”
6. This should complete your enrollment into the course.
7. The website has 4 easy steps. You will first watch six short online lectures. The lecture content includes: an overview of Million Hearts[®], how to do an accurate biometric assessment, interpretation of normal and abnormal biometric and lab values, a sample triage protocol, and how to effectively counsel participants on cardiovascular risk reduction through healthy lifestyle modifications.
8. Step two requires you to go out into the community and complete 10 Million Hearts[®] screenings. There are several downloadable resources on the module to assist in this process. Patient educational handouts, a screening pocket guide, a clinical recording log, a body mass index chart, wallet blood pressure cards, a Perceived Stress Scale 4, and several other documents can be downloaded and printed for screenings.
9. Upon completion of the 10 screenings, you will complete step three and enter the participant data into the Million Heart[®] website (<http://go.osu.edu/millionhearts>)
10. Once all participant data has been entered, you will complete step four, a 10 item post-test.
11. Following completion of the test, you will be certified as a *Million Hearts[®] Fellow* and can print off your Million Hearts Fellow certificate.

If you have any questions about the online Million Hearts[®] educational module, please contact Bernadette Melnyk (melnyk.15@osu.edu) or Kate Gawlik (gawlik.2@osu.edu). Let's join together to help save 1 million lives.