Top Ten Things to Know
Recommendations for the Implementation of Telehealth in Cardiovascular and Stroke Care

1. Over 85 million Americans (~26% of the US population) suffer from cardiovascular disease (CVD), and nearly 7 million (2.2%) are stroke survivors. CVD and stroke cost the US health care system over $320 billion and $33 billion respectively each year, and by 2030, annual costs of CVD and stroke are projected to balloon to nearly $1 trillion.

2. CVD and stroke are a significant public health burden, and telehealth interventions promoting data accuracy and patient privacy can reduce this burden. Telehealth can also make care more accessible and affordable while reducing many widespread disparities in access to care, particularly those caused by geography or provider shortages.

3. Barriers to the adoption of telehealth, including the lack of equitable public and private insurance reimbursement and the lack of multi-state licensure, disproportionately deny high quality healthcare to vulnerable populations that lack access to traditional healthcare.

4. Telehealth, as defined by Office for the Advancement of Telehealth, comprises the use of telecommunications and information technologies to share information, and provide clinical care education, public health, and administrative services at a distance.

5. Telehealth is a new method of enabling care delivery that has the potential to help transform the healthcare system, reduce costs, and increase quality, patient focus, and patient satisfaction.

6. Telehealth increases access healthcare to those who ordinarily lack it, increases medication adherence protocol, and allows patients to be monitored and treated continuously within the comfort and privacy of their own home.

7. Telehealth may increase access and convenience for cardiovascular disease and stroke patients.

8. This is especially true for vulnerable cardiovascular disease or stroke patients who – because of their geographical location, physical disability, advanced chronic disease, or difficulty with securing transportation – may not otherwise access specialty health care services.

9. CVD and stroke are a significant public health burden, and telehealth interventions can reduce this burden, making care more accessible and affordable while reducing many widespread disparities in access to care, particularly those due to geography or provider shortages.

10. Nationally, there are efforts to advance telehealth initiatives, including federal organizations where methods to cost share are being encouraged. Legislative processes help promote telehealth initiatives: AHA is partnering with other organizations to focus on specific policy objectives to break down barriers to adoption of telehealth programs.