

# Steps for Accessing the Million Hearts® educational modules

1. Go to <http://go.osu.edu/millionhearts>
2. Select Million Hearts Fellow from the course list
3. If you are a new user, you will need to select Create New Account, or you can login with the Existing Account if you are a returning user
4. When you are enrolling for the first time as a new user, you will be asked for an enrollment key. The enrollment key is "osumillionhearts"
5. This should complete your enrollment into the course
6. The website has 4 easy steps. You will first watch five 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 on lifestyle modifications.
7. 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, and a Perceived Stress Scale 4 can be downloaded and printed for screenings
8. 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>)
9. Once all participant data has been entered, you will need to complete step four, a 10 item post-test.
10. 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, please contact Bernadette Melnyk ([melnik.15@osu.edu](mailto:melnik.15@osu.edu)) or Kate Gawlik ([gawlik.2@osu.edu](mailto:gawlik.2@osu.edu)). Let's join together to help save 1 million lives.

