



Resilient Hearts. Stronger Lives.

Strengthening lives through resilient hearts

Annual Report FY2025/2026

Vision

To be a leading heart health movement and a household name in Singapore through educating and motivating the public, assisting those affected and supporting community-based research to better understand the landscape of heart disease in Singapore.

Mission

To promote heart health, prevent and reduce disability and death due to cardiovascular disease and stroke.

Core Values

**H**onesty and Integrity

**A**ccountability and Transparency

**T**eamwork and Collaboration

**E**nthusiasm and Passion

**R**esearch and Innovation

**S**haring and Caring

HEARTS

Content

Impact at a Glance	1
Reflections from the Chairman	2
A Message from the CEO	3
Purpose from Within	4
Collaborate with Relevant Stakeholders	12
Authority on Cardiovascular Disease Advocacy	17
Roll Out New Services and Programmes for Preventive Health and Community Care	22
Develop Self and Team Through Continuous Learning, to be "Future Ready"	25
Innovate through Establishing a Hub for Creativity and Ideas	28
Outreach Through Meaningful and Impactful Community Education	30
Lives at the Heart of Our Mission	35
Partners in Impact and Care	39
Future Plans	43
Financial Activities	44
Environment, Social and Corporate Governance	45

Impact at a Glance

Secured close to
340
media coverages

Reached over
360,000
individuals through
our public
education

Over
2.1 million
digital touchpoints

Over **2 million**
Singaporeans
joined us in our
55th anniversary
celebration

4,576
volunteer hours

101,054
individuals were
educated on blood
pressure habits

More than **\$1,700**
invested in each
employee's development

More than **1,800**
staff training hours

3,675 cardiac and
at-risk clients were
supported in
improving heart
health (cumulative)

105 individuals and
their families
received aid
collectively from the
Heart Support Fund

Close to **24,200**
individuals were
trained in CPR and
other life-saving
techniques

Over **12,400**
publicly
accessible AEDs
registered

More than
\$13.2 million
was raised to sustain
our programmes and
operations



Reflections from the Chairman

Singapore has become a super aged society. By 2030, one in four Singaporeans will be aged 65 and above. While this shift brings real challenges, it also calls us to act with urgency and purpose. At the Singapore Heart Foundation, we see this not as a burden, but as a shared responsibility – and an opportunity to help people live not just longer lives, but better ones.

The theme for this year's annual report, **"Resilient Hearts. Stronger Lives."**, reflects what we stand for. When individuals are equipped to care for their hearts, families grow stronger and communities become more resilient.

Building a healthier nation, together

Amidst our 55th anniversary celebration, we reflected on more than five decades of service and renewed our commitment to the future. We marked this milestone by bringing back our Charity TV show 《心手相连献爱心》 after 20 years, reconnecting the public with stories of hope, recovery and impact. This medium reminded us that storytelling remains a powerful force for mobilisation and collective care.

The generosity of the public reflects strong community trust and shared purpose, contributing to total funds raised of over \$13.2 million in the financial year and underscoring sustained confidence in our mission.

Beyond large-scale giving, we are equally encouraged by the rise of community-driven fundraising. Initiatives led by student volunteers continue to show that generosity is not limited to scale – it is defined by sincerity, creativity and ownership. These efforts directly enable us to expand educational programmes and reach more individuals in need.

Backed by three strong pillars

Prevention starts in the heartlands. At the National Heart Week/World Heart Day 2025, more than 1,400 participants joined us to learn practical heart-healthy habits. We also continued to deepen youth engagement by partnering with Institutes of Higher-Learning to equip students with blood pressure monitoring skills and convert them into heart health advocates in their own communities.

Rehabilitation remains personal

and continuous. Besides working towards recovery with structured support at our Heart Wellness Centres, we also introduced a Community Malnutrition Screening Tool to support those at risk of malnutrition, enabling earlier identification and more targeted nutritional care.

Resuscitation focuses on readiness and response. Through our Ready at Heart programme, launched with the People's Association, we are strengthening community preparedness through practical cardiac emergency training.

We also expanded our AED-on-Wheels initiative with Tower Transit buses, bringing life-saving access closer to commuters, because emergencies can happen anywhere, at any time.

Strengthening leadership and trust

As we evolve, we also recognise those who have shaped our journey. We extend our deepest appreciation to our outgoing board members—Dr Tan Yong Seng, Prof Terrance Chua, Mrs Elsie Foh and Dr Bernard Kwok — for their years of dedicated

service, wise counsel and unwavering commitment to our mission. Their contributions have strengthened the foundation we stand on today.

At the same time, we warmly welcome our new board members — Mr Anupam Bhattacharya, Mr John Chin, Asst Prof Muhammad Bin Idu Jion and Dr Ong Chen Hui. Their diverse expertise and fresh perspectives will be invaluable as we navigate an increasingly complex healthcare landscape and continue to expand our impact.

Looking ahead

As we move forward, we remain focused on earlier intervention, stronger community readiness and deeper youth engagement. When a student learns to measure blood pressure or respond in an emergency, that knowledge does not stay with them — it spreads to families, friends and future generations.

Together with our donors, partners, volunteers and communities, we will continue building a Singapore where every heartbeat is valued, protected and given the chance to thrive.



Prof Tan Huay Cheem

Chairman,
Singapore Heart Foundation

A Message from the CEO

While our Chairman has highlighted our achievements for the financial year, I would like to share how we are translating that vision into action through agility, innovation and disciplined execution. This past year showed how we came together as one Singapore Heart Foundation (SHF) to create meaningful impact — responding quickly to community needs while strengthening our role in Singapore's broader resilience ecosystem.

Making heart health interactive and real

We are rethinking how heart health is taught, understood and remembered. As attention gets more fragmented, we are moving towards interactive, experience-based learning that meets people where they are.

Our **CardioChase Game Kiosk**, piloted across six schools, engaged close to 7,000 students in an active learning experience that turns cardiovascular education into play. Instead of passive instruction,

students made real-time decisions about lifestyle choices, reinforcing how daily habits shape long-term heart health.

We further expanded this approach through our **AI mirror initiative**, which engaged around 700 participants at various events. By integrating gamified sit-to-stand assessments and nutrition quizzes, we made functional health screening more accessible, engaging and less intimidating — especially for younger audiences.

Targeting the earliest stage of life, we launched the **"Be A Heart Hero" programme** for children aged 5 to 8. This initiative addresses a critical reality: nearly 80% of cardiac arrests occur at home. Over 1,000 children from 18 schools took part in the pilot, learning simple but life-saving actions. In doing so, we are not only educating children — we are helping them become protectors within their own families.

We also strengthened public engagement by hosting our first

Media Forum, deepening partnerships with the media and securing high-value coverage to amplify heart health messages across a wider audience.

Building capability from within

Our transformation is also internal. We continue to strengthen SHF as a learning organisation that invests in capability, consistency and care. Through **structured learning frameworks and enhanced operational dashboards**, we are building a more responsive and data-informed organisation.

Our progress is only possible because of a strong collective heartbeat. Our staff invested over 1,800 hours of training to strengthen capabilities, while volunteers contributed 4,576 hours of service.

Importantly, we embed readiness from day one — ensuring every new staff member is trained in CPR and AED response. This reflects our belief that heart safety begins from within.

Looking ahead

As we look ahead, our priorities remain clear: to scale what works, simplify access and strengthen early intervention. We will continue to invest in digital and experiential platforms that make heart health education more engaging, especially for the next generation.

Our goal is not only to educate, but to activate — turning awareness into action, and action into confidence when it matters most.

At SHF, progress is driven by people who believe that every heartbeat matters. To our staff, partners, donors and volunteers — thank you for your energy, trust and commitment.

Together, we are building a healthier and more resilient Singapore — one that is informed, prepared and empowered to respond when every second counts. One heartbeat at a time.



Mr Geoffrey Ong

Chief Executive Officer,
Singapore Heart Foundation

Purpose from Within

Celebrating the **people behind our mission** — from our Board and management to staff — whose passion, dedication and shared purpose continue to drive meaningful impact in the community.



I am privileged to be part of this meaningful cause, supported by our Board, committee members, staff, and the generous donors and volunteers who give so selflessly.

Prof Tan Huay Cheem
Chairman
Singapore Heart Foundation

Board of Directors



Patron
President Tharman
Shanmugaratnam
2 Sep 2024

01 Dr Low Lip Ping
Chairman Emeritus
26 Jul 2008
Cardiologist

02 Prof Tan Huay Cheem
Chairman
31 Aug 2019
Cardiologist

03 Clin A/Prof Jack Tan
Vice Chairman
6 Sep 2025
Cardiologist

04 Ms Kay Pang
Vice Chairman
7 Sep 2024
Lawyer

05 Clin A/Prof
Ching Chi Keong
Honorary Secretary
6 Sep 2025
Cardiologist

06 Asst Prof Yeo Tee Joo
Assistant Honorary
Secretary
6 Sep 2025
Cardiologist

07 Ms Alicia Foo
Honorary Treasurer
6 Sep 2025
Former Oil Company
Executive

08 Mr Anupam
Bhattacharya
Member
6 Sep 2025
Founder and CEO

09 Mr Chia Song Leng
Member
7 Sep 2024
Former Vice President,
Regional Facilities

10 Mr John Chin
Member
6 Sep 2025
Non-Executive
Independent Director

11 Clin Asst Prof
Muhammad Bin Idu
Jion
Member
6 Sep 2025
Cardiologist

12 Dr Ong Chen Hui
Member
6 Sep 2025
Assistant Chief Executive

Prof Marcus Ong
Member
16 Sep 2023
Senior Consultant,
Emergency Medicine

*The listed dates mark the initial appointment of each board member.

Our Committees

Exco/Nomination

Meetings: 4

Chairperson

Prof Tan Huay Cheem

31 Aug 2019

EXCO since: 30 Jun 2007

Members

Clin A/Prof Jack Tan

Ms Kay Pang

Clin A/Prof Ching Chi Keong

Ms Alicia Foo

Audit and Risk

Meetings: 2

Chairperson

Mr John Chin

6 Sep 2025

(Member since 1 Jan 2025)

Members

Mr Chia Song Leng

Mr Richard Tan

Ms Yeow Hui Cheng

Asst Prof Yeo Tee Joo

Community Education

Meeting: 1

Chairperson

Mrs Regina Lee

16 Sep 2023

(Member since 18 Sep 2021)

Clin Asst Prof Muhammad

Bin Idu Jion

6 Sep 2025

Members

Prof Terrance Chua

Clin Asst Prof Iswaree Devi

Balakrishnan

Dr Jason Chen

Dr Lin Weiqin

Prof May Oo Lwin

Corporatisation

Meeting: 1

Chairperson

Ms Kay Pang

4 Nov 2024

Finance and Investment

Meetings: 3

Chairperson

Ms Kay Pang

6 Sep 2025

Members

Mr Anupam Bhattacharya

Ms Alicia Foo

Mr Ho Hin Wah

Ms Alice Toh

Heart Safe

Meetings: 2

Chairperson

Clin A/Prof Ching Chi Keong

9 Dec 2022

Members

Clin Asst Prof Paul Lim Chun Yih

Prof Lim Swee Han

Prof Marcus Ong

Dr Jacqueline Situ

Wangmin

Heart Wellness

Meetings: 2

Chairperson

Asst Prof Yeo Tee Joo

6 Sep 2025

(Member since 23 Sep 2017)

Members

Mr Chen Hebin

Dr Violet Hoon

Clin Asst Prof Muhammad

Bin Idu Jion

Dr Bernard Kwok

Ms Terina Tan

Dr Tan Yong Seng

People and Culture

Meetings: 2

Chairperson

Clin A/Prof Ching Chi Keong

6 Sep 2025

Members

Mr Anupam Bhattacharya

Ms Leong Wah Gee

Mr Kenneth Low

Ms Tho Lye Sum

Professional Education and Research

Meetings: 2

Chairperson

Prof Marcus Ong

16 Sep 2023

Members

Prof Terrance Chua

A/Prof Angela Koh

Dr Sia Ching Hui

Clin A/Prof Jack Tan

Asst Prof Yeo Tee Joo

55th Anniversary Steering

Meeting: 1

Chairperson

Prof Tan Huay Cheem

6 Sep 2024

Members

Clin A/Prof Jack Tan

Ms Kay Pang

Mr Chia Song Leng

Dr Bernard Kwok

Prof May Oo Lwin

Dr Ong Chen Hui

Ms Tan Lee Chew

Dr Tan Yong Seng

Charity Cup Golf Tournament 2026

Meetings: 2

Chairperson

Dr Bernard Kwok

16 Sep 2023

(Member since 1 Sep 2018)

Members

Mr Joe Chan

Mr Ho Hin Wah

Mr Peter Sim

Mr Jeremy Tan

Singapore Prevention and Cardiac Rehabilitation Symposium 2025

Meetings: 5

Advisor

Prof Tan Swee Yaw

Asst Prof Yeo Tee Joo

Organising Chairperson

Dr Violet Hoon

23 Aug 2024

(Member since 6 Jan 2023)

