

Heart Healthy Employers Programme

Employer Prospectus



*Part of Cayman
Heart Foundation's*



SAVING 100 LIVES
CAYMAN HEART FOUNDATION

1. Why This Programme Exists

Heart disease is Cayman's leading health challenge, affecting individuals, families, and businesses. Too often, the first warning sign of heart disease is a serious event, sometimes fatal.

The Cayman Heart Foundation's mission, Saving 100 Lives, is about changing this story. The Heart Healthy Employers Programme brings that mission directly into workplaces, where prevention, awareness, and action can save lives.

This is not a traditional sponsorship. By joining, your company is making a tangible investment in the health, safety, and wellbeing of your employees. You will be recognised as a Heart Healthy Employer, an organisation that does not just talk about corporate responsibility but lives it.

2. What the Programme Delivers

As an employer, you will receive a year-long programme of activities that combines life-saving training, measurable health interventions, and recognition of your leadership.

Life-Saving Skills (CPR & AED)

- Delivered in-company by accredited trainers.
- Remote learning plus a 4-hour instructor-led session.
- All participants receive certificates.
- Your company earns Defib-Ready Workplace status.

Know Your Numbers Screening and Improve Your Numbers Challenge

- Professional, on-site health checks for staff.
- Measures: blood pressure, blood sugar, vital signs, body composition.

- Each employee receives results and encouragement to seek medical advice if needed.
- Follow-up screening demonstrates improvements.

Heart Healthy Micro-Course

- Digital course with interactive modules:
 1. Understanding the Heart
 2. Recognising Symptoms
 3. Risk Factors
 4. Lifestyle Influences (nutrition, activity, stress, sleep, smoking, alcohol)
- All employees encouraged to participate.
- Completion tracked and certificates awarded.

Heart Healthy Periodical (Co-Branded)

- Quarterly digital newsletter co-branded with your logo.
- Sent directly to every employee.
- Includes heart health advice, stories, and invitations to CHF events.

Employer Education Talks

- Two tailored talks per year, delivered at your workplace.
- Topics selected to fit staff needs and interests.
- Examples: healthy eating, stress management, staying active at work.

Heart Champion Role

- Each employer nominates a Heart Champion.
- Champions receive guidance from CHF and lead internal initiatives such as company walks, activity breaks, awareness drives.
- Champions are recognised as ambassadors of workplace wellbeing.

3. Timeline: Your Year as a Heart Healthy Employer

Phase

Recruitment and Launch

(Sep–Dec 2025)

Delivery

(Jan–Dec 2026)

Activities

World Heart Day 2025 (29 Sept): Programme launched publicly.
Employers onboard, Heart Champions nominated, welcome packs issued.

Q1: Programme kick-off, Micro-Course launch, Periodical #1, first Education Talk.

Q2: Know Your Numbers baseline screenings, Improve Your Numbers Challenge begins, Periodical #2.

Q3: Follow-up screenings, Periodical #3, recognition at World Heart Day 2026 with inclusion in the Heart Healthy Employers Index.

Q4: Second Education Talk, Periodical #4, annual Employer Impact Dashboard delivered.

4. Recognition and CSR Benefits

Heart Healthy Employer Endorsement

- Publicly recognised as an employer that saves lives, cares for employees, and invests in Cayman’s wellbeing.
- Listed on CHF’s Heart Healthy Employers Index on our website.
- Celebrated annually on World Heart Day with awards and media visibility.

Social Recognition Campaign

- Announcement post: “We are proud to be a Heart Healthy Employer.”
- Milestone posts during the year: CPR certification, screenings, course completions.
- Award post at year-end.

Co-Branding and Visibility

- Your logo on periodicals, certificates, and recognition materials.
- Stories shared in CHF communications.

Message to Employees

- Employees see their employer actively investing in their health and safety.
- Builds pride, loyalty, and trust: “My company cares about me.”

5. Why Employers Should Join

- You save lives. Your staff will know what to do in an emergency, recognise symptoms earlier, and reduce risk factors.
- You protect your workforce. Healthier employees mean reduced absenteeism, better productivity, and stronger morale.
- You build your reputation. Recognition as a Heart Healthy Employer positions you as a leader in corporate responsibility.
- You strengthen Cayman. Surplus funds from the programme sustain CHF's community events, health promotion campaigns, and wider initiatives that benefit the whole island.

6. The Commitment

- **Annual Programme Fee:** \$15,000 KYD.
- **Covers all delivery elements:** training, screenings, education, recognition, and employee engagement.
- **CHF invests surplus** into wider Saving 100 Lives initiatives across the community.

7. Next Steps

- Register your organisation to join the 2025–2026 cohort.
- Start your journey as a Heart Healthy Employer in January 2026.



Contact

Contact the Cayman Heart Foundation today to reserve your place:

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Be Big Hearted.

Contact Cayman Heart Foundation today and become a Heart Healthy Employer.