American Heart Association®
Center for Telehealth™

American Heart Association®
Certified Professional
Digital Health in Cardiac Care

Certified Professional by the American Heart Association - Digital Health in Cardiac Care

American Heart Association Healthcare Certification

Candidate Handbook

Healthcare Certification provided by
American Heart Association®

This handbook contains necessary information about the examination for Certified Professional by the American Heart Association – Digital Health in Cardiac Care. Please retain it for your future reference. Candidates are responsible for reading these instructions carefully.

ACKNOWLEDGMENTS

The Certified Professional by the American Heart Association – Digital Health in Cardiac Care examination was developed by the American Heart Association with guidance and input from the American Heart Association Digital Health in Cardiac Care Advisory Expert Panel and Science Committee.

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PROGRAM OVERVIEW

The Certified Professional by the American Heart Association – Digital Health in Cardiac Care (CPAHA - Digital Health in Cardiac Care) program was developed by the American Heart Association (AHA) to better equip health care providers and professionals who use digital health technology to help patients manage and prevent heart conditions. The CPAHA - Digital Health in Cardiac Care program will identify and recognize health care providers with proficient skills and knowledge in the delivery of digital healthcare.

What are the benefits of holding this certification?

Validation of Expertise and Commitment
Certification from the American Heart Association (AHA) validates that a professional has met rigorous, science-based requirements, demonstrating a high standard of knowledge and skill in digital health technology for cardiovascular care. This recognition enhances credibility and trust among peers, employers, and patients.

Improved Patient Outcomes
The CPAHA - Digital Health in Cardiac Care will better equip health care professionals to use digital health tools—such as remote patient monitoring and mobile health applications—to help patients manage and prevent heart conditions. These technologies have been shown to improve self-management, reduce hospital readmissions, and personalize care, leading to stronger patient-provider relationships and better health outcomes.

Career Advancement and Differentiation
Certifications help professionals stand out in a competitive job market, signaling advanced skills and dedication to ongoing education. Employers and organizations recognize certification as a mark of excellence, which could lead to better job opportunities, promotions, and leadership roles.

Patient and Community Trust
The American Heart Association's Heart-Check mark is widely recognized and trusted by patients. Certification assures patients and families they are receiving care from providers who adhere to the highest standards and the latest scientific guidelines, boosting confidence and satisfaction.

Access to Continuing Education and Resources
Certification provides access to ongoing education, resources, and the Association's advocacy and policy resources and updates.

Contribution to System-Wide Quality Improvement
CPAHA – Digital Health in Cardiac Care can contribute to building advanced systems of care within organizations, supporting standardized protocols, quality initiatives, and

integration of evidence-based practices that improve overall cardiovascular health in organizations and communities.

In summary, the following is a list of benefits of this Digital Health in Cardiac Care Certification by the American Heart Association:

- ✓ Assurance that patient care is at the heart of the certification.
- ✓ Validation: Achieve recognition of a level of expertise that only the American Heart Association can offer. It ensures you stay relevant, as digital health is the future of healthcare.
- ✓ Knowledge to provide expert services using evaluation criteria supported by American Heart Association science.
- ✓ Opportunity for more effective, accessible and efficient care.
- ✓ Boost patient referrals, professional recognition, and earning potential.
- ✓ Enhanced credibility and the personal satisfaction of providing your patients with the best possible care through digital health technologies.
- ✓ Branding guidelines provided by the Association to alert media channels you hold the credential.

OBJECTIVES OF THE PROGRAM

The CPAHA - Digital Health in Cardiac Care should be able to:

- Identify best practices in the use of digital tools and technology applied to patient care and health coaching.
- Achieve a greater understanding of how technological solutions can be applied to health.
- Align digital strategies with evidence-based practice to achieve scalability and sustainability.
- Promote improved patient/client engagement and literacy in digital health technologies.
- Discuss how technology can be deployed in a safe, secure, and equitable manner.
- Discuss specific technologies as related to cardiac conditions and settings such as cardiac rehabilitation, the management of hypertension and heart failure.

