



The Million Hearts® word and logo marks, and the Be One in a Million Hearts® slogan and logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the marks also does not necessarily imply that the materials have been reviewed or approved by HHS.

You are then eligible to take the post test and print your Million Hearts® certification.

Upon completion of your Million Hearts® screenings, enter data from 10 participants into the Million Hearts® educational module's website, which can be accessed at: <https://eduserv.con.ohio-state.edu/moodle/login/index.php>.

1. Gather supplies (blood pressure cuff, Million Hearts® educational hand-outs, stethoscope, etc).
2. Greet the participant and ask for permission to complete a Million Hearts® screening on him/her.
3. Record the participant's age, gender, race/ethnicity, smoking status, and whether the participant is fasting on the *Participant Clinical Recording Log*.
4. Obtain a blood pressure.
5. Obtain a waist circumference, height, and weight (actual or reported).
6. Calculate Body Mass Index.
7. Administer the PSS-4 and score it.
8. Complete a cholesterol screen if able. If not, ask about past cholesterol screenings and encourage completing a cholesterol screening with a health care provider.
9. Counsel on all normal findings, abnormal findings, and taking the Million Hearts pledge.
10. Provide Million Hearts® educational hand-outs and refer to a health care provider for any abnormal findings.

10 STEPS TO PERFORMING A MILLION HEARTS® SCREENING

NORMAL/ABNORMAL VALUES

Blood Pressure

Blood pressure category	Systolic	Diastolic
Normal	<120 mmHg	<80 mmHg
Pre-HTN	120-139 mmHg	80-89 mmHg
Stage 1 HTN	140-159 mmHg*	90-99 mmHg
Stage 2 HTN	≥160 mmHg	≥100 mmHg

*People aged ≥60 have target blood pressure of 150/90

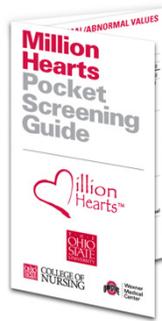
Body Mass Index

BMI Categories	BMI Range/Value
Underweight	<18.5 Kg/m ²
Normal Weight	18.5-24.9 Kg/m ²
Overweight	25.0-29.9 Kg/m ²
Obesity (Class 1)	30.0-34.9 Kg/m ²
Obesity (Class 2)	35.0-39.9 Kg/m ²
Extreme Obesity (Class 3)	≥40.0 Kg/m ²

Waist Circumference

High risk waist circumference	
Men	>102 cm (40 in)
Women	>88 cm (35 in)

Fold your Pocket Screening Guide in half, then thirds:



Million Hearts at Ohio State:
millionhearts.osu.edu

National Million Hearts Website:
millionhearts.hhs.gov

The Ohio State University
College of Nursing:
nursing.osu.edu

Million Hearts Training Site:
<https://eduserv.con.ohio-state.edu/moodle/login/index.php>



Million Hearts® Pocket Screening Guide



THE OHIO STATE UNIVERSITY