



American Heart Association.

Check. Change. Control.
Cholesterol™

Check. Change. Control. Cholesterol™ Data Submission & Award Achievement

Frequently Asked Questions

ABOUT

What is Check. Change. Control. Cholesterol™?

As part of the [Outpace CVD™ suite](#), Check. Change. Control. Cholesterol is a quality improvement and award achievement opportunity for organizations providing outpatient care to prioritize High Cholesterol (hypercholesterolemia) diagnosis and treatment and reshape care for patients at risk of chronic disease.

The initiative brings together evidence-based resources, education materials, regional AHA staff support, and recognition opportunities to target improvement and acknowledge organizations for their impactful work.

Who can join Check. Change. Control. Cholesterol?

Independent physician practices, medical practices, health systems and health service organizations are eligible and encouraged to join. Patients are encouraged to engage with their healthcare providers and utilize education available on our website at www.heart.org/cholesterol.

Does it cost anything to join Check. Change. Control. Cholesterol?

No. The AHA offers this program as a free resource.

DATA SUBMISSION & AWARD ACHIEVEMENT

What is the Check. Change. Control. Cholesterol program? Who is eligible for an achievement award?

This program offers national and local recognition opportunities from the AHA each year to physician practices and health systems that register with the program, attest to being an eligible organization and providing accurate responses, commit to improving Atherosclerotic Cardiovascular Disease (ASCVD) estimator tool use, submit adult patient data, and reach defined recognition threshold levels. There are two levels of awards available to registrants with varying data submission requirements.

At this time, only U.S.-based healthcare organizations that are directly diagnosing and treating patients with high cholesterol, including prescribing and managing medications, can qualify. Recognition opportunities

may include acknowledgment through special national and local press announcements, clinical best practice showcases, local/national award ceremonies, resources for self-promotion, and more.

How do we join?

Go to www.heart.org/RegisterMyOutpatientOrg to register. Registration is open year-round. (For the best user experience, use Chrome, Safari or Firefox as your browser. If you use Internet Explorer, be sure to use version 10 or higher.)

After I register my health care organization, how do I activate my account?

You will receive an email with an activation link and temporary password within 1–3 business days of registering, from AHA Support email address (InfosarioOutcomeSupport@quintiles.com). Note that the temporary password expires 90 days after receipt, so you must change it within 90 days, or the account becomes inactive.

How can I prepare for data submission?

The AHA has prepared a [Data Collection Worksheet](#) to help interested registrants prepare for the data submission process.

Can more than one person in my health care organization have access to the account?

Yes, there can be multiple users for each organization. Users can either be listed as data submitters/editors or “read only” if there is no need to modify data. Additional users can be requested via program staff.

What is the data collection timeframe?

Data from the previous calendar year is collected once a year in accordance with the current year’s recognition cycle. Visit www.heart.org/changecholesterol for this year’s data submission window.

I did not select the “Data Entry Complete” checkbox when I finished my data entry, and now we are past the submission deadline. Will my organization still be eligible for recognition?

Yes. Organizations with complete, error-free data submissions as of the deadline will still be included in the snapshot for that year’s recognition, even if the “Data Entry Complete” checkbox is unchecked.

What are the threshold levels registrants must achieve to be recognized?

Currently, there are two levels of recognition:

Participant Award:

Recognizes practices that have attested to being an eligible organization and providing accurate responses, committed to improving ASCVD risk assessment and submitted data on appropriate Statin therapy based on MIPS measure #438.

Gold Achievement Award

Recognizes practices that have fulfilled the Participant criteria AND have 70% or more of their adult, at-risk ASCVD patient population appropriately managed with Statin therapy based on MIPS measure #438.

How will I know if my health care organization has received an achievement award?

In the fall of each year, organizations will be notified of their award status via email.

May I edit my data after it has been submitted?

Yes. You will be able to edit data at any time. However, once the submission window closes, a snapshot of your data will be taken and that will determine your achievement award level. Any data edited after the submission window closes will not be considered for recognition.

When calculating the total number of adult patients (Q3) for my organization with a visit during the measure period, which patients should I include? Why does it state to “exclude acute care visits?”

Include all patients with a regular office or telehealth encounter, excluding patients seen only in an emergency context such as in an urgent care setting (inpatient or outpatient). The intention is to capture patients with visits where high cholesterol could be diagnosed or managed.

What is Pooled Cohort Equations CV Risk Calculator tool and why should I incorporate its use into my organization?

The “[2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines](#)” states that statin therapy initiation or intensification should consider patient discussions *and* ASCVD risk calculations, as appropriate, for certain age groups, diagnoses such as Diabetes.