Organising Co-Chairperson

Dr Jeanne Ong

23 Aug 2024

(Member since 6 Jan 2023)

Scientific Chairperson

Clin Asst Prof Ho Jien Sze

23 Aug 2024

Scientific Co-Chairperson

Dr Tan Jian Jing

23 Aug 2024

(Member since 6 Jan 2023)

****This listing is valid as of 31 Mar 2026, and the listed dates mark the appointment of each committee chairperson.**

Our Leaders

01 Geoffrey Ong

Chief Executive Officer
22 Apr 2024
(Joined date: 23 Jan 2024)

02 Teng Chiun How

Senior Director,
Operations, Data and Risk
15 Jul 2022
(Joined date: 1 Apr 2019)

03 Jeslin Sin

Director,
Strategic Partnerships and Engagement
1 Jul 2012
(Joined date: 3 Aug 2004)

04 Au Poh Yee

Deputy Director,
People, Culture and Corporate Affairs
1 Jul 2026
(Joined date: 17 Jul 2024)

05 Ng Hooi Ngho

Senior Assistant Director,
Financial Planning and Admin
3 Feb 2025

06 Jacqueline Leong

Assistant Director, Heart Wellness Centre
15 Jul 2022
(Joined date: 30 Aug 2010)

07 Lim Kiat

Assistant Director,
Strategic Partnerships and Philanthropy
1 Jul 2025
(Joined date: 17 Jun 2015)

08 John Tang

Assistant Director, Strategic
Communications and Corporate Affairs
21 Mar 2025



Our Aspirations

C

Collaborate with relevant stakeholders

A

Authority on cardiovascular disease advocacy

R

Roll out new services and programmes for preventive health and community care

D

Develop self and team through continuous learning, to be “future ready”

I

Innovate through establishing a hub for creativity and ideas

E

Outreach through meaningful and impactful community education

*This listing is valid as of 31 Jul 2026, and the listed dates mark the appointment of each staff.

Our Staff



Financial Planning and Administration (FP&A) Financial Planning and Investment

- 01 Tan Shi Yi**
Senior Assistant
FP&A Manager
- 02 Hazel Yeong**
Senior Assistant
Finance Manager
- 03 Cheah Hui Sin**
Assistant Finance
Manager
- 04 Ho Siew Chern**
Senior Accounts
Executive
- 05 Koh Guat Peng**
Senior Accounts
Executive
- 06 Ling Fong Qi**
Analyst, Finance,
Planning & Analysis

Administration and IT

- 07 May Lee**
Facilities and
Administration
Specialist

Operations, Data and Risk Heart Safe

- 08 Cassandra Lim**
Senior Assistant
Manager
- 09 Lin Zicheng**
Assistant Manager
- 10 Joanne Su**
Senior Team Lead
- 11 Jeremy Shaun Chan**
Team Lead

- 12 Muhammad Firdaus Bin Sapii**
Operations
Specialist

- 13 Jeffrey Koo**
Senior Executive
- 14 Daryl Seah**
Senior Executive
- 15 Sim Hui Shi**
Senior Executive

- 16 Darren Low**
Executive
- 17 Serene Ng**
Executive
- 18 Stephanie Poh**
Executive

- 19 Andre Tan**
Executive
- 20 Jason Tien**
Executive

Heart Wellness Centre

- 21 Kenneth See**
Manager
- 22 Gregory Fam**
Principal
Physiotherapist
- 23 Ann Loh**
Senior Assistant
Manager
- 24 Rachel Stephens**
Senior
Physiotherapist I

- 25 Eileen Lee**
Operations
Specialist

- 26 Jesamine Ling**
Operations
Specialist

- 27 Natalie Yeo**
Senior Dietitian I
- 28 Annabelle Chua**
Senior Executive

- 29 Marlyn Joseph**
Senior Therapy
Assistant

- 30 Tan Zhong Shern**
Therapy Associate

- 31 Tee Jia Bin**
Therapy Associate

- 32 Shermaine Chia**
Operations Executive

- 33 Chermaine Tan**
Executive

- 34 Nicole Yeung**
Dietitian

People, Culture and Corporate Affairs People and Culture

- 35 Jasmine Tan**
Manager

- 36 Tan Hui Hiang**
Assistant Manager,
Learning and
Transformation

- 37 Victoria Ng**
Executive

Strategic Communications and Corporate Affairs

- 38 Wallace Goh**
Manager

- 39 Samantha Chan**
Senior Assistant
Manager

- 40 Nur Nadia Bte Ali**
Senior Executive
- 41 Tengku Nazihah**
Senior Executive

Strategic Partnerships and Engagement Community

- 42 Jermaine Khoo**
Senior Assistant
Manager

- 43 Xavier Ng**
Executive

- 44 Daphne Yap**
Executive

Partnership Development

- 45 Ong Ke Sin**
Senior Assistant
Manager

Schools

- 46 Desiree Lee**
Assistant Manager

- 47 Niki Ng**
Senior Executive

- 48 Evelinas Tan**
Associate

Stakeholder Relations

- 49 Julia Hoh**
Assistant Manager

- 50 Patricia Phua**
Operations
Specialist

- 51 Fiona Yio**
Senior Executive

*This listing is valid as of 31 Jul 2026.

Our 55th Anniversary: Resilient heARTs Exhibition



On 6 Apr 2025, the halls of the National Gallery Singapore came alive with energy and hope as we gathered to celebrate a meaningful milestone: 55 years of heart health advocacy. Under our anniversary theme, "Resilient heARTs", we honoured the courage of our community and reaffirmed our tireless commitment to caring for every heart in Singapore. Together, we celebrated how far we have come and renewed our shared purpose to build a healthier future.

At the heart of the celebration, the **Resilient heARTs: Celebrating 55 Years of Empowering Heart Health**

exhibition brought our mission to life. Through 55 art pieces and soundscapes, cardiac arrest survivors, Heart Wellness Programme clients, families, volunteers and staff expressed their story – reminding us that art not only reflects life, but also empowers those who courageously care for their health every day.



Over **200**
participants in the art workshops



We further inspired action by hosting six engaging workshops alongside our social service partners like MINDS and Singapore Fashion Runway. From sustainable urban farming to creative crafting, more than 200 participants explored practical and meaningful ways to embrace heart-healthy living. Together, we showed that caring for the heart can be both enriching and achievable, encouraging everyone to take small, positive steps towards lasting well-being.

The day carried us through our shared history while energising us for the future. Chairman Prof

Tan Huay Cheem and Chairman Emeritus Dr Low Lip Ping reflected on our journey with pride and purpose, while CEO Mr Geoffrey Ong set the path forward with a clear and inspiring roadmap. He invited the community to step up in support by tuning in and contributing to our Charity TV Show – an opportunity for



everyone to play a part in strengthening heart health across Singapore.

The momentum continued with the "Building Tomorrow with Heart and Resilience" – Mandarin dialogue, where industry experts and Prof Tan shared insights towards a healthier and more resilient community. We felt encouraged by the presence of the Minister for Health, Mr Ong Ye Kung, who toured our initiatives and connected with our community. His support reinforced the importance of our mission, and we remain grateful to all our partners for their unwavering dedication.



Our 55th Anniversary: Charity TV Show



On 29 Jun 2025, our **55th Anniversary Charity TV Show — Resilient Hearts** 《心手相连献爱心》 beamed into homes across Singapore, marking the long-awaited return of our signature broadcast after 20 years. The evening unfolded as a vibrant celebration, uniting communities and inspiring collective action towards a heart-healthier nation.

Connected with over
2 million people

The broadcast connected with over 2 million Singaporeans, bringing people together in a shared mission to combat cardiovascular disease.

We were deeply honoured by the presence of our Patron, President Tharman Shanmugaratnam and Ms Jane Ittogi, whose support strengthened our resolve. In solidarity, iconic landmarks such as the Singapore Flyer and The Fullerton Hotel lit up in red, showing our commitment to protect and uplift every heart in Singapore.



At the centre of the programme, our beneficiaries shared moving stories of resilience and hope. From our Heart Wellness Programme to Heart Support Fund and Cardiac Arrest Survivors' Club, their journeys reminded us of the importance of early action, sustained care and community support. Through their voices, we empowered others with the knowledge and confidence to take charge of their heart health.



An ensemble of performers brought the message to life with energy and inclusivity. International icons Kenny Bee and Chen Lei joined local personalities such as Zoe Tay and Hassan Sunny, each contributing heartfelt performances that celebrated diversity and unity.

Behind the scenes and on stage, our community shone just as brightly. Eighteen dedicated volunteer



dancers from the National University of Singapore and BSY Cultural Arts, alongside 12 clients from our Heart Wellness Programme, committed themselves to rigorous rehearsals. Their passion and perseverance infused the stage with vibrancy, demonstrating how collective effort

can inspire meaningful change.

We combined nostalgia with modern innovation by reintroducing our donation hotlines alongside digital platforms like giving.sg, making it easier for the public to contribute. With generous support from our sponsors — Platinum Sponsor Tong Seng Produce and Gold Sponsors HTM Medico and Neo Group — and the kindness of donors across the nation, we raised an incredible \$3.05 million. This outpouring of generosity reflects a shared belief in building stronger, healthier hearts together.



Our Awards

Our mission to build a nation of life-savers continues to grow through strong and meaningful partnerships. This past year, our dedication earned recognition from three prestigious organisations. Each honour reflects the collective impact we have made together across the healthcare and community sectors, and inspires us to keep empowering more individuals to step forward with confidence and care.



**Friends of the
Singapore Red Cross Award**

Singapore Red Cross | 3 Sep 2025

We proudly received this award in recognition of our close collaboration with the Singapore Red Cross (SRC) Academy. Through initiatives such as Project Heart and the Life-saver Masterclasses at the Red Cross House, we combined expertise and shared resources to strengthen training capabilities.



**Total Defence Advocate Award
(Organisation)**

Ministry of Defence | 6 Nov 2025

Nominated by the Singapore Civil Defence Force (SCDF), this honour affirms our commitment to strengthening Singapore's civil defence efforts. Through our continued advocacy and training initiatives, we empower communities to stay prepared, resilient and ready to protect one another.



**SCDF Distinguished Partner
Award**

Singapore Civil Defence Force | 21 Nov 2025

We were honoured to receive this recognition, marking a decade of strong partnership. This milestone celebrates our achievement of the fifth Strategic Partner Award over the past 10 years (2016–2019, 2024) and reflects our dedication to advancing community preparedness and life-saving capabilities.



SCDF Organisation Partner Award

Singapore Civil Defence Force | 6 Feb 2026

This recognition affirms our ongoing efforts to build a more prepared and responsive community. Through continuous engagement and education, we encourage individuals to take proactive steps in safeguarding lives and strengthening collective resilience.

C.A.R.D.I.O.

Collaborate with Relevant Stakeholders

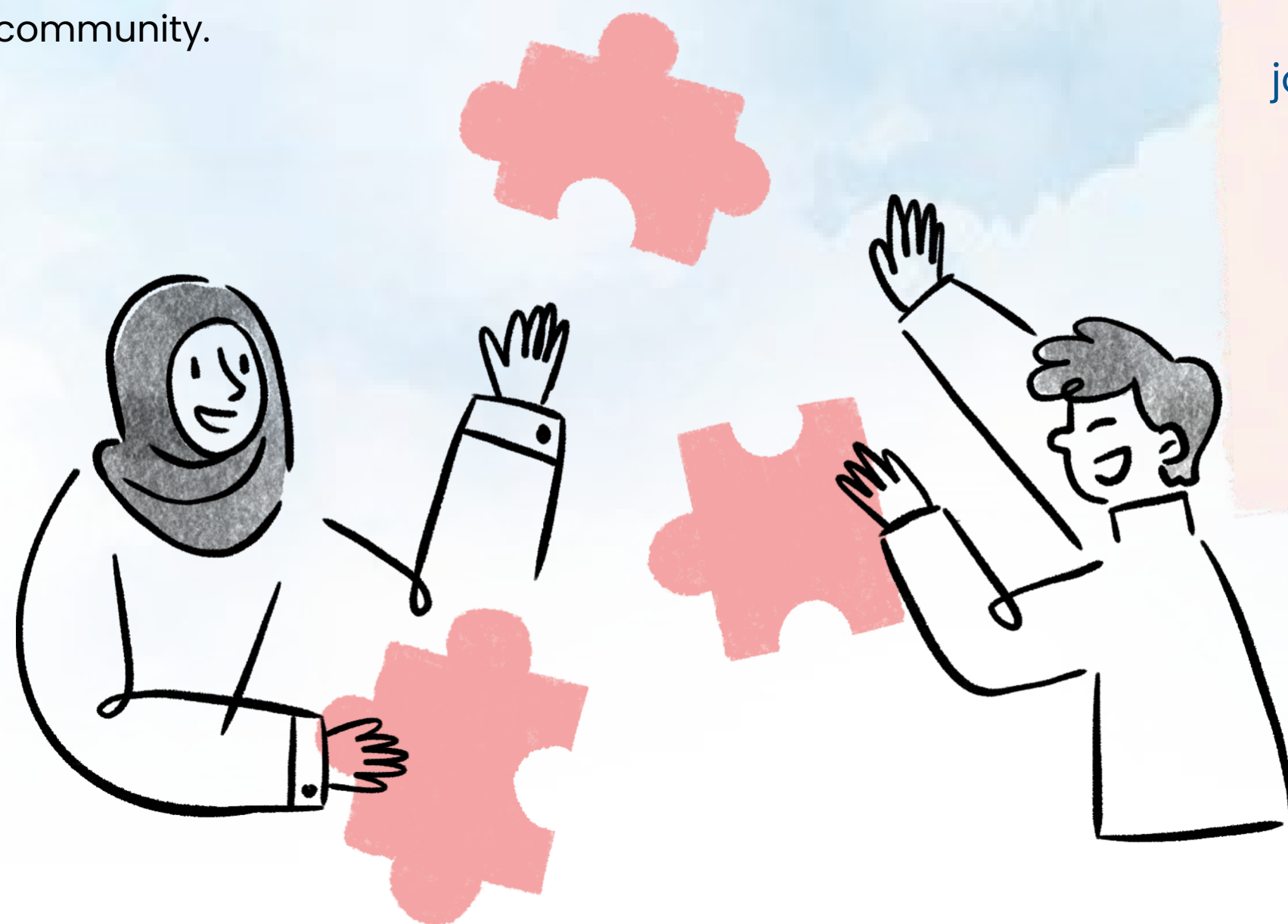
Building **strong and purposeful partnerships** that create shared value, strengthen collective action and advance heart health outcomes across the community.