EXAMINATION

- The CPAHA- Digital Health in Cardiac Care certification examination consists of 175 multiple-choice questions in English. 150 of the questions are scored with an additional 25 pretest (non-scored) items. Pre-test items are distributed randomly throughout the examination to collect item level statistics for possible use as scored items on future examinations. Candidates are permitted 3 hours (180 minutes) to complete the examination. Those who meet eligibility requirements and achieve a passing score are awarded a certificate indicating they achieved certification status as a CPAHA - Digital Health in Cardiac Care.

EXAMINATION POLICIES

Eligibility Requirements

1. Complete and attest to continuing education credits (6.5 hour credit minimum).
2. Be a health care professional, administrative personnel, student or researcher utilizing digital health tools; OR a health and wellness specialist who utilizes digital health tools; OR a digital health professional who desires to learn more about cardiac care and/or patient engagement.
3. Complete and file the online application for the CPAHA-Digital Health in Cardiac Care certification exam on the American Heart Association Professional Education Hub.
4. Pay the required fee(s).

Language

The CPAHA- Digital Health in Cardiac Care examination is offered in English only.

Examination Administration

The CPAHA-Digital Health in Cardiac Care certification examination is offered via Live Remote Proctored (LRP) Test Administration by Meazure Learning. Meazure Learning is the professional testing agency contracted by the American Heart Association to assist in the development, administration, proctoring, scoring, score reporting, and analysis of the CPAHA- Digital Health in Cardiac Care certification examination. Candidates must schedule their testing appointment at least 24 hours in advance of the requested testing appointment.

Statement of Nondiscrimination

AHA and Meazure Learning do not discriminate among candidates on the based on age, gender, race, color, region, national origin, sexual orientation, disability, or marital status.

Examination Fees

Please note that the examination and administration fees are NOT refundable.

Examination Fee for the Digital Health in Cardiac Care: .....$575.

Fees must be submitted in U.S. dollars. Visa, Mastercard, Discover Card and American Express are accepted.

Scheduling Your Exam

- To schedule your exam, submit your application for examination through the AHA Professional Education Hub. Upon successful completion and submission of the application, candidates will receive an email from Meazure Learning (candidatesupport@meazurelearning.com) within 24 to 36 hours. The email will contain scheduling instructions.
- Once the candidate has scheduled an LRP testing appointment, the candidate will receive email confirmation notices from both Proctor U and Meazure Learning.
- **Candidates are responsible** for ensuring their computer meets technical requirements as outlined in the confirmation email.
- **Candidates are responsible** for ensuring their testing environment needs meets the minimum requirements to take the exam as outlined in the confirmation email.
- The confirmation notices will provide the following information:
    - The date and time of the testing appointment
    - The URL to access the scheduled, online proctored tests
    - The URL for the system check
    - Computer specifications required to take the exam via live, online-proctored testing
    - A list of items that candidates may and may not have access to during the testing sessions; and
    - Information regarding an online tutorial for candidates to familiarize themselves with Meazure Leanings internet-based test delivery system prior to the scheduled test date. Candidates may access the online demonstration free of charge.

For any additional questions about logistics to schedule and complete the exam, please contact Meazure Learning at:

PO Box 570, Morrisville, NC 27560
Phone: (919) 582-6880 Monday – Friday 8:30 AM – 5:30 PM EST
Email: CANDIDATESUPPORT@MEAZURELEARNING.COM

Testing Cancellations, Rescheduling, Refunds, and No-shows

- Candidates must cancel a scheduled testing appointment **no less than 24 hours** prior to the scheduled appointment. The candidate must cancel their testing session by returning to the Meazure Learning online scheduling system to access the live online proctoring portal.
- Candidates may reschedule their testing appointment, provided the candidate is within their eligibility period. **The candidate must reschedule the testing appointment no less than 24 hours prior to the scheduled appointment**.
- A candidate who schedules a testing appointment but does not appear for their testing appointment will be considered a **no-show**. Applications and fees for no-shows are forfeited and a new application and fee must be submitted to schedule for another testing appointment.
- Candidates who do not schedule a testing appointment within their eligibility window are not eligible for refunds.
- AHA understands that unforeseen circumstances occur. If you miss your testing appointment and are still within the testing window, please contact us at **Certification@heart.org**. No-shows may be eligible to reschedule on a case-by-case basis.