The Pooled Cohort Equations CV Risk Calculator is based on the “[2013 ACC/AHA Guideline on the Assessment of Cardiovascular Risk](#)” published by Circulation and enables health care providers and patients to estimate 10-year and lifetime risks for atherosclerotic cardiovascular disease (ASCVD), defined as coronary death or nonfatal myocardial infarction, or fatal or nonfatal stroke, based on the Pooled Cohort Equations and the work of Lloyd-Jones, et al., respectively. The information required to estimate ASCVD risk includes age, sex, race, total cholesterol, HDL cholesterol, systolic blood pressure, blood pressure lowering medication use, diabetes status, and smoking status. An easy-to-use online version of the calculator can be found at <http://professional.heart.org/ascvd> or within the AHA’s Guidelines-on-the-Go smart phone app.

In order to improve patient care and track outcomes related to ASCVD risk, cholesterol management, and statin use, it is important that organizations work to add ASCVD risk estimations into their patient care workflow and include documentation of risk into their EHR where it does not already exist.

What is the Predicting Risk of cardiovascular disease EVENTS (PREVENT™) calculator?

The American Heart Association launched a new ASCVD and Heart Failure risk estimation tool in November 2023 to predict a person’s long-term risk of cardiovascular disease that includes broader measures of health including social determinants, renal function, and glycemic control and provides sex-specific results. [The PREVENT™ calculator](#) aims to help clinicians implement risk assessment for cardiovascular disease and facilitate clinician-patient discussion to optimize prevention for cardiovascular disease, including atherosclerotic cardiovascular disease and heart failure.

Clinicians and patients should use this information on risk assessment to personalize prevention efforts in the context of patient preferences for taking medications, potential adverse drug reactions or interactions, and which treatment intervention approach for underlying risk factors may be most successful for a particular patient.

Read [Development and Validation of the American Heart Association’s PREVENT Equations](#) for more information.

How do I incorporate ASCVD Risk Estimation into my workflows?

This will vary widely organization to organization. Some organizations may already have access to these calculations in their EHR while others may not. We recommend working with your EHR vendor directly to request any system improvements. Many organizations might have access to the calculator, however the calculation results are not documented in the EHR system within a discrete field. It is recommended that all organizations evaluate their current risk estimation processes and work to improve documentation and workflow, where possible. This might include simply advocating for education of ASCVD risk estimations amongst providers and patients to requesting technology updates from technology providers.

What is MIPS Measure #438?

Merit-based Incentive Payment System (MIPS) #438 is a nationally recognized measure titled "[Statin Therapy for the Prevention and Treatment of Cardiovascular Disease](#)." This measure is supported by the National Committee for Quality Assurance (NQCA) and is currently part of the CMS Merit-Based Incentive Payment System (MIPS) used to give payment adjustments in Medicare under the "quality" performance category.

From the CMS measure description:

Description:

Percentage of the following patients - all considered at high risk of cardiovascular events - who were prescribed or were on statin therapy during the performance period:

- All patients who were previously diagnosed with or currently have a diagnosis of clinical atherosclerotic cardiovascular disease (ASCVD), including an ASCVD procedure; *OR*
- Patients aged 20 to 75 years who have ever had a low-density lipoprotein cholesterol (LDL-C) level \geq 190 mg/dL or were previously diagnosed with or currently have an active diagnosis of familial hypercholesterolemia; *OR*
- Patients aged 40 to 75 years with a diagnosis of diabetes; *OR*
- Patients aged 40 to 75 with a 10-year ASCVD risk score of \geq 20 percent.

Why does MIPS #438 not specifically match the 2018 Guideline Recommendations?

AHA outpatient programs strive to utilize nationally endorsed and widely available measures such as MIPS #438 which is used by CMS and other groups nationally. Measures often lag guideline recommendations, however at this time of the creation of this document, MIPS 438 most closely aligns with guideline recommendations and captures groups of patients where statin use is recommended even without requiring additional risk assessments. AHA programs will evaluate measures for inclusion and exclusion in our programs on an ongoing basis.

How can my organization track MIPS #438?

MIPS #438 is a complex measure with multiple denominator criteria. Many EHR systems have the ability to track this measure but may require support from IT staff or vendor staff to add this tracking feature.

Are there any patients that should be excluded from the data?

Please reference the CMS measure language for specific exclusions/exceptions language. General denominator exclusions include pregnancy, breastfeeding, and diagnosis of rhabdomyolysis.

Can my organization use a subset or sample of patients for the measure (MIPS #438) denominator?

Sampling is discouraged. If sampling is the only means available for participation, please note that inconsistent patient volumes or outliers may be flagged for additional audits for confirmation. If you need support regarding sampling concerns, please reach out to our [Outpatient Contact Us form](#).

How will this information be used?

Data will be used to track success rates in cholesterol management. Organizations that complete the attestation questions, commit to improving ASCVD risk estimation, submit data, and/or achieve rates of 70 percent or greater for MIPS measure #438 within the adult patient populations they serve will be recognized by the Check. Change. Control. Cholesterol program. Compliance rate numbers will not be posted publicly. Only those who give AHA permission to recognize them publicly will have their award level published. Please reference our [Participation Agreement](#).

**If you have a question that has not been addressed above,
please submit your inquiry at <http://bit.ly/AQContactUs>.**