“

Heart health isn't a solo journey. It takes a community. It takes partnerships. And it takes each of us making small, intentional choices.

Prof Ching Chi Keong
Honorary Secretary
Singapore Heart Foundation

”



Empowering Every Neighbourhood with Blood Pressure Knowledge

More than **1,400**
individuals learnt about their
BP numbers



Down with Hypertension 2025

In May 2025, we marked **May Blood Pressure Measurement Month (MMM)** by bringing our mission into the heart of five neighbourhoods: Geylang West, Punggol 21, Senja-Cashew, Tampines Central and Woodlands. Through partnerships with the Community Clubs (CCs), we transformed familiar spaces into hubs of health, empowering over 350 residents to take charge of their well-being. By meeting people where they are, we made heart health more approachable, personal and actionable.

These events combined blood pressure (BP) health talks by Dr Moy Wai Lun from Sengkang General Hospital and a team of dedicated volunteer doctors from SingHealth – with activities like yoga and Zumba Gold.

To move beyond awareness and inspire lasting habits, we equipped participants with their own blood pressure (BP) monitors and deployed our BP Awareness Kiosks for two-month residencies at each CC. These efforts made it easier for residents to monitor their BP regularly, turning the management of this “silent killer” into a simple and consistent part of daily life.



A vibrant movement for health

Our **BP Initiative @ Community**



events continue to build momentum across Singapore. By blending informative BP awareness talks and the Salt Taste Threshold Test with our signature “Do The Hugo Pump” dance routine, we created engaging and memorable experiences that inspire action. In FY2025/2026, we reached close to 650 members of the public through sessions at Queenstown, Thomson and Toa Payoh West CCs – encouraging them to stay active, informed and proactive about their heart health.

Specialised education for diverse communities

On 12 Oct 2025, we welcomed over

60 foreign domestic workers from the Centre for Domestic Employees to the DBS Auditorium, Marina Bay Financial Tower 3. Through interactive Salt Taste Threshold Tests, they uncovered the hidden impact of dietary salt on their BP and gained practical skills to safeguard both their own health and that of the families they work for.

At Marymount CC on 25 Oct 2025, we engaged 113 Chinese residents through a dedicated BP talk led by Dr Moy Wai Lun. The session focused on early detection and accurate BP measurement techniques. To support continued self-care, each participant received a BP monitor –

empowering them to take ownership of their health at home.

Strengthening workplace wellness

Our commitment to heart health also extends into the workplace, where many individuals spend a significant part of their day. This year, we partnered with corporate organisations including Citibank, Neo Group, PSA and Xin Networks Pte Ltd to deliver targeted BP awareness talks. By reaching approximately 300 professionals within their own work environments, we encouraged a culture of prevention, early detection and shared responsibility for heart health.



Go Red for Women Campaign

Since 2005, the **Go Red for Women (GRFW) campaign** has raised awareness about cardiovascular disease (CVD), a top cause of death for women. In FY2025/2026, the campaign focused on ensuring women in Singapore feel informed and supported in prioritising heart health through education, advocacy and community engagement, empowering them to take charge of their well-being.

Strengthening partnerships for change



Collaboration remains at the heart of our impact. On 22 Jan 2026, we partnered with **United Women Singapore (UWS)** to deliver a BP awareness talk and CPR+AED certification training for their staff. This partnership goes beyond skills-building — we will also be equipping their beneficiaries to become heart health advocates on 9 Apr 2026, empowering them to share the

knowledge and inspire positive change within their communities.



At **CapitalLand's headquarters** on 4 Feb 2026, more than 80 employees participated in hands-on CPR+AED awareness training and visited interactive heart health educational booths, fostering a workplace culture that actively supports women's heart health.

At the same time, our longstanding 14-year partnership with **Edwards Lifesciences Singapore** reached a milestone, raising over \$27,000 through merchandise sales and a dollar-for-dollar matching initiative. Alongside heart-smart nutrition talks for their staff, these efforts keep our preventive outreach going and raise awareness across diverse audiences.

A sea of red: solidarity in motion

Wear Red Day on 6 Feb 2026 united our community with over 55 participants sharing photos in red. The "Friends of SHF" initiative created a digital wave of support, showcased through our social media and quarterly newsletter, *heartline*, promoting a message of care and commitment.

Our staff also embraced the movement with energy and enthusiasm at Bishan-Ang Mo Kio Park on 30 Jan 2026. Through heart health-themed quizzes and a treasure hunt, they highlighted the importance of staying active while demonstrating that achieving 150 to 300 minutes of moderate-intensity aerobic physical activity each week can be both enjoyable and empowering.



Closing the knowledge gap

In partnership with celebrity **Joanne Peh**, we developed two educational videos that debunked common myths about CVD and highlighted atypical heart attack symptoms experienced by women. Within two months, these videos reached over 69,000 views — extending tips for protecting the hearts of women around us.

In celebration of **International Women's Day**, we also amplified the voices of female leaders within our network. Through personal pledges on their social media, they sparked meaningful conversations and inspired women across Singapore to take proactive steps towards healthier hearts.



Prevention through Community Education

More than **4,000**
individuals engaged through
our outreach programmes



Through a wide range of events, we connected with residents from all walks of life — transforming everyday spaces into opportunities for learning, action and empowerment. By blending interactive “edutainment” with practical insights, we equipped individuals with the knowledge and

confidence to take charge of their cardiovascular health.

On 17 May 2025 at Heartbeat@Bedok, during the **3 High Day** organised by the Changi General Hospital, we reached over 470 participants through interactive game booths. Residents uncovered hidden salt in hawker dishes and sugar in popular beverages, gaining practical tools to make healthier food choices and manage risks linked to hypertension, diabetes and cardiovascular disease.



At the **Community Resilience Day** on 25 May 2025 at The Arena @ Keat Hong, more than 100 participants engaged with “The Sugar Beverage” game, discovering the impact of

hidden sugar in everyday drinks and learning how to make heart-smart alternatives.

Our outreach continued at the **FairPrice Walk for Health** on 30 Aug 2025, where over 400 participants explored “Hugopoly” — a lively, interactive game that turned heart health knowledge into simple, memorable lifestyle lessons. Similarly, at Changi Airport on 19 Sep 2025, we partnered with **Changi Airport Group** to engage over 200 participants through “Hugopoly”, “The Sugar Beverage” and our BP Awareness Kiosk V2, encouraging both learning and on-site BP monitoring.



At the **Health Fiesta** on 12 Oct 2025 at Kampung Admiralty, more than 200 participants took part in “The Salty Truth” game, learning how sodium intake affects BP and how to make healthier dining choices. This message was further amplified during **World Diabetes Day** on 15 and 16 Nov 2025 at Toa Payoh HDB Hub, where over 1,000 participants discovered the link between sugary drinks, diabetes and heart health.

We continued to inspire action at **EnergizeX** on 22 Nov 2025 at SAFRA Choa Chu Kang and the **Whampoa Health and Age Well Carnival** on 28 Dec 2025, where residents engaged in interactive games and BP monitoring — reinforcing the importance of prevention and regular health checks.

On 1 Feb 2026 at the **Nestlé Marketplace** in Clementi, over 160 participants experienced “Pick and Chew!”, a hands-on activity inspired by everyday “caifan” choices. Using the Heart-Smart Eating Plate, they learned how to build balanced meals and adopt sustainable eating habits.

Through these efforts, SHF reached thousands across diverse community settings, turning essential heart health messages into engaging and actionable experiences.



Creating a Heart Safe Singapore

Prepared community, ready hearts



We introduced the **“Ready at Heart” programme** in partnership with the People’s Association. This initiative brings together heart health education and emergency preparedness, equipping residents with the knowledge and confidence to respond effectively in critical moments.

At the inaugural session held during Daintree Residence’s Safety & Security Carnival on 29 Nov 2025, more than 150 residents came together to learn and take action. Graced by Senior Minister of State for Home Affairs and Foreign Affairs, Ms Sim Ann, the event featured a heart health and CPR+AED talk led by SHF’s Honorary Secretary, Clin A/Prof Ching Chi Keong. Participants also engaged in hands-on practice through the CPR Self-Learning Kiosk and explored a range of health and safety booths.

AED accessibility and ecosystem



110 AEDs deployed through sales and loans



52

new buses equipped with AEDs

This year, we strengthened Singapore’s emergency response ecosystem with urgency and purpose – bringing life-saving technology closer to communities and empowering individuals to act when it matters most.



Through a combination of **AED sales and loans**, we deployed 110 AED units to organisations and community events, ensuring that critical support is always within reach. We also expanded our reach onto the roads through the **AED-on-Wheels**



initiative, equipping 52 Tower Transit buses with AEDs, increasing the mobile safety net for everyday commuters and the industrial areas.

Strategic partnerships continue to drive our impact forward. In collaboration with Xin Networks Pte Ltd, we identified and installed AEDs in five community locations with lower accessibility, including the Darul Makmur Mosque, Kiew Lee Tong Temple, Animal Concern Research & Education Society, Canossaville Children & Community Services and CHIJ Sanctuary for Children Limited. Alongside each

installation, we conducted CPR+AED training to equip staff and residents with the knowledge and confidence to respond swiftly.

From awareness to action

12,414

AEDs registered on the myResponder app (cumulative)

Our **Save-A-Life initiative** continues to evolve – moving beyond awareness to inspire immediate, confident action. Through 17 high-energy outreach events, including four major roadshows and 13

community booths, we actively promoted the myResponder app and the vital role of Community First Responders. Each engagement encouraged individuals to step forward, learn life-saving skills and become part of a responsive support network.

This collective effort sparked strong momentum, with over 3,000 new myResponder downloads recorded this year. By growing a network of trained and ready responders, we are shortening the critical time between cardiac arrest and intervention. Today, the National AED Registry maps over 12,000 publicly accessible AEDs nationwide – creating a powerful digital lifeline that connects communities, strengthens response times and helps save lives across Singapore.



C.A.R.D.I.O.

Authority on Cardiovascular Disease Advocacy

Driving **trusted, evidence-based advocacy** through media, social media, research and publications to empower better heart health awareness and action.



Singaporeans trust us because we translate science into clear actionable advice for better heart health and life saving information

Clin A/Prof Jack Tan
Vice Chairman
Singapore Heart Foundation

Pioneering Heart Health Through Research and Collaboration

Singapore Prevention and Cardiac Rehabilitation Symposium 2025

Close to **450**
participants

On 3 and 4 Oct 2025, we hosted the sixth edition of the **Singapore Prevention and Cardiac Rehabilitation Symposium (SPCRS)** at the Orchard Hotel Singapore. This year's theme, "Reimagining Cardiac

Rehabilitation and Prevention: Thinking Outside the Box", challenged us to look beyond traditional methods to find innovative ways to protect every heart. We were honoured to welcome Dr Koh Poh Koon, Senior Minister of State for Health and Manpower, as the Guest of Honour to witness the importance of advancing prevention and rehabilitation together.

