



The Smart Health Education and Rehab Technology (SmartHEART) Program uses smartphone technologies and telehealth capabilities to deliver cardiac rehabilitation (CR) to Veterans.

*What surprised us was how well Veterans embraced the technology.*

*Our work showed us that it's feasible to utilize smartphones and digital tools to engage and coach this population effectively.*

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## The Problem

- » Cardiac rehabilitation (CR) is a life-saving cardiovascular risk reduction program that is used by less than 10% of eligible veterans who are some of the highest risk.
- » SmartHEART provides an alternative to both in-person CR – which can get costly – and phone appointments – which often limit Veteran engagement. Proving the value of this program was important to continue its expansion at VA.



## The Resources

- » Using the [VA-DiMe value-driven framework](#) for evaluating healthcare innovations, we were able to show that SmartHEART yields value by increasing access to specialty care and reducing the digital divide, especially for rural Veterans.
- » Over time, SmartHEART will yield value across the care ecosystem by enhancing patient trust, limiting future illness or readmission, and reducing emergency room visits.



## The Impact

- ✓ Improved effectiveness of care by increasing patient knowledge & sustainable recovery; 95% Veteran satisfaction reported.
- ✓ Better efficiency through better quality of care, cost avoidance, and other factors – 2x the number of Veterans served.
- ✓ Improved equity by helping reduce disparities in cardiac care delivery.

