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American Heart Association®  
Center for Health  
Technology & Innovation

Greetings,

The Center for Health Technology & Innovation (CHTI) is excited to share our latest news, initiatives and events.

Visit <https://ahahealthtech.org/> to learn more about the Center and all the resources available to you.



March is Sleep Awareness Month

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Can't sleep at night? 1 in 3 adults don't get enough sleep.

Poor sleep may be linked to diet, particularly the types of carbohydrates consumed. Researchers, including Dr. Marie-Pierre St-Onge from Columbia University, found that sleep and diet influence each other in a cycle. The decline in average sleep duration coincides with rising obesity and diabetes rates, prompting investigations into how meal composition affects sleep. High-glycemic foods, which cause rapid spikes in blood sugar, may play a role in poor sleep, while lower-glycemic foods have a more stable impact.

Research shows that sleep deprivation leads to increased calorie and fat intake, which may explain the connection between poor sleep and obesity. Even mild sleep loss can result in unhealthy food choices, especially in children, who tend to overeat when tired.

Read more [here](#).



## Digital Health Professional Training Program

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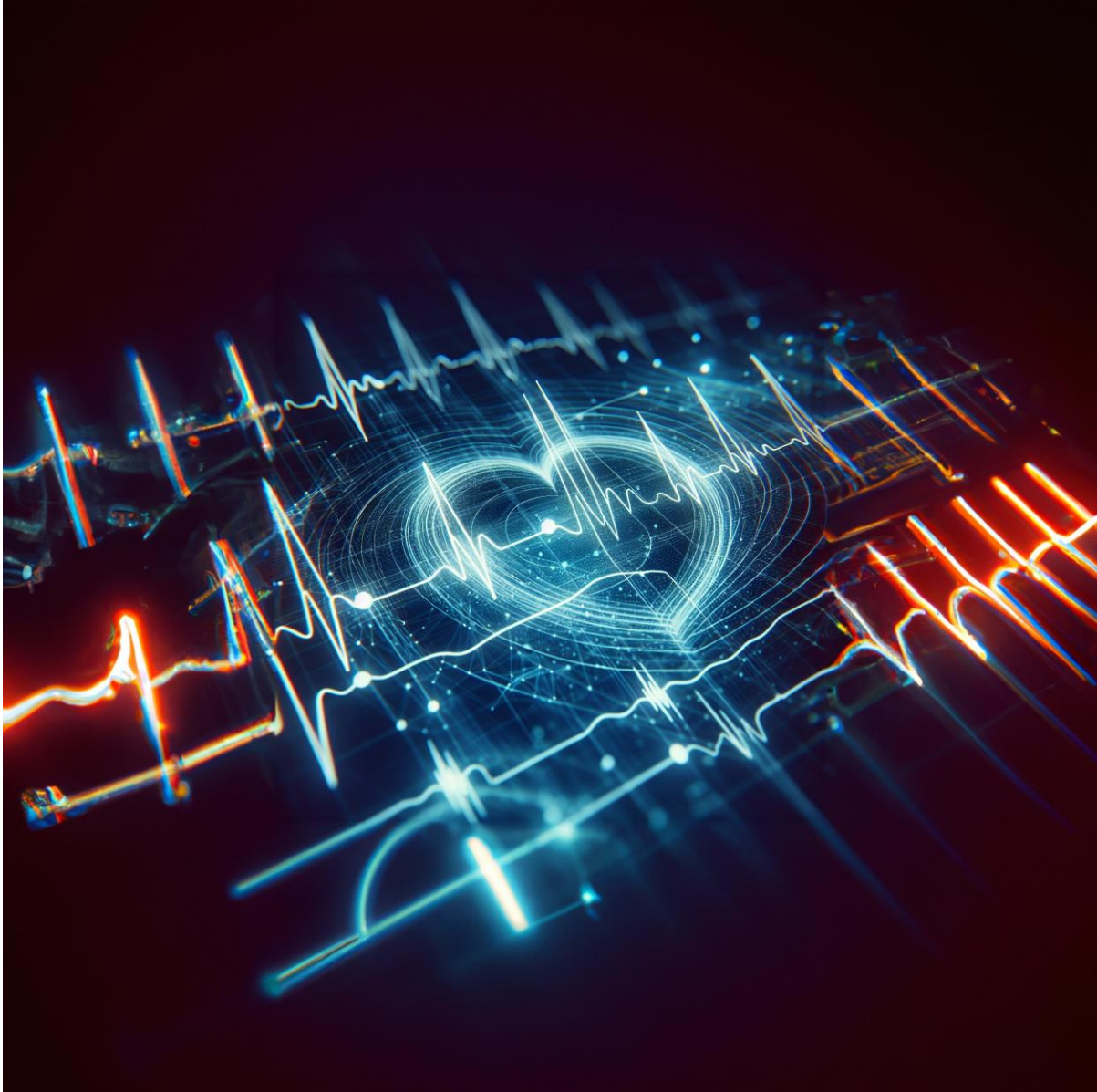
The CHTI is excited to announce we now have 12 modules in the Digital Health

## Professional Training Program!

The Digital Health Professional Training modules help equip professionals with a better understanding of digital health technology and its various uses in supporting patient care in the cardiology space. These modules provide essential tools, methods and skills for integrating digital health solutions into patient care. Topics include remote patient monitoring, digital health tech equity, communication and coaching techniques to boost patient engagement, health literacy strategies, best practices for digital interventions and condition-specific considerations for digital therapeutics.