System Requirements for Live Remote Proctoring

- Candidates are required to have a webcam installed on their exam workstation and reliable access to the internet. An internet connection disruption will suspend the test session.
- The following are the minimum technical requirements:
    - A well-working computer with 4 GB of RAM or higher. Tablets and Chromebooks are not supported.
    - A high-speed internet connection of 1 mbps upload and 1 mbps download. Wireless is acceptable; however, a wired connection is preferred.
    - A webcam with 640x480 video pixel resolution (a laptop camera is acceptable).
    - Working speakers connected to the computer.
    - A microphone connected to the computer (consider a webcam with a built-in microphone).
    - Browser compatibility: Firefox, Chrome.
    - Candidates must use a computer with admin access.

SPECIAL REQUESTS

Accommodations for Disabilities

The American Heart Association and Meazure Learning comply with the Americans with Disabilities Act (ADA) and will ensure that persons with disabilities are not deprived of the opportunity to take the examination solely because of a disability, as required and defined by relevant provisions of the law.

Special testing arrangements can be made in these circumstances provided an appropriate request for accommodation is submitted to AHA with their application. If you need a special accommodation, please contact the American Heart Association by telephone at 1-877-340-9899 or email at **Certification@heart.org**.

POST-EXAMINATION

Examination Scores

The passing score was determined through a criterion-reference passing-point study in which subject matter experts determined the level of competence indicative of an appropriate level of expertise deserving of certification as a CPAHA-Digital Health in Cardiac Care.

The minimum raw score to pass the exam is 120 correct questions, which equates to a scaled score of 400 scaled units. As new forms of the examination are introduced, a certain number of questions in each content area are updated/replaced. These changes may cause one form of the examination to be slightly easier or more difficult than another form. To adjust for these differences, a procedure called "equating" is used. The goal of equating is to ensure fairness to all candidates.

Candidates will not be notified of their results at the end of the exam delivered by Meazure Learning. The candidate's results will be available in the candidates AHA Professional Education Hub account 24-48 hours after completion.

Recognition of Certification

Candidates who pass the CPAHA-Digital Health in Cardiac Care certification examination will receive a certificate and graphic suitable for display from the AHA

indicating they have received certification status. For guidance on displaying your certification, seal, and CPAHA- Digital Health in Cardiac Care credentials, please refer to the AHA Branding and Communications Guide for Individuals.

Re-Examination

The CPAHA- Digital Health in Cardiac Care certification examination may be taken as often as desired upon filing of a new application and fee. There is no limit to the number of times the examination may be repeated.

MAINTENANCE OF CERTIFICATION

Option 1: Continuing Education Credit

15 hours of continuing education hours must be earned and submitted to the AHA. The cost associated with this option is $175 for re-certification.

Option 2: Re-Examination

If the candidate elects not to renew certification through option 1, the alternative is retaking the examination. The cost associated with this option is the full certification cost of $575 for renewal.

Continuing Education

To maintain certification status through continuing education, one must meet the eligibility requirements and provide proof that they have earned a total of 15 credit hours of continuing education between the date certification (exam date) is earned and the renewal date.

CE must be awarded by an accredited organization. The candidate must meet the requirement of 15 hours of continuing education pertaining to digital health or telehealth completed during the 3-year certification period.

After the certification expiration date, this option will no longer be available. Reexamination is the only way to maintain the certification once it has expired.

REVOCATION OF CERTIFICATION

Admittance to the examination will be denied or the certification will be revoked for any of the following reasons:

- Falsification of an application or documentation provided with the application.
- Failure to pay the required fee.
- Misrepresentation of certification status.

AHA provides the appeal opportunity for challenging denial of eligibility to the examination or revocation of the certification. Failure of the examination is not a circumstance for review and appeal. It is the responsibility of the candidate to initiate the appeal process by written request to AHA within 30 days of the circumstance leading to the appeal.