The symposium brought together 330 healthcare and allied health

professionals from across the Asia-Pacific region and the United States. We opened the programme on an uplifting note, with a choreographed performance by members of our Healthy Heart Support Group, radiating the energy and resilience that define our mission.

Over the one-and-a-half-day programme, experts explored the frontiers of cardiovascular care – from the transformative role of Artificial Intelligence in preventive cardiology to the healing power of music therapy and hydrotherapy. Participants also engaged with industry pioneers like Amgen, Novartis, Omron, themove.ai and EO Medical, sparking meaningful conversations and potential collaborations that will help shape the future of rehabilitation technology.

Empowering the public in the digital age

For the first time since SPCRS began in 2015, we extended the symposium experience to the public through a dedicated **Public Forum**. Graced by Dr Choo Pei Ling, Member of

Parliament for Chua Chu Kang GRC (Tengah), the forum welcomed over 100 attendees eager to learn about "Caring for Your Health in the Digital Age". Experts shared practical guidance on navigating telehealth, managing heat exposure and reducing dietary sodium – empowering participants to make informed, heart-healthy choices in their daily lives.



Fuelling heart research

We continue to believe that meaningful progress is driven by strong research and continuous learning. To strengthen our core pillars of Prevention, Rehabilitation and Resuscitation, we disbursed research grants for five groundbreaking projects.

These initiatives will be carried out over the next three years by researchers from the Unit for Prehospital Emergency Care (UPEC), National Heart Centre Singapore and the National University of Singapore, strengthening the scientific foundation of heart health in Singapore.

Beyond clinical research, we are embracing digital innovation to inspire the next generation. In partnership with Nanyang Technological University (NTU), we developed **Heartland Dreamers**, a research-based mobile application designed to promote heart health among youths. Through interactive gameplay and storytelling, the app encourages users to explore healthy eating, physical activity and mental well-being. The app was completed in Mar 2026, and plans are in place to pilot it with students in the second half of the year. Insights gathered from this initiative will help us better understand how gamified learning can shape healthier habits and inspire long-term behavioural changes among youth.



Elevating Excellence in Life-saving Instructors



National Life Saving Day

Close to **250**
life-saving instructors

National Life Saving Day continues to anchor professional growth for life-saving instructors and healthcare experts. This year, we gathered at the Academia @ SGH under the theme, “Silver Meets Gold – Emergency Readiness in Senior Care”, bringing together approximately 250 participants for a shared commitment to improve emergency outcomes for our ageing

population. The event carried a strong sense of purpose, energising participants to strengthen care for seniors with both skills and compassion.

We were honoured to welcome Dr Syed Harun Alhabsyi, Senior Parliamentary Secretary, whose presence reinforced the national importance of emergency preparedness. Throughout the programme, experts addressed critical aspects of senior care, including cardiac emergency management, advanced care planning and essential end-of-life considerations. Distinguished

speakers Dr Christopher Lien, Dr Joanna Chan and Ms Felicia Chain offered valuable perspectives across clinical, emergency and legal domains. Their insights equipped participants with the knowledge and confidence to deliver thoughtful, holistic care – empowering professionals to better support seniors in moments that matter most.



Life-saver Masterclass

Our **Life-saver Masterclass** series continues to grow as a dynamic platform for shared learning and professional excellence. What began as an in-house upskilling initiative has evolved into a collaborative space that brings together training centres and healthcare institutions

across Singapore. This year, we conducted two impactful sessions focused on deepening knowledge and strengthening physical capabilities.

The 5th edition – Exercise Resilience – marked a meaningful tripartite collaboration with the Singapore Red Cross and St John Singapore. Participants explored clinical insights into heat-related injuries and exercise-induced conditions, equipping them to better safeguard individuals in the community and sports settings.

The 6th edition – Heart and Heritage – welcomed our largest turnout to date, with 118 participants from 30 institutions. A highlight of the session was a first-hand account shared by a Community First Responder, bridging the gap between theory and real-life emergency response.



Amplifying Heartbeat of Singapore

Close to **71,000**
social media followers

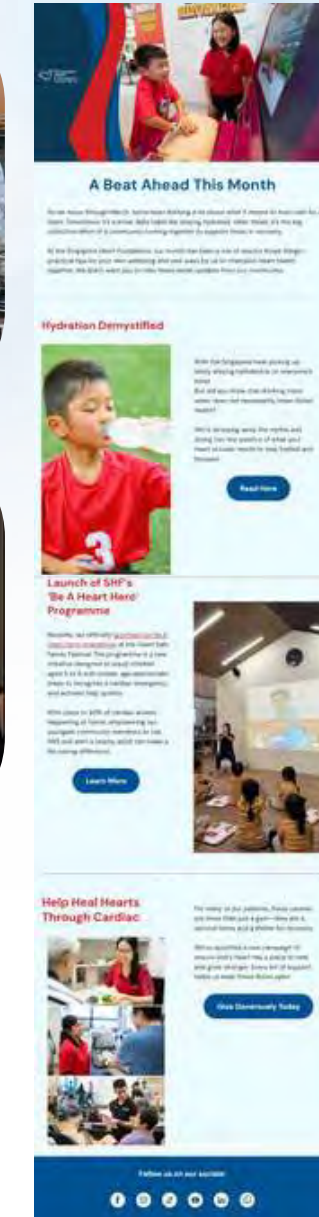
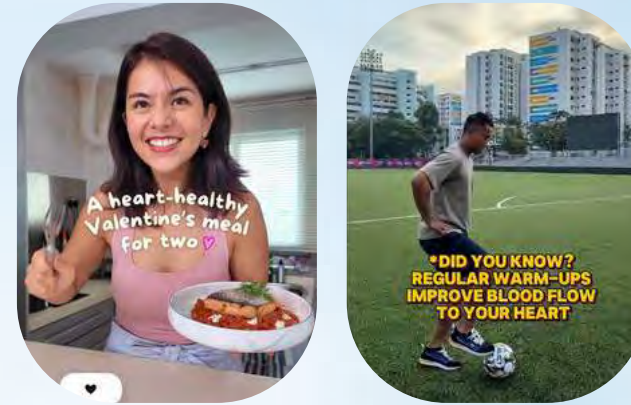
We adopted a **digital-first strategy** to engage our community by producing 47 videos on trending and overlooked topics, such as Kpods' heart health impact and wellness tips for private hire vehicle drivers. This approach made heart health relevant and actionable. Our best-performing content, like "Turn Caregivers into Life-Savers," highlighted the effectiveness of authentic storytelling in inspiring change.



We further amplified our reach by strengthening partnerships with Key Opinion Leaders (KOLs), integrating heart health into everyday lifestyles.

- **Charlotte Mei** connected with audiences through timely content for Valentine's Day and International Women's Day, reaching over 48,000 views.
- **Chef Bill Ho** brought heart-smart nutrition to life with culturally relevant recipes, showing that healthy eating can be both delicious and practical.
- Meanwhile, **Singapore 勇哥 (@sg_yong)** engaged younger Chinese audiences on TikTok with relatable conversations around the Heart Support Fund and CPR+AED awareness.
- National goalkeeper **Hassan Sunny** reinforced the importance of cardiovascular care as a foundation for strength and resilience, connecting especially with younger and family-oriented audiences.

Together, these collaborations made heart health more visible, relatable and empowering across diverse communities.



Enhancement of website

www://
2.2 million
pageviews

By bridging institutional expertise with everyday experiences, we made heart health information more authentic, engaging and accessible, empowering individuals to take informed and confident steps towards better well-being.

Our **website** played a central role in this transformation. Through ongoing enhancements in search engine optimisation (SEO) and generative engine optimisation (GEO), we improved content discoverability and ensured that relevant heart health information reaches individuals when and where they need it most. By refining user experience and publishing timely, search-friendly content, we achieved 2.2 million pageviews —

reflecting stronger engagement and a growing demand for trusted, accessible health information.

Beyond digital platforms, we continued to nurture our community through curated publications and direct outreach. Our **quarterly newsletter, heartline**, remained a trusted resource, spotlighting meaningful topics such as the therapeutic benefits of music therapy and the restorative role of hydrotherapy in cardiac recovery. At the same time, our monthly **EDM** kept 2,865 subscribers informed and inspired with timely heart health updates and priority access to upcoming events and programmes.



A Landmark Year for Media Advocacy

Close to **340**
media coverage

We strengthened cardiovascular advocacy this year with a steady, purposeful **media presence** — securing close to 340 placements across broadcast, print, online and social platforms. Through a strategic and proactive approach, we brought heart health to the forefront of national conversations, using diverse and timely angles to inform, engage and inspire action across Singapore.

We spotlighted key milestones that reflect both progress and purpose. From the long-awaited return of our Charity TV Show after 20 years to our new initiatives — including the



launch of the BP Awareness Kiosks V2 and key events like National Heart Week/World Heart Day — we brought heart health into everyday spaces, making prevention more visible and accessible to Singaporeans.



At the same time, we sharpened our focus on emerging risks, addressing the “youngerisation” of heart disease. By tackling modern lifestyle factors such as vaping and sedentary behaviour, we reached new audiences with relevant, actionable insights — empowering younger generations to take early ownership of their heart health.

We also reinforced our leadership in medical innovation and thought leadership. Through the Singapore Prevention and Cardiac Rehabilitation Symposium 2025, we highlighted advancements such as



AI-driven diagnostics and mobile health tools for weight management, positioning ourselves at the forefront of preventive cardiology and rehabilitation.

Our advocacy extended to building a nation of life-savers across all ages. Through initiatives like Project Heart, we trained nearly 800 individuals in CPR+AED skills, while introducing paediatric first aid courses to support young families. We also launched the “Be A Heart Hero” programme, inspiring children aged 5 to 8 to develop life-saving awareness from an early age — nurturing a future generation that is



ready to act with confidence and care.

Inaugural Media Forum

To kickstart 2026, we launched a new high-touch engagement initiative: our very first **Media Forum** at Fort Sanctuary. This inaugural event created an intimate, warm space to share our long-term vision with our most valued media partners.

By moving beyond traditional press releases to foster genuine, face-to-face relationships over fine tea, we have significantly deepened our



collaborative ties. The impact was immediate: this new initiative has already secured 10 high-value media opportunities post-event, ensuring that heart health remains a top-tier national priority. Through these strengthened relationships and our continued innovation in communications, we are amplifying our message and building a more informed, heart-healthy Singapore.



好饮食 烤鸡肉三文治 (4人份)



- 100% 超细全麦面包 (Whole Grains Ultra Fine Wholemeal Bread), 4片
- 羽衣甘蓝, 100克
- 鳄梨, 1个
- 青柠, 1个, 削出皮屑
- 辣椒酱 (Hot Pepper Sauce), 3滴
- 番茄, 3个, 切片
- 去皮鸡胸肉, 8块 (320克)
- 孜然, 5克

C.A.R.D.I.O.

Roll Out New Services and Programmes for Preventive Health and Community Care

Delivering **innovative and accessible programmes** that support preventive health, strengthen community care and improve quality of life for those we serve.

“The Heart Health Ambassador certification motivated students to continue promoting good health practices among their friends and families.

Mr Tee Jie Kai

Lecturer, Singapore Polytechnic
Partner for the BP Initiative @
Institutes of Higher Learning

”



Bringing Heart Health to the Community

Taking BP monitoring to your doorstep

Close to **360,000**
BP Measurements

We believe that early detection is the best form of protection. By transforming everyday spaces into opportunities for health monitoring, we are making it easier than ever for Singaporeans to “know their numbers” and take proactive steps toward a healthier life. Through innovation and strong partnerships, we continue to bring heart health closer to where people live, work and commute.

Taking monitoring to the commute

On 24 Oct 2025 at Kent Ridge MRT, we marked a new milestone in our **Health@Station** initiative. Together with our partners, SMRT Corporation Ltd and Terumo Asia Holdings, we expanded our network with four additional kiosks at Kent Ridge, Labrador Park, One-North and Tai Seng stations. Graced by Ms Teoh Zsin Woon, Permanent Secretary of

the Ministry of Culture, Community and Youth, the launch built on earlier installations at Tanjong Pagar and Promenade – strengthening our commitment to integrating health monitoring into daily routines. Since Sep 2024, these kiosks have recorded around 260,000 measurements.

A nation-wide BP presence

Developed in partnership with Terumo Asia Holdings, our **BP Awareness Kiosks** go beyond simple monitoring to offer an interactive health experience. Equipped with arm-in BP monitors, personalised printouts and engaging heart health quizzes, these kiosks empower users to better understand and manage their BP on the go.



We deployed kiosks across 25 high-traffic locations, including Changi Airport, Grab Headquarters and multiple Community Clubs in the financial year. We also introduced 30 kiosks to Guardian stores, with full rollout expected by the end of 2026. With on-site pharmacists providing guidance, users receive both convenience and professional support. In FY2025/2026, these kiosks have recorded an impressive 96,420 measurements—reflecting growing awareness and a strong shift towards regular monitoring as a daily habit.