Who's this for? These modules are designed for health care and wellness professionals of all experience levels—whether you're exploring digital health tools for the first time or refining your expertise.

Modules 1 - 12 are now LIVE in American Heart Association's [Patient Education Hub](#).



## Innovators' Network Member, Powerful Medical, Receives FDA Breakthrough Device Designation for PMcardio STEMI AI ECG Model

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Powerful Medical, a leader in AI-driven cardiovascular diagnostics, has received Breakthrough Device Designation from the FDA for its PMcardio STEMI AI ECG model. This recognition highlights PMcardio as an advanced technology for detecting ST-elevation myocardial infarction (STEMI) and its equivalents, a critical cardiac condition requiring urgent treatment.

Every 40 seconds, someone in the U.S. experiences a heart attack, where rapid diagnosis is crucial to preventing severe damage and reducing mortality rates. While ECGs are the primary diagnostic tool, standard methods often fail to detect heart

attacks accurately and in a timely manner, leading to treatment delays.

Read full announcement [here](#).



## Welcome New Innovators' Network Members

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The Innovators' Network is a fee-based consortium of industry entrepreneurs, providers and health systems, researchers, pharma, device manufacturers, community and social support networks and payors.

Membership offers research collaboration, AHA brand affiliation, access to a network of volunteer and industry experts and participation at AHA industry events.

Join us in welcoming our newest member of the Innovators' Network!

[EchoIQ](#) - An AI-driven med-tech company that uses its EchoSolv platform to enhance the diagnosis of structural heart disease by identifying patients at risk, particularly for aortic stenosis, through AI-powered analysis of echocardiograms.

[Medaica](#) - A digital health company that develops and offers telehealth solutions, including the FDA-cleared Medaica M1 Telehealth Stethoscope and a remote diagnostics and telehealth platform, aiming to make smart care accessible and affordable for everyone.

[Masimo](#) - A global medical technology company that develops, manufactures, and markets non-invasive patient monitoring technologies, medical devices, and sensors to improve patient care, including pulse oximetry and telehealth solutions.

[OutcomesAI](#) - Focuses on developing and deploying safe artificial medical intelligence (AMI) to enhance healthcare teams and improve patient care,



particularly through AI companions integrated into clinical workflows.

Members with non-product news (e.g., funding, trials, publications, executive hires), please send to [darcy.barrett@heart.org](mailto:darcy.barrett@heart.org). Approved submissions will be published on [ahahealthtech.org](http://ahahealthtech.org) and/or LinkedIn.

Learn more about becoming a member of the Innovators' Network and view all members [here](#).

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## Preventing Physician Burnout: Can Technology Help?

Wednesday, April 2, 2025, at 12:00pm EST

Webinar Series

**Patrick Dunn, PhD, MS, MBA, MSSE, FAHA**  
National Program Director, CHTI  
American Heart Association

**Breanna Wong, MBA-HA, MS**  
Principal Manager,  
Clinical Product Strategy  
Microsoft

**Georg van Husen, MD, PhD**  
Co-founder and CEO  
tenac.io

**Chris O'Connor, MD**  
CEO  
FirstHx

Join CHTI's webinar discussion on Technology and Physician Burnout

You are invited to a discussion on "Preventing Physician Burnout: Can Technology Help?"

Tune in live Wednesday, April 2, 2025 at 12:00pm EST

Join us for an engaging conversation with:

Moderator:

- Pat Dunn, PhD, MS, MBA, MSSE, FAHA, National Program Director, CHTI AHA

Speakers:

- Breanna Wong, MBA-HA, MS, Principal Manager of Clinical Product Strategy at Microsoft and Adjunct Faculty at the University of Denver

- Chris O'Connor, MD, CEO, FirstHx
- Georg van Husen, MD, PhD, Co-founder and CEO, tenac.io

Register to join live here :

[https://heart.zoom.us/webinar/register/4917412070943/WN\\_ffp3vumdRHGLbTs9ZXHzww](https://heart.zoom.us/webinar/register/4917412070943/WN_ffp3vumdRHGLbTs9ZXHzww)

Can't make it live? The content will be available On Demand on [AHA's You Tube following the program.](#)



## National Walking Day 2025: Walk more. Stress less

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Walking is one of the easiest ways to boost physical and mental health. Just a brisk walk can lift your mood, reduce stress, improve sleep and support a healthier heart. Despite these benefits, walking rates in the U.S. are on the decline, putting our well-being at risk. That's why the American Heart Association established National Walking Day held every year on the first Wednesday in April. On April 2, 2025; we invite everyone to take a step—literally—toward better health. Whether it's a walk around the block or a group stroll with friends, every step counts toward a stronger heart,

clearer mind, and healthier you.

Check out the national walking day & move more activation [guide](#).

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We are eager to hear from you. Send Darcy Barrett, [darcy.barrett@heart.org](mailto:darcy.barrett@heart.org), your ideas for what you want included in the monthly newsletter.

Know someone who wants to join our mailing list? Forward the "sign up for our mailing list" [link](#).

Until next month!



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