FREQUENTLY ASKED QUESTIONS

Q: Which professionals may sit for the CPAHA-Digital Health in Cardiac Care exam?

A: Healthcare professionals with a clinical or administrative background using digital health tools to monitor, track, and engage with patients; A health and wellness specialist using digital health tools to monitor, track, and engage with patients or clients; Digital health professionals who utilize digital health technologies and want to learn more about cardiac care and patient engagement.

Q: How much does it cost to take the exam?

A: The fee to sit the exam is $575.

Q: What is the expiration date of the CPAHA- Digital Health in Cardiac Care credential?

A: The credential is valid for 3 full years after passing the examination. The expiration date will be indicated on your certificate.

Q: How can I prepare for the exam?

A: Candidates are required to have 6.5 hours of continuing education hours in digital health or telehealth ahead of the exam.

Q: Does the American Heart Association offer education to meet the digital health education prerequisite?

A: Yes, the Association offers the **Digital Health Professional Course Package [Product Number: 28-3081]**. These courses, however, are not required and the candidate may take other offerings to prepare for the exam.

Q: Where do I apply to take the CPAHA-Digital Health in Cardiac Care exam?

A: Applications can be submitted online via the AHA Professional Education Hub.

Q: Where do I find the requirements for live Remote Proctored Exams?

A: The requirements can be found at https://support.proctoru.com/hc/en-us/categories/115001818507-Test-Taker.

Q: How do I maintain the certification beyond the initial 3-year period?

A: To maintain certification status, there are two options:

1) Submit 15 total CE credits between the date of your exam and the expiration date of your certification, or

2) Re-examination.

EXAMINATION PREPARATION

To be eligible for certification, individuals must complete 6.5 continuing education credits specific to digital health or telehealth. Although not required, the AHA offers the Digital Health Professional Training Program Course Package [Product Number: 28-3081] to meet the CPAHA-Digital Health in Cardiac Care education prerequisite.

Examination Content Outline and Knowledge Statements

The following is the outline of the examination, with an indication of the percentage of questions that come from each section.

1. Overview of Digital Health Technology (9%)

a. Recognize various digital health technologies.
b. Identify how health technologies have contributed to improving patient outcomes.
c. Identify the problems that current innovative technologies and methods are designed to solve in the health care industry.
d. Identify the gaps and weaknesses in digital health technology.

2. Best Practices in Digital Interventions (13%)

a. Define Digital Health Technologies.
b. Describe the intersection between science, technology, and behavior change.
c. Identify where digital health is used within cardiovascular disease (CVD).
d. Identify obstacles and opportunities for health technologies in CVD.
e. Describe best practices in health technologies.
f. Identify how to measure effectiveness of digital health technologies.
g. Recognize the importance of data accuracy, privacy, and patient safety when using health technologies.

3. Overview of the Technology (9%)

a. Describe how digital health technologies can help monitor and encourage implementation of care plans.
b. Identify different types of digital health technologies.
c. Identify risks and challenges when using artificial intelligence health technology.

4. Remote Patient Monitoring (10%)

a. Define remote patient monitoring.
b. Describe how remote patient monitoring can facilitate lifestyle changes.
c. Identify how remote patient monitoring is used for high blood pressure and heart failure.

d. Identify data and safety related to remote patient monitoring.
e. List CPT codes for remote patient monitoring.

5. Digital Health Education and Health Literacy (13%)

a. Define health literacy.
b. Identify how to build and support health literacy skills.
c. Describe how to promote health literacy as a healthcare professional.
d. Define education approaches and theories in health literacy.

6. Health Coaching Models (11%)

a. Define the role and responsibilities of a health coach.
b. Describe the coaching process and arc to encourage a patient to move through the behavior change process.
c. Distinguish the difference between the coach and expert approaches.
d. Identify the role a coach can play as part of a care team.
e. Describe values and goal-focused coaching.

7. Motivational Interviewing (7%)

a. Recognize what motivational interviewing is and isn't.
b. Identify high-quality listening skills in patient conversations.
c. Discuss the guiding spirit of motivational interviewing behind conversations with patients.
d. Describe the four tasks of motivational interviewing.
e. Recall the four micro skills of motivational interviewing in conversations with patients.

