



Bless Your Heart

atom Alliance Goals and Objectives

atom Alliance works with the Centers for Medicare & Medicaid Services (CMS) to improve heart health in Alabama, Indiana, Kentucky, Mississippi and Tennessee. To fight heart disease, we are participating in the Million Hearts program. This program focuses on four ways to help battle heart disease: aspirin therapy, blood pressure control, cholesterol control and quitting smoking.

atom Alliance will help your church provide teaching programs and the tools you need to keep those programs going. These programs will help improve the heart health of your community and teach people how to take better care of their own health. Some of the ways we can work with your ministry include:

- Starting or helping with a plan that will keep heart health programs going
- Working with your health ministry to provide teaching materials
- Providing teaching tools to promote the Million Hearts program at your church
- Working with people with Medicare in your community to improve heart health
- Encouraging members to live a heart-healthy lifestyle
- Teaching members the importance of taking all their medications

atom Alliance will keep CMS up-to-date on our partnership and work with your church to reach your community.

Thank you for partnering with atom Alliance. Our partnership is one way we are working to prevent heart attacks and strokes over the next five years. There are many ways we can help you, including:

- Healthy recipes
- Cooking classes
- Smoking cessation programs
- Health experts that can speak at your church
- Articles for newsletters and bulletins
- Resources from the your local Department of Health
 - Tobacco Prevention and Cessation Program
 - Tobacco Quitline: 1-800-QUIT-NOW (1-800-784-8669).
- Resources from Million Hearts website: millionhearts.hhs.gov/resources/tools.html
 - Heart attack risk calculator
 - My Life Check (heart health assessment)

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