Empowering the next generation

Close to **260**
IHLs students trained
in BP Awareness

Beyond our engagement with primary and secondary students, we expanded our efforts to inspire young advocates for heart health through partnerships with Institutes of Higher Learning, including Singapore Polytechnic, ITE College

West and Nanyang Polytechnic. This year, 258 students gained hands-on experience and essential knowledge in BP monitoring – equipping them with skills to care for themselves and their communities.

At Singapore Polytechnic, we deepened engagement through a two-tier ambassador model. Students led digital advocacy efforts by creating engaging TikTok and Instagram content to promote heart health messages among their peers.

They also stepped into community roles, with 20 Year 2 Biomedical

Science students leading outreach at the SYNC Healthfest at Heartbeat@Bedok on 14 Mar 2026. By engaging the public on healthy eating, BP awareness and CPR+AED knowledge, they transformed classroom learning into meaningful, real-world impact.



Caring for the Heart of the Family

Beat the Block

In Sep 2025, we partnered Novartis Singapore to launch **Beat the Block**, a campaign addressing critical gaps in cholesterol management. While high blood cholesterol remains as a key driver of heart attacks, our survey revealed that 93% of Singaporeans mistakenly believe lifestyle changes alone is suffice, and 33% fail to comply with their medication.

Through tools such as the Cardiovascular Risk Calculator, we provided personalised LDL-C targets and practical conversation guides

for doctor visits. By debunking myths and promoting regular health screening, we are empowering individuals to move from awareness to action – turning silent risks into informed, proactive heart care.

Protecting our families

We are strengthening holistic care by actively addressing two critical areas of community well-being: senior nutrition and family safety. By stepping into these essential domains, we help every individual build a strong physical foundation for heart health, while surrounding



families with a supportive community of ready responders.

Introduction of malnutrition screening

As malnutrition among older adults continues to rise, we are taking decisive action to protect this vulnerable group, many of whom are part of our Heart Wellness Programme. We introduced a **Community Malnutrition Screening Tool** to identify risks early and respond with timely, effective care.

Through workshops such as “The Art of Ageing Gracefully” and our Malnutrition Awareness sessions, we guide seniors to make informed, nourishing choices. We encourage them to make every bite count – building muscle strength, sustaining energy and supporting long-term heart health.

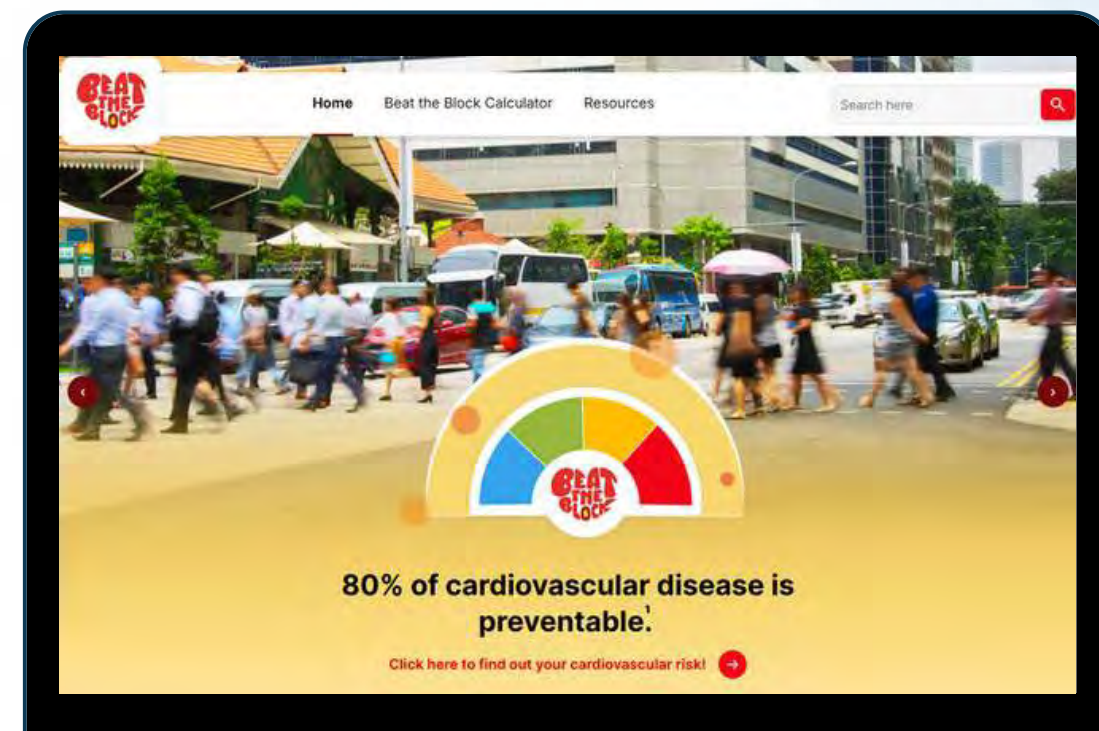
Protecting our little ones

We believe safety begins at home, and we are committed to equipping families with the skills to handle emergencies with confidence to act when it matters most.

On 2 Nov 2025, in collaboration with the People’s Association, we launched the **A-B-C Awareness Workshop** in Sembawang. This hands-on programme equips parents and caregivers with practical life-saving skills in CPR, AED use and child first aid. The launch was graced by Minister Ong Ye Kung, Minister for Health; Ms Poh Li San; Mr Gabriel Lam; and Mr Ng Shi Xuan, whose presence underscored the importance of building a community ready to respond to and protect one another.



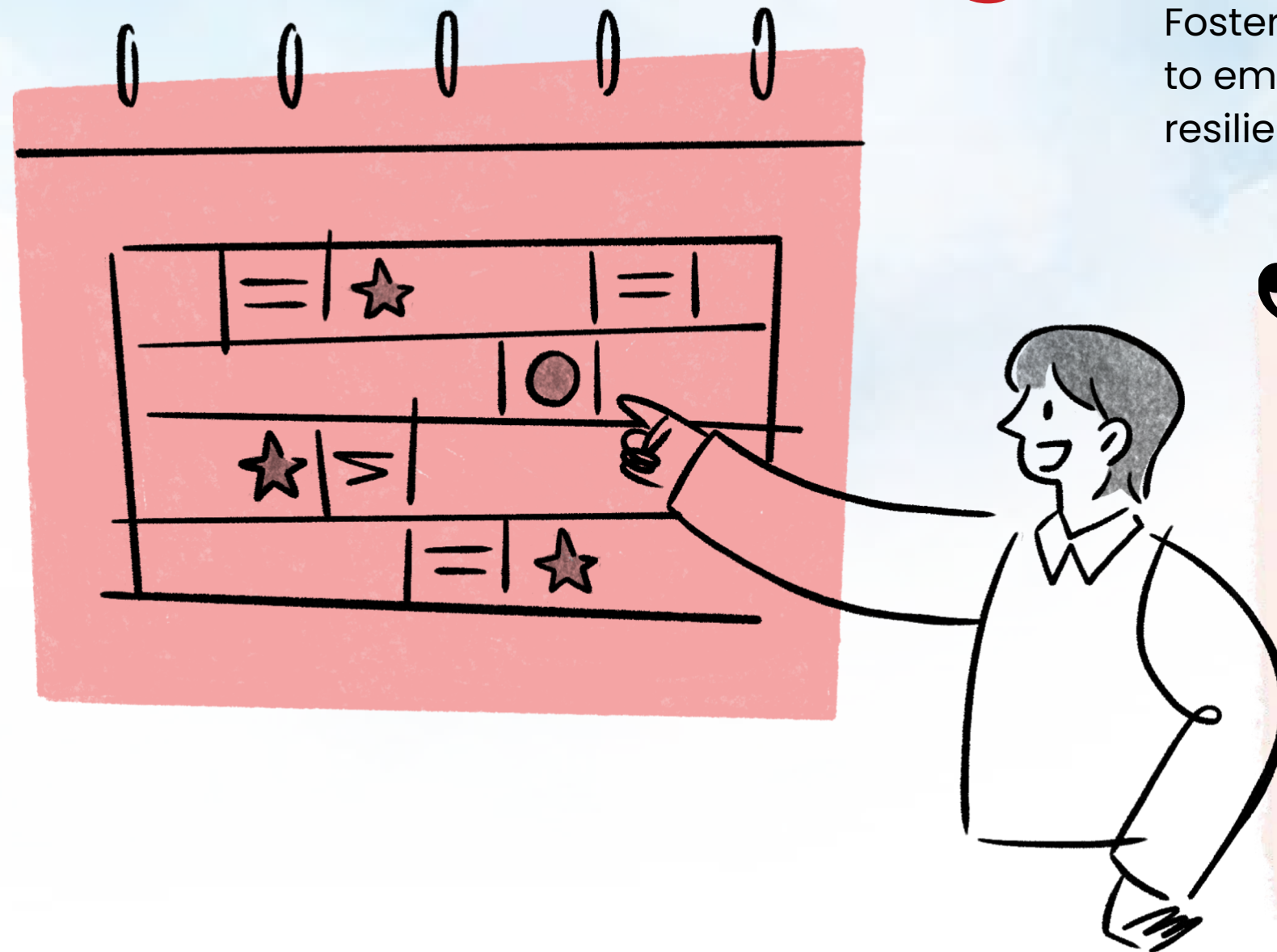
We have also achieved accreditation to conduct **Child First Aid courses**, which we are actively rolling out for teachers, parents and caregivers. Through this effort, we are closing a critical gap in community safety and making sure every child is in capable, confident hands.



C.A.R.D.I.O.

Develop Self and Team Through Continuous Learning, to be Future Ready

Fostering a **culture of continuous learning and growth** to empower our people with the skills, knowledge and resilience needed for the future.



“

Through ongoing learning, we create a future-ready workforce that is agile, confident, and purpose-driven, empowering our people to enhance heart health in the community.

Au Poh Yee

Deputy Director,
People, Culture and Corporate Affairs
Singapore Heart Foundation

”

Empowering Our People, Strengthening Our Purpose

At SHF, we believe a heart-healthy nation begins with a culture of care, appreciation and connection. This year, we introduced initiatives that strengthened team spirit, supported staff development and empowered our people to serve the community with greater energy and purpose.

Strengthening learning and development

In FY2025/2026, we strengthened our approach to learning and development to build a future-ready workforce. We introduced a **Critical Core Skills Framework** to guide capability building and launched a **Learning & Development Training Directory** to help staff identify courses aligned with their roles and career aspirations. Together, our staff clocked more than 1,800 training hours during the year, reflecting a strong commitment to continuous learning and professional growth.

Staff are encouraged to take ownership of their development by

attending at least two training programmes annually, including one focused on personal or professional growth. To reinforce this culture of learning, we integrated a **Learning Needs Analysis cycle** into the performance appraisal process. Staff and supervisors now work together to identify development by initiating conversations, not only during the planned performance appraisal process. This structured approach supports individual growth while strengthening SHF's overall capabilities.

Developing adaptive leaders

We continued to invest in leadership



development to equip staff with the confidence and skills to lead effectively in a dynamic environment. This year, mid-level managerial staff participated in a **Flexible Leadership Training**, which equipped them with skills to lead effectively in a dynamic environment.

We also launched the **Multipliers programme** to cultivate a growth mindset and empower leaders to unlock their teams' potential. In partnership with Franklin Covey, selected managerial staff attended **The 7 Habits of Highly Effective People programme** as part of SHF's leadership development roadmap.



Fostering connection and team spirit

Senior leaders visited the Heart Wellness Centres as part of the **Walk the Ground** initiative to strengthen leadership visibility and reinforced a culture of inclusivity and appreciation.

We also introduced **Give a Bravo**, a peer and leadership-driven appreciation initiative that recognises staff who embody SHF's values and uplift their colleagues.

Throughout the year, staff came together through festive celebrations, engagement activities and a staff retreat in Johor Bahru, creating opportunities to celebrate shared achievements, cultural diversity and team camaraderie. From the Staff Appreciation cum Hari Raya celebration to the SG60 National Day event, the CEO Forum & Halloween, and the Lunar New Year gathering with Board members, these moments strengthened bonds across teams and reinforced a sense of belonging.

Leading the Way in Resuscitation

We believe that peak performance in an emergency requires more than just knowledge—it demands instinctive, high-pressure coordination. This year, we reinforced our commitment to life-saving excellence through rigorous internal simulations and by showcasing our home-grown talent on the global stage.

Sharpening our response through simulation

To strengthen our operational readiness, we introduced the **Cardiac Life Emergency Action Response (CLEAR) programme**. This initiative moves beyond traditional training by immersing our staff in high-fidelity, simulation-based scenarios.

