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American Heart Association®  
Center for Health  
Technology & Innovation

Greetings,

Science, health and technology are converging in real ways with smarter tools, more connected care and better outcomes. At the Center, we are always focused on faster execution, sharper insights and solutions that show up in people's lives.

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



## The Heart of the Matter: Why Cardiovascular Disease Is Digital Health's Next Frontier

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Cardiovascular disease (CVD) remains the leading cause of death in the U.S. and a massive driver of healthcare costs, projected to reach \$1.8 trillion by 2050. Despite

major therapeutic advances, care delivery is still largely reactive and episodic, leading to high hospitalization rates, long wait times and missed opportunities for early intervention as conditions often go undetected until acute events occur.

Cardiovascular care is moving from episodic to continuous. AI, remote monitoring, telehealth, and connected systems are enabling more proactive, integrated management across heart, metabolic and renal health. As value-based models take hold, investment is accelerating in solutions that support earlier detection, ongoing care, and smarter use of specialists—shifting the system from fragmented treatment to outcome-driven care.

Read full article [here](#).



Digital care in your pocket: The role of technology in exercise, fitness, prevention and rehabilitation

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Congratulations to Dr. Patrick Dunn and Rachael Charbonneau from the Center for Health Technology & Innovation for co-authoring this paper about how we think about physical activity in cardiovascular care.

At a time when we know movement can rival medication in reducing risk, this work tackles the real challenge: why so few people sustain it, and what it will take to change that. The paper makes a compelling case that digital health through wearables, AI, remote monitoring, and more engaging, personalized approaches can help close the gap between clinical guidance and real life.

It's a clear look at how we move from knowing to doing and why that shift is critical to the future of prevention and care.

Worth the read [here](#).



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## WELL Health Teams Up with AliveCor for AI Cardiac Care in Canada

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WELL Health Technologies Corp. has partnered with CHTI Innovators' Network member AliveCor to deliver AI-powered heart monitoring combined with expert cardiologist oversight in Canada. The collaboration connects WELL's network of Canadian cardiologists with AliveCor's Kardia platform, enabling patients to access professional heart health insights from home.

Through the Kardia app, users can record an ECG and request a clinician review, with results provided within 24 hours. Each assessment includes a cardiologist's evaluation to confirm or refine the AI-generated results, along with clear guidance on next steps for care.

The service aims to improve access to cardiac care amid long wait times, offering faster diagnoses and reducing strain on the healthcare system. It also expands WELL's clinical services revenue while positioning both companies to grow in the remote cardiac monitoring market.

Read full announcement [here](#).



Are you attending the MedTech World Conference in West Palm Beach next month?

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MedTech World North America returns to the U.S. in 2026 at the Hilton West Palm Beach, bringing together regulators, investors, clinicians, and healthcare leaders for three days focused on the future of medical technology.

The program centers on what it takes to move innovation forward, navigating healthcare systems, regulatory pathways, funding and strategic partnerships while highlighting advances in robotics, women's health, neurotechnology and next-generation devices.

Join Patrick Wayte, SVP, Center for Health Technology & Innovation, on May 12<sup>th</sup> as he speaks on "Hospital Venture Funds: Where Capital Meets Clinical Innovation". The panel will explore how hospital-backed funds provide more than capital, offering clinical access, validation and co-development opportunities. He will join leaders from Rex Health Ventures, Orlando Health Ventures, and Matrix One.



New dietary guidance emphasizes 9 key steps for eating well to support heart health

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The American Heart Association announces updated guidance on heart-healthy dietary patterns that may reduce the risk of cardiovascular disease and other chronic health issues. The update comes as about half of U.S. adults are living with some type of cardiovascular disease, driven in part by health factors — such as high blood pressure and obesity — which are linked to poor dietary habits and physical inactivity.

Published in the Association's flagship journal, [Circulation](#), the new guidance emphasizes:

- Ensuring a balance of food intake with activity level
- Choosing a wide variety of vegetables and fruits
- Choosing whole grains instead of refined grains
- Choosing sources of healthy protein including plant-rich sources
- Choosing unsaturated fats such as nuts, seeds, avocados and nontropical plant oils
- Choosing minimally processed foods (i.e., close to their natural state)
- Minimizing intake of added sugars in beverages and foods
- Choosing foods low in sodium and preparing foods with minimal or no salt
- For those who drink alcohol, limiting intake, and for those who do not drink alcohol, not starting at all

The guidance offers flexibility in customizing a healthy dietary pattern to accommodate personal preferences and needs, ethnic and religious practices, and

varying life stages. [Read more.](#)



carahsoft.

# Modernizing Rural Health Through Cross-Team Collaboration

Unlocking Rural Care: Leveraging the \$50B RHTP to Modernize Regional Healthcare

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Rural communities have a real opportunity to strengthen care through the \$50B Rural Health Transformation Program. Success will depend on how well hospitals, clinics and community partners work together. Join [eCare Vault, Inc.](#), American Heart Association and Innovators' Network member [Carahsoft](#) for a focused conversation on aligning with RHTP priorities and taking practical steps to modernize care delivery across regional networks.

Register for webinar [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 members of the Innovators' Network!

[Sharecare](#) - a digital healthcare company that delivers software and tech-enabled services to stakeholders across the healthcare ecosystem to help improve care quality, drive better outcomes, and lower costs.

[Sliip](#) - a physician-founded, virtual sleep medical practice delivering evidence-based care to patients across all 50 states. They provide end-to-end sleep medicine services — including telehealth consultations, home sleep testing, CPAP therapy, oral appliance therapy, and CBT-Insomnia — compressing the traditional 5-month care pathway into a 3–4 week consult-to-treatment timeline.

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.

Please note: All requests will be reviewed by CHTI staff and AHA Communications to ensure adherence to CHTI/AHA policies. Requests will be published at CHTI's discretion, not all items will be published.

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

Engage with the American Heart Association professional member, from research and science to pilots and real-world use. Fill out this short Jot [Form](#) to express the areas you are interested in collaborating. We'll feature these on the CHTI website and share with our network of scientists and researchers.

The banner features the American Heart Association logo and the Center for Health Technology & Innovation. The main title is "From Detection to Treatment: Stroke Technology That's Changing Lives". The date and time are "Wednesday, May 6, 2026, at 12:00pm EST". The speakers are listed as follows:

- George Harston, PhD, Brainomix
- Veera Anantha, PhD, Constant Therapy
- Teresa Jacobson Kimberley, PT, PhD, FAPTA, Mobia
- Raisa Pokrovskaya, HealingHand Tech

Webinar: Life-changing stroke technology

You are invited to a discussion on "From Detection to Treatment: Stroke Technology That's Changing Lives".

Tune in live Wednesday, May 6, 2026 at 12:00pm EST.

Join us for an engaging conversation with:

Moderator:

- George Harston, PhD, Chief Medical and Innovation Officer, [Brainomix](#)

Speakers:

- Veera Anantha, PhD, Founder & CEO, [Constant Therapy](#)
- Teresa Jacobson Kimberley, PT, PhD, FAPTA, Professor, [MGH Institute of Health Professions](#)

- Raisa Pokrovskaya, Founder and CEO, [HealingHand Tech](#)

Register to join live

here: [https://heart.zoom.us/webinar/register/1117756607380/WN\\_Xhew7IZRSJ-5ngVn2m38hw](https://heart.zoom.us/webinar/register/1117756607380/WN_Xhew7IZRSJ-5ngVn2m38hw)

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

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You can browse all past issues in our [newsletter archive](#) to catch up on key stories and insights. Make sure you're in the loop— [don't miss our news and updates section](#).

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!