HEART RESERVE / NATIONAL DECISION BRIEF

From pregnancy history to lifelong heart care.

Founded by Lisa Zahakos, RPA-C

OUR GOAL

Make pregnancy history a lasting part of every woman’s heart care, from postpartum through midlife and menopause, so she understands her history, knows her next step and can reach the care she needs.

Our long-term aim is fewer missed opportunities for prevention and better heart health for women.

My sons' fetal surgery and months in the NICU showed me why a mother's care needs its own plan. - Lisa Zahakos, RPA-C

12 months	Up to 500 women	$1.2 million
After agreements and funding	Five willing states, including NJ	Includes the $150,000 NJ pilot

What changes for a woman

A portable Heart Story makes her history and questions easier to share. Her care team agrees the next action, receiving clinician and due date. Navigation helps address barriers; the receiving team confirms completion or a revised plan.

Begin with women affected by hypertension in pregnancy, including NICU mothers. Invite all 50 states to learn; expand implementation only with evidence, local readiness and funding.

WHAT FUNDING SUPPORTS

Clinical review, education, navigation, paid family input, language access and independent evaluation. Lisa would lead education and engagement; designated clinical, fiscal and evaluation leads would own their respective responsibilities.

WHAT WOULD COUNT AS PROGRESS

90% with reviewed history recorded. **90%** of those needing follow-up with an owner and due date for each step. **80%** of all follow-up actions due during observation confirmed completed on time.

Proposed targets, not results. Compare with an agreed baseline; report missing outcomes, access barriers, patient understanding, staff time and cost. This first year cannot establish reduced mortality.

The decision we are asking for

Identify an HHS coordinating contact and convene a working session with willing states, clinicians, families, an evaluator and an eligible fiscal lead. Agree the next decision, its owner and date.

Separate research goal: Test whether pregnancy and reproductive history improve cardiovascular prediction and can support a validated risk-equivalent heart-age tool. This remains separate research; no HEART RESERVE pregnancy-adjusted score is clinically validated.

Proposed only: partners, funding and approvals remain unconfirmed. Clinical care, devices and new prediction software require separate resources.

Full proposal and budget | Supporting evidence | lisazahakos@gmail.com

October 26, 2026 | All 50 states invited; five-state implementation proposed