Originally piloted across our three Heart Wellness Centres, the CLEAR programme challenges our teams to respond to simulated cardiac arrest events in real-time. We have since implemented these simulations on a quarterly basis, progressively refining them to reflect the unique layout and crowd dynamics of each centre. By testing our response under pressure—such as managing emergencies with



reduced manpower or in high-traffic areas—we have significantly boosted staff confidence and sharpened our Code Blue protocols. These simulations ensure that when a real emergency strikes, our team is not just ready, but resolute.



Global recognition

Our dedication to excellence continues to gain international acclaim. This year, we are incredibly proud of our colleague, Lin Zicheng, who received the prestigious **CASSummit 40-Under-40 Award** at the Cardiac Arrest Survival Summit 2025. This award recognises the world's most promising young professionals who are shaping the future of Sudden Cardiac Arrest (SCA) training and survival. This

marks the third time an SHF staff member has received this global honour.

In addition, three of our team members represented Singapore at the Summit in 2025, each presenting a specialised segment of the Singapore Heart Foundation's work to an international audience. By sharing our expertise and learning from global peers, we ensure that Singapore remains at the forefront of life-saving innovation.



Nurturing the next generation of healthcare professionals

In FY2025/2026, we welcomed 11 interns from the Institute of Technical Education (ITE) and Republic Polytechnic to our Heart Wellness Centres, providing hands-on learning opportunities in community health. We are proud that one of our interns, Hong Weili, was honoured as the valedictorian of their cohort. In addition, our Strategic Partnerships and Engagement team also welcomed five interns, exposing them to stakeholder engagement and collaborative initiatives.



C.A.R.D.I.O.

Innovate Through Establishing a Hub for Creativity and Ideas

Encouraging **innovation and collaboration** by creating spaces where ideas can grow, solutions can emerge, and meaningful impact can take shape.



“

The people and organisations from ground-up come up with all kinds of ideas, and when the idea (i.e., Healthier Choice symbol) is so good, the government takes it as it deserves to become a national initiative.

Mr Ong Ye Kung

Minister for Health at the Resilient heARTs
Exhibition on 6 Apr 2025

”

Inspiring a New Generation of Heart Heroes

We believe heart health and life-saving skills should be accessible, engaging and introduced early in life. By embracing gamification and cutting-edge AI, we aim to transform health education into an interactive journey that sparks curiosity and builds confidence. Through these efforts, we empower both the young and the young-at-heart to take meaningful steps towards better heart health.

Fun with a purpose

We are reimagining how Singaporeans learn about their health by turning education into an engaging, purposeful experience.

Our **CardioChase Game Kiosk** brings cardiovascular education to life through high-energy play. In FY2025/2026, we piloted the kiosk in six schools, reaching 6,966 students and inspiring them to adopt heart-healthy lifestyle habits in a fun and memorable way.

At our Heart Wellness Centres and community events, we introduced an **AI-powered mirror** that transforms health assessments into



an interactive experience. Engaging nearly 700 participants, this innovation guides users through sit-to-stand tests and nutrition quizzes, helping them better understand their functional fitness and cognitive health. By making learning accessible and enjoyable, we encourage individuals to take ownership of their well-being with confidence.



Nurturing young heroes

We recognise that family forms the heartbeat of our community. On 28 Feb and 1 Mar 2026, we brought families together at the **Heart Safe Family Festival** at Punggol Digital District, launching our **“Be A Heart Hero” programme** with energy and purpose. Graced by SMS Janil Puthucheary and Adviser Yeo Wan Ling, the festival united the community around a shared mission—to protect every heart.

At the same time, we empowered adults with practical knowledge through healthcare talks and hands-on training in CPR and choking response. By equipping every family member with essential skills, we are building a community that is ready, confident and



committed to caring for one another.

What is “Be A Heart Hero”?

The programme aims to teach children aged 5 to 8 essential life-saving actions, like calling 995, to address the fact that nearly 80% of cardiac arrests happen at home. In its pilot phase, it reached over 1,000 children in 18 schools and gained significant media attention on TV and radio.



Connecting our success

We introduced **Viva Engage** as a “digital town square” to improve communication and align our mission internally. This platform shares updates on our events and programmes and celebrates milestones like media mentions and awards. By fostering connectivity, we empower our staff to advocate for better heart health for all.

C.A.R.D.I.O.

Outreach Through Meaningful and Impactful Community Education

Connecting with communities through engaging and inclusive education initiatives that inspire healthier habits and greater awareness of heart health.

“

Cultural change is challenging as it involves altering mindsets and behaviors, not just policies. Heart health is essential for the strength and vitality of individuals, families and communities.

Mr Geoffrey Ong

CEO of the Singapore Heart Foundation

”



A United Future for Resilient Hearts

On 27 Sep 2025, we transformed Bishan Junction 8 into a vibrant hub of hope and health as we commemorated **National Heart Week/World Heart Day**. Graced by Ms Sim Ann, Senior Minister of State for the Ministry of Foreign Affairs and the Ministry of Home Affairs, the event carried the theme “Resilient Hearts, United Future”. We brought heart health knowledge into the heart of the community – making cardiovascular wellness accessible, practical and engaging for all.

More than **1,400** participants

A festival of heart-healthy living

More than 1,400 participants joined us for a day of learning and action. From exercise sessions, heart wellness talks to CPR+AED certification courses, we showcased our holistic approach to Prevention, Rehabilitation and Resuscitation – empowering individuals to take charge of their heart health at every stage of life.

Students from ITE College West School of Hospitality created and served delicious heart-healthy recipes tailored for everyday Singaporean households.



Together with Nanyang Polytechnic HEAL Club, we also hosted our first children’s food crafting workshop, inspiring young participants to explore healthy eating in a fun and creative way. Through these experiences, we planted the seeds for lifelong healthy habits and empowered families to make better choices together.



Engaging the public through play and trends

This year, we introduced creative initiatives that connect with

everyday habits and popular trends. Through our **Pick & Chew! interactive game**, we tapped into Singapore’s beloved “caifan” culture to teach participants how to build a Heart-Smart Eating Plate. By choosing from Chinese, Malay, Indian or vegetarian options, participants learned to balance whole grains, protein and vegetables in the recommended proportions.



We reimagined the blind box trend with our **Hearty Friends Blind Boxes**, which include collectible stress ball characters and heart health facts. Through this initiative, we have raised over \$20,000 through giving.sg and events, showcasing how small actions can create meaningful impact. The enthusiastic participation highlights a growing community commitment to heart health, helping us build momentum for a healthier nation and enhance preventive health outreach.



Illuminating the nation

From 27 to 30 Sep 2025, Singapore’s skyline lit up in red for the **Go Red for World Heart Day** initiative, showcasing 26 landmarks like the Foundation of Wealth. This display represented unity and hope, reminding Singaporeans they are not alone in the fight against cardiovascular disease.



Empowering the Next Generation of Heart Advocates

We believe a heart-healthy Singapore begins in the classroom. By inspiring our youth with the knowledge and confidence to care for their hearts, we are nurturing a generation of advocates who can bring the message of heart health home to their families and the communities that they are part of.

In FY2025/2026, our **Heart Heroes Programme** reached 122 schools, empowering a total of 89,539 students and 2,843 staff members. Through a vibrant blend of theory and hands-on learning, we are making heart health relevant, engaging and actionable—ensuring it remains a shared priority across school ecosystems.



89,539

students



2,843

staff members

Blood Pressure (BP) Initiative @ Schools

We champion the belief that “knowing your numbers” should start young. Through 345 **interactive, class-based sessions**, we equipped 12,729 students across 56 schools with both the knowledge and practical skills to understand and measure blood pressure accurately.

“ Good mix of theory and hands-on during the programme and the trainer was good in engaging the students with the set questions.

Teacher,
Springfield Secondary School

Family outreach extension

We extend learning beyond the classroom by bringing heart health into the home. Through our BP monitor home loaning initiative, students are given an opportunity to take the lead in caring for their families—sparking meaningful conversations and strengthening bonds over shared well-being.

Heart health assembly talks and booths

Our **assembly talks** engaged over 41,000 students across 36 schools with engaging content and quizzes on heart health. Additionally, nearly 40,000 students from 33 schools explored heart health through **interactive booths** and hands-on activities.



Staff outreach programme

Educators and school staff are crucial in promoting healthy environments. Our **Staff Outreach Programme** raises awareness of blood pressure monitoring and heart health, empowering staff to care for themselves and others. In FY2025/2026, we reached about 2,843 staff across 25 islandwide, enhancing a culture of care and well-being in the education community.

“ My dad often feels stressed at work, but his blood pressure is healthy. I'm glad, as I want him to stay healthy and play sports with me and my brothers for years.

Walden Ho
Kheng Cheng School

Intergenerational Kindness

Students giving back

In Jul 2025, 15 students from Bukit Timah Primary School stepped beyond the classroom to serve the community. In collaboration with PCS Hannah Active Ageing Centre, these young heart heroes guided seniors on proper ways of measuring their BP.

This meaningful intergenerational exchange empowered seniors to better manage their health, while building confidence, empathy and a sense of purpose in our youth.



Art for the Heart 2025

To mark our 55th anniversary, we invited primary school students to bring the theme “Resilient Hearts” to life through their creativity by participating in our annual art competition, **Art for the Heart**. We received 328 inspiring entries, each reflecting a child’s unique perspective on heart health.

In Dec 2025, we displayed artwork at the Singapore Botanic Gardens during the Trees of the World exhibition. By decorating the tree with vibrant and colourful art pieces, we transformed art into a message of hope, inspiring reflection in all who passed by.

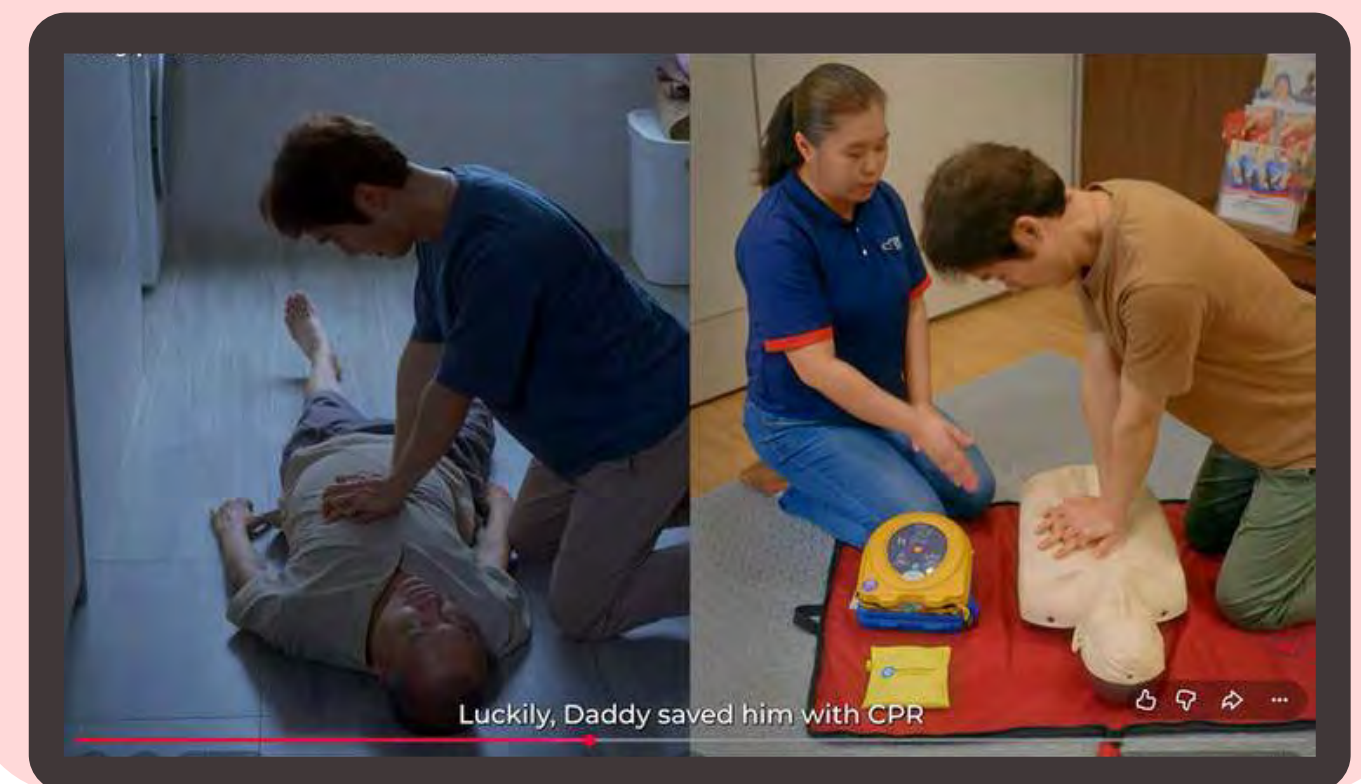
Our first television commercial

We believe stories have the power to move hearts and inspire action. To celebrate our 55th anniversary, we took a bold and purposeful step forward by producing our first-ever **television commercial (TVC)**—a milestone that brings our mission to life in a compelling and accessible way.