8. Knowledge & Information Management (5%)

a. Identify ways to manage data for health care professionals.
b. Recognize research and evaluation methods in digital health.
c. Recognize study designs used in program evaluation.
d. Identify statistical tests used in program evaluation.

9. Health Tech Equity (4%)

a. Summarize the importance of social and structural disparities in digital health.
b. Classify ethical and policy considerations in health technology.
c. Describe equitable health technology solutions.
d. Identify inclusive health technology practices.

10. Security, Privacy, and Interoperability (4%)

a. Understand the importance of digital health data security.
b. Explain interoperability and its challenges.
c. Recognize which technology is used to enhance digital health security.
d. Describe ways digital health security is achieved.

11. Digital and Hybrid Cardiac Rehab (4%)

a. Describe various technology-enabled cardiac rehab models.
b. Identify common digital therapeutics solutions and their role in cardiac rehab.
c. Identify and translate patient metrics in a virtual cardiac rehab setting.
d. Recognize patient engagement and outcome strategies, increasing a patient's engagement and health and digital health literacy.
e. Discuss considerations of social determinants of health in the context of digital therapeutics in cardiac rehab.

12. Digital Solutions for Heart Failure (4%)

a. Recognize the types of digital tools available for the management of heart failure and how a health care professional can implement them into their practice.
b. Describe digital therapeutics in heart failure across long-term patient care.
c. Discuss practical implementation considerations for your patients using digital health tools to manage heart failure.
d. Describe how digital therapeutics can complement existing systems and fit into long-term management strategies for heart failure patients.
e. Review emerging opportunities and effectiveness of digital technologies in heart failure care.

13. Digital Solutions for the Management of Hypertension (7%)

a. Describe the benefits of implementing digital therapeutics in the management of hypertension.
b. Recognize the types of digital tools available for hypertension and how a health care professional can implement them into their practice.
c. Express the utility of digital health hypertension tools to patients and caregivers.
d. Explain implementation considerations, including assessing the digital health literacy of a patient and identifying social determinants of health considerations.
e. Assess the effectiveness of using digital tools for hypertension.

Sample Questions

1. **Which of the following is a key benefit of digital health technologies in healthcare?**
    a. They enable patients to access their health information and communicate more easily with healthcare providers
    b. They guarantee the complete elimination of data privacy risks
    c. They allow only in-person consultations with healthcare professionals
    d. They remove the need for healthcare professionals to be involved in patient care

2. **Which of the following is a primary advantage of using Remote Patient Monitoring (RPM) in digital health?**
    a. It eliminates the need for any in-person healthcare visits for all medical conditions
    b. It guarantees that all patients will follow their treatment plans perfectly
    c. It allows healthcare providers to continuously monitor patients' health data and intervene promptly when necessary
    d. It replaces the need for healthcare professionals in managing chronic diseases

3. **Which of the following is a significant challenge associated with the use of artificial intelligence (AI) in digital health applications?**
    a. AI systems always provide fully transparent and explainable decisions
    b. AI eliminating all concerns about patient data privacy and security
    c. AI models being equally effective across all populations without additional validation
    d. The risk of algorithmic bias leading to inequitable healthcare outcomes

4. **Which of the following is considered a best practice when implementing digital health interventions?**
    a. Using a single, unchanging strategy for all target populations and contexts
    b. Ensuring user engagement and providing ongoing support throughout the intervention process
    c. Implementing digital interventions without considering privacy or data security policies
    d. Relying exclusively on automated systems without any human involvement

5. **Which approach is most effective for improving digital health literacy and health outcomes in populations with limited health literacy?**

a. Delivering health information exclusively through printed handouts without digital support
b. Assuming all individuals have equal digital skills and internet access, and offering a single standardized intervention
c. Relying solely on automated chatbots to answer all health-related questions without human oversight
d. Providing tailored digital education that includes training on accessing, evaluating, and using online health resources, as well as ensuring content is user-friendly and accessible

Key: 1. A; 2. C; 3. D; 4. B; 5. D