From early Jun 2025, our 15-second and 30-second commercials aired

across Mediacorp Channels 5, 8 and U, reaching into homes across Singapore. Anchored in our anniversary theme, “Resilient Hearts”, the TVC delivers a message of hope, strength and community care—reminding every viewer that they have the power to protect their own heart and support the hearts of those around them.

Scan the QR code to view the TVC:



Empowering a Nation to Save Lives

Life-saving training

More than
13,330
individuals trained

At the Singapore Heart Foundation, we act with urgency because every second matters. We stand at the frontline of survival, equipping everyday Singaporeans with the skills and confidence to respond when a heart stops. By strengthening community readiness and expanding access to life-saving tools, we are transforming bystanders into empowered first responders.

In FY2025/2026, we trained 14,727 individuals across 526 sessions—reaching healthcare professionals, corporate teams, migrant workers and caregivers alike. Through every session, we actively embed life-saving knowledge into the fabric of our society. Our unwavering commitment to quality and care is reflected in a strong participant satisfaction rate of 95% to 98%, reinforcing the trust placed in our programmes.

One of our proudest milestones this year was a large-scale school initiative at ITE College East, where we trained over 3,400 students in

just two days. By adopting a fully hands-on training approach, we created an energetic and immersive learning environment that built both competence and confidence. These students are now better prepared to step forward and act decisively during a cardiac emergency.



Mr Cai Yinzhou, Member of Parliament for Bishan-Toa Payoh GRC and a committed Community First Responder.

where we honoured real-life survivors and everyday heroes. Their stories remind us that timely action saves lives—and that every trained individual has the power to make a difference.



Project Heart

Close to
9,800
individuals trained

Our flagship community platform, **Project Heart**, returned with renewed energy under the theme “Game On, Heart Strong.” We focused on the sports community, highlighting the importance of preparedness during physical activity—where every second can make a difference. Held in conjunction with World Restart A Heart Day, the event was graced by

The event came alive with the support of national athletes such as Hassan Sunny and Vanessa Lee, who helped amplify our message and inspire action. Together with valued partners like the Unit for Prehospital and Emergency Care and the Singapore Resuscitation and First Aid Council, we trained close to 800 participants on-site. This effort contributed to a wider nationwide movement that equipped over 8,000 individuals through satellite sessions.

One of the most powerful highlights was the Survivor Awards Singapore,

Activating the community

Our **AED Hunt** and **CPR self-learning kiosks** offer life-saving education in public spaces, enabling anyone to learn and act confidently. Additionally, our “**Step Up, Save A Heart**” merchandise sales initiative raised over \$30,000 to support public engagement. These efforts reflect a growing, empowered community ready to respond and protect every heart.

Lives at the Heart of Our Mission

At the heart of all we do are the individuals and families whose lives we strive to **uplift through care, support and empowerment.**

“

Thank you for your compassionate guidance during my recovery. Your unwavering support, patience, and positive energy were essential to my success.

Mr Chan

Client of the Heart Wellness Centre @ Gombak

”



Strengthening Hearts through Cardiac Rehabilitation



Cardiac rehabilitation is more than recovery—it is a journey of transformation. This year, we strengthened our mission in alignment with Singapore’s national health strategy, enhancing our core services to provide a more comprehensive safety net for our clients. By integrating supervised exercise, professional nutrition guidance and psychosocial support through our Healthy Heart Support Group, we empower individuals to rebuild confidence and lead vibrant, heart-healthy lives.

By the end of FY2025/2026, we supported a cumulative total of 3,675 individuals on their journey to better heart health and well-being. Across our centres in Bishan, Fortune Centre and Bukit Gombak, we deliver tailored care to a diverse and growing community.



Male
2,202



Female
1,473



Chinese
2,948



Malay
149



Indian
450



Others
128



**≤50 years
old**
208



**51-60
years
old**
536



**61-70
years
old**
1,300



**≥71 years
old**
1,631

“ The dedication and patience of the physiotherapists in coaching us are truly impressive. I’m also more conscious of my food intake now.

Ms Vinganam Veerappen
Client at Heart Wellness Centre
(Gombak)

“ These sessions help me maintain my physical health and motivate me to keep my blood sugar and cholesterol at acceptable levels.

Mr Derek Tan
Client at Heart Wellness Centre
(Fortune Centre)

Setting the gold standard in care

We strive to lead with excellence in cardiac rehabilitation, and this year we took purposeful steps to make care more accessible and seamless. We redesigned our **referral process** to better support our medical partners, introducing both digital and enhanced hardcopy forms. These improvements enable clinicians to share critical patient information more efficiently, helping individuals transition into our care faster and with greater ease.

Enhancing our spaces and routines

We believe that healing thrives in environments that uplift and inspire. This year, we refreshed our centres to create spaces that foster connection, motivation and a sense of belonging.

Through our **Wall of Hearty Wishes**, we transformed our notice boards into vibrant hubs of encouragement —featuring curated educational

content alongside heartfelt messages and photos from our community. These shared stories remind every client that they are not alone on their journey.



We **expanded our Bishan centre** by adding HUR air-resistance exercise machines, providing even more varied, adjustable and safer training options for our clients.

To keep sessions engaging, we introduced **new workout routines** such as yoga, boxercise and Wushu-inspired movements, co-developed with interns. These activities improve balance, agility and overall fitness, adding variety and enjoyment to the rehabilitation journey.

Nourishing the Heart



Nutrition counselling

Nutrition remains a cornerstone of recovery and long-term resilience. This year, our dedicated dietitians provided **personalised nutrition counselling** to 312 clients across our three centres. Through practical guidance and everyday strategies, we encouraged clients to “make every bite count”, equipping them with the knowledge to strengthen recovery, improve energy levels and sustain long-term heart health.

Providing a lifeline of care

We continue to uphold a simple belief: financial hardship should never stand in the way of recovery. Through the **Heart Support Fund**, we provide a compassionate safety net that allows vulnerable patients to focus on healing with dignity and peace of mind.

Between Apr 2025 and Mar 2026, we distributed over \$131,000 in support to 105 beneficiaries. We directed this assistance towards four key areas of need:



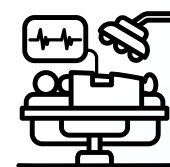
Mobility and access:

We provided CabCharge cards to help patients with mobility challenges attend follow-up appointments consistently.



Emergency relief:

We offered short-term financial support to ease living expenses during periods of income disruption.



Medical procedures:

We helped offset hospital costs for essential surgeries, reducing financial stress during critical treatment.



Home care devices:

We equipped patients with INR meters and oxygen concentrators, enabling safer and more confident self-management at home.

Building bonds that heal

Recovery improves with connection, prompting the **Healthy Heart Support Group (HHSg)** to expand this year. Over 56 sessions fostered community support through weekly activities, allowing clients to form friendships and share experiences. Activities included Tai Chi, yoga and an Angklung workshop. Special events like a Mother's Day cooking demo and a guided Istana tour created joyful memories that support long-term heart health.



Cultivating mental wellness

This year, we collaborated with the Singapore Association for Mental Health (SAMH) to create a **mental wellness pathway** for clients, offering workshops and activities to help manage stress, build emotional resilience, and identify when to seek support. Additionally, we supported caregivers by partnering with the National Heart Centre Singapore to provide safe spaces for sharing experiences and recharging, acknowledging their well-being is vital for ongoing care.



Heart-to-Heart Pharmacy

Managing multiple medications can feel overwhelming. Our **Heart-to-Heart Pharmacy service** supports clients through personalised counselling with a professional pharmacist, ensuring clarity and confidence in medication use. Whether through face-to-face consultations at Bishan or online sessions, we guide clients through dosages, instructions and safety considerations. This strengthens understanding, reduces uncertainty and empowers clients to manage their treatment safely and independently at home.



Fostering Community Engagement via Support Groups

From rescue to resilience

Our mission comes full circle when we bring together those who save lives and those who have survived sudden cardiac arrest. We believe recovery is not a solitary path, but a shared journey strengthened through connection, empathy and lived experience. By uniting Community First Responders (CFRs) and cardiac arrest survivors, we cultivate a powerful ecosystem of gratitude, courage and resilience.

Through our **From Rescue to Resilience sessions**, we create safe and meaningful spaces for reflection. CFRs and survivors come together to share their experiences of crisis and recovery, moving beyond the moment of emergency to explore the emotional journey that follows. These conversations deepen understanding, honour the human connection formed during life-saving intervention and support long-term emotional healing for all involved.



We also celebrate these shared milestones through appreciation platforms such as the **Life-Saving Party** and the **CFR Fun Walk**. These gatherings energise our community, shine a light on the real impact of timely intervention and strengthen the spirit of gratitude between responders and survivors. Just as importantly, they sustain the motivation of our volunteers and reinforce the value of peer support in building lasting resilience.



Empowering our responders through collaboration

We continue to strengthen Singapore's emergency response ecosystem through close collaboration with public agencies, healthcare partners and community stakeholders. We believe that a well-prepared community is a confident and courageous one, and that shared learning directly translates into better outcomes for out-of-hospital cardiac arrests.

A key highlight this year was the **Community First Responders Sharing Session** held at Potong Pasir Community Club. In a strong show of partnership, we worked alongside the People's Association (PA), Singapore Red Cross Academy, SCDF, UPEC and HTM Medico to support and upskill users of the myResponder app.

The session delivered practical, life-saving learning, including:

- **The handover process:** Strengthening understanding of smooth and effective transitions to paramedics to ensure continuity of care.
- **Psychological first aid:** Equipping responders with tools to manage stress, support emotional well-being, and remain steady during emergencies.
- **Next-gen technology:** Introducing advancements in AED technology and interactive CPR self-learning kiosks to enhance readiness and response capability.

These platforms go beyond skills training. They build confidence, reinforce shared responsibility and remind us that every individual has a role to play in saving lives. Through sustained collaboration, we continue to grow a resilient, empowered community—ready to respond when every heartbeat matters.



Partners in Impact and Care

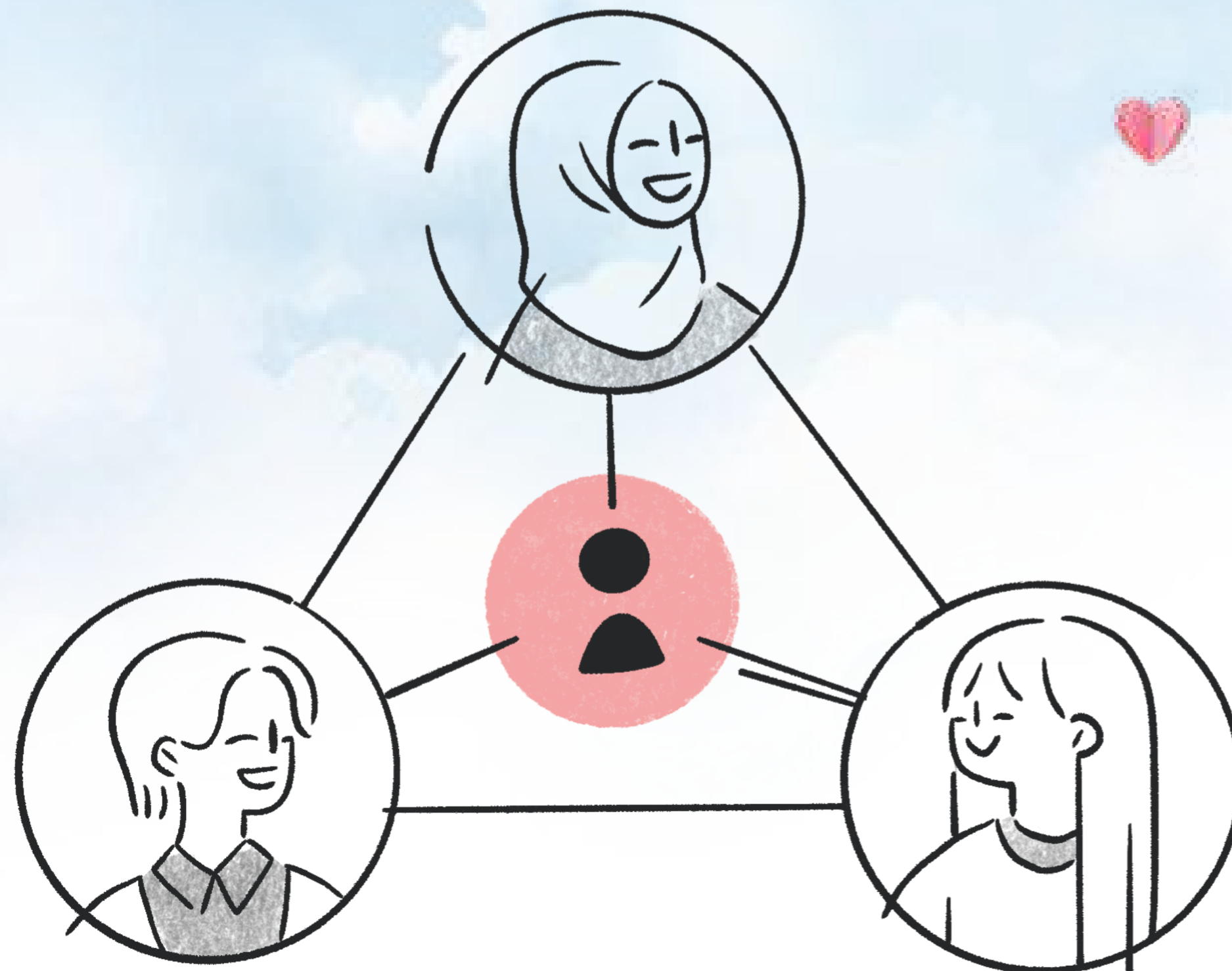
Honouring the **generosity, passion and dedication** of our donors, volunteers and student advocates who stand alongside us in building a heart-healthier Singapore.

“

I am proud to be part of a community of donors and volunteers dedicated to this cause. Every act of support, no matter the size, contributes to saving lives and promoting a heart-healthy Singapore.

Ms Kay Pang
Vice Chairman
Singapore Heart Foundation

”



Fuelling Our Mission Through Generosity

As a social service agency with a lean and dedicated workforce, we receive minimal government subvention. We rely on the generosity and compassion of our donors to sustain our vital work. Every contribution fuels our mission of Prevention, Rehabilitation and Resuscitation, ensuring that heart health programmes remain accessible to all who need them.

A big thank you to our community

In FY2025/2026, we received more than \$13.2 million in funds. These contributions serve as a lifeline, supporting vulnerable heart patients and their families through some of their most challenging moments. They also strengthen the foundation of our ongoing community programmes, enabling us to continue reaching those in need.

Every act of giving reflects a shared belief in our mission. It is this trust and generosity that keep Singapore's heart strong, and we remain humbled by the continued support of our community.



Direct Debit Donor Programme

Through our **Direct Debit Donor Programme (DDDP)**, we work with third-party fundraiser LadderPro Pte Ltd to share our mission at various pre-approved locations across Singapore. We uphold the highest standards of transparency and accountability, strictly adhering to the MCCY Code for Commercial Fund-Raisers, so that every donor can give with confidence and peace of mind.

This FY2025/2026, the steadfast commitment of our recurring and one-time donors raised a remarkable \$9,160,552. With the support of our dedicated Donor Service team, we continue to keep our donors closely connected to our

work through regular updates and meaningful engagement. We extend our deepest gratitude to those who stand with us year after year—your unwavering support enables us to plan, grow and serve with confidence for a healthier future.

Handcrafted hope

Generosity often takes shape in the most heartfelt and creative ways. In Apr 2025, **Koi Ming Enterprises Pte Ltd** approached us with a thoughtful initiative to inspire giving within the community. They handcrafted nearly 580 whale plushies—symbols of warmth, care and hope—to be gifted to customers who donated \$10 or more in-store.

A creative idea evolved into a significant collective impact, raising \$2,490.60 from Aug to Oct 2025. This collaboration highlights the power of imagination and kindness, demonstrating how one act can inspire many. Gratitude is extended to Koi Ming Enterprises and all donors, as each contribution represented a story of generosity and care.

Donors' acknowledgement

\$200,000 and above

Direct Donor Debit Programme Donors
Tong Seng Produce Pte Ltd
Tote Board

\$50,000 - \$199,999

Dance Horizon Troupe (Singapore)
Edwards Lifesciences Foundation
HTM Medico Pte. Ltd.
Mdm Rongzi 蓉子
Neo Group Limited
SEA Limited

\$10,000 - \$49,999

Astrazenecas Singapore Pte Ltd
Bank of Singapore Limited
CA Indosuez (Switzerland) SA
Chew How Teck Foundation
Chuan Lim Construction Pte Ltd
F & N Foods Pte Ltd
Federal Oats Mills Sdn Bhd
KHC Holdings Pte Ltd
Lian Soon Construction Pte Ltd
Lincotrade & Associates Pte Ltd
Malaysia Dairy Industries Pte Ltd
Mellford Pte Ltd

Nestle Singapore (Pte) Ltd
Omron Healthcare Singapore Pte Ltd
OUE Limited
RSM SG Assurance LLP
Sunshine Bakeries
Terumo Asia Holdings Pte. Ltd.
Vino Partners Pte Ltd

\$5,000 - \$9,999

ADDP Architects LLP
Amgen Biotechnology Singapore Pte Ltd
Avi-Tech Electronics Pte. Ltd.
B K W Automobile Pte Ltd
B K W Rent a Car Pte Ltd
Cortina Watch Pte Ltd
Lee Foundation
Leung Kai Fook Medical Co Pte Ltd
Pei Hwa Foundation Limited
Reachfield Security & Safety Management Pte. Ltd.
Singapore Hypertension Society
Singapore Pools (Private) Limited.
Tian Teck Investment Holding Co. Pte. Ltd.

Our Volunteers

Clocked

4,576

volunteer hours

Our volunteers are the heartbeat of everything we do. In FY2025/2026, our dedicated community contributed a remarkable 4,576 hours of service – valued at over \$50,000 (based on a market rate of \$11 per hour). From supporting remote administrative work or energising major events like the National Heart Week/World Heart Day 2025, their commitment keeps our mission moving forward with strength and purpose. Through every contribution, they help us care for more lives and build a healthier Singapore.

Inspired to serve

The passion of our volunteers drives our outreach through action and generosity, creating meaningful connections across the community.



Mary Ang (on right) embodies this spirit. She not only brings warmth to every “Heart-to-Heart” interaction at our roadshows, but also gives generously as a donor, strengthening the programmes she believes in.



May Thet Maung (on left) has been a steadfast support of SHF for many years, and was recognised with the “Steady Supporter Award”.

Friends of SHF Appreciation Day 2026

On 28 Mar 2026, nearly 200 volunteers and supporters gathered at Golden Village Vivo City for a day of gratitude and celebration. Vice Chairman Ms Kay Pang opened the event with a heartfelt address about her service journey, inspiring the community.

The afternoon included heart-healthy activities and an awards segment honouring community dedication, concluding with a screening of “Project Hail Mary as a tribute to generous contributors.



Driven by a personal connection to the cause, **Krishnan Manoharan (on left)** promotes heart health avidly, as a dedicated volunteer and a donor. He also received the “Volunteer of the Year” at the Friends of SHF Appreciation Day 2026.

Empowering the next generation

On 12 and 13 Nov 2025, 46 Assumption Pathway School students and teachers volunteered with us at the Heart Wellness Centre @ Bishan to assemble Salt Taste Test kits and pack goodie bags. Beyond their contributions, they gained valuable knowledge through our Blood Pressure (BP) Awareness Talk and the Restart A Heart Programme. Through this experience, we equipped them with essential skills and inspired them to become confident ambassadors for heart health within their communities.



Students Advocates in Action

We continue to draw inspiration from the energy, creativity and compassion of our youth leaders who champion heart health through the YMCA Youth for Causes programme. These students go beyond fundraising. They serve as passionate heart health ambassadors, bridging generations and bringing our mission into the digital and social spaces of a new generation.

Project Avocardio



Led by a dedicated team from Eunoia Junior College—Grace, Thyriq, Athena and Evelyn—**Project Avocardio** carried forward a meaningful legacy of community care established by their seniors. They approached their mission with creativity and purpose, combining physical activities with engaging

community experiences to raise approximately \$4,842.70.

Their initiatives brought people together in thoughtful and impactful ways. The team organised a Virtual Charity Run that encouraged participation at scale, hosted nature walks at the Flower Dome that promoted well-being through movement and facilitated crochet workshops for our Heart Wellness Programme clients. These workshops created space for social connection, skill-building and the simple joy of learning something new together.

Through their efforts, the team strengthened awareness of heart health while fostering meaningful human connection. In recognition of their creativity and commitment, Project Avocardio was awarded the Merit Award at the YMCA Youth for Causes Award Celebration.



Team Sunsetz

From Serangoon-Anderson Junior College, **Team Sunsetz**—led by Zixiang, Ing Jia, Elton and Kellan—set a strong example of youth-led advocacy in action. Their campaign focused on making heart health visible, accessible and relevant to the wider community, successfully raising \$7,637.30.

They engaged the public through a multi-channel approach that combined education, outreach and fundraising. Through outreach booths and CPR+AED awareness efforts, the team empowered members of the public with essential knowledge and practical life-saving skills, while also sharing simple steps to protect heart health.



To sustain support for heart health programmes, the team organised merchandise sales, street collections and a giving.sg campaign, each contributing to their overall impact. In addition, they

created a meaningful experience for our Heart Wellness Programme clients through a nature walk and picnic at the Botanic Gardens, offering a warm and supportive space for connection, rest and shared joy in nature.

Their exceptional commitment was recognised with the prestigious Distinction Award at the YMCA Youth For Causes Awards Celebration on 10 Jan 2026. This honour was awarded to only 10 out of 80 participating teams, reflecting their outstanding dedication, teamwork and impact.



Future Plans

Deepened advocacy and public outreach

- **Strengthen public advocacy through creative community collaborations**, leveraging creative storytelling and community engagement to raise awareness of heart health through strategic partnerships with media, influencers and other trusted voices.
- **Advance targeted heart health education** by delivering evidence-based public awareness campaigns that improve recognition of women's heart attack symptoms and encourage timely action.



Innovate heart health education and emergency preparedness

- **Develop interactive, technology-enabled learning platforms** to make heart health education and life-saving knowledge more accessible, engaging and impactful for the community.
- **Enhance digital self-learning experiences** by incorporating interactive technologies, gamification and data-driven insights to strengthen emergency preparedness and encourage greater public participation.



Building healthier communities together

- **Instil heart-healthy habits from an early age** through age-appropriate educational resources and programmes that promote healthy lifestyle choices among young children.
- **Expand collaborations with tertiary institutions & empower youths as heart health ambassadors** by equipping them with life-saving skills, preventive health knowledge and the confidence to champion heart health within their families, schools and communities.



Strengthen community and corporate partnerships

- **Launch a new corporate philanthropy programme** that encourages organisations to champion heart health, strengthen corporate social responsibility and foster greater employee participation in wellness and life-saving initiatives.
- **Expand heart health initiatives in workplaces and schools** through dedicated wellness spaces that provide accessible health information and self-learning resources to encourage the adoption of healthier lifestyles and build heart-safe communities.



Statement of Financial Activities

Income	1 Apr 2025 – 31 Mar 2026	%	1 Apr 2024 – 31 Mar 2025	%
Fundraising activities	13,201,519	89	9,497,775	88
Charitable activities	1,503,209	10	1,258,903	12
Governance and operating activities	83,549	1	49,362	–
Other income	–	–	13,892	–
Total	14,788,277	100	10,819,932	100
Expenditure				
Fundraising activities	2,816,704	18	2,102,307	17
Charitable activities	10,654,144	66	8,710,269	70
Governance and operating costs	2,570,541	16	1,646,671	13
Other expenditure	61,002	1	–	–
Total	16,102,391	100	12,459,247	100
Net (loss) / surplus before investment	(1,314,114)		(1,639,315)	
Investment income	1,660,421		1,930,011	
Fair value gain on financial instruments at FVTPL	3,576,227		3,651,538	
Gain on disposal of investment	940,993		349,400	
Net surplus for the year	4,863,527		4,291,634	
Fundraising efficiency (Fundraising expenses / fundraising income)	21%		22%	
SHF's fundraising efficiency of 21% (current year) and 22% (prior year) are well within the Commissioner of Charities guidelines of not exceeding 30%.				
Annual salary bands of key management personnel				
Above \$300,000	2		3	
\$200,001 to \$300,000	1		1	
\$100,000 to \$200,000	5		2	
Below \$100,000	–		2	

Statement of Financial Position

Assets	31 Mar 2026	%	31 Mar 2025	%
Property, plant and equipment	14,170,733	19	15,049,018	21
Investments	49,948,830	65	48,957,768	69
Right-of-use assets	277,539	–	127,700	–
Inventories	12,711	–	13,941	–
Trade and other receivables	345,861	–	398,061	1
Other assets	1,909,124	3	750,319	1
Term deposits	–	–	2,825,300	4
Cash and bank balances	10,103,658	13	3,126,827	4
Total Assets	76,768,456	100	71,248,934	100
Funds and liabilities				
Unrestricted funds				
General fund	42,289,878	55	36,548,872	51
Other reserves	–	–	2,250	–
Infrastructure development fund	30,320,914	40	31,187,880	44
Restricted funds				
Care & Share Matching Grant	5,259	–	13,372	–
Edwards Lifesciences Foundation	102,232	–	104,632	–
Total funds	72,718,283	–	67,857,006	–
Total liabilities	4,050,173	5	3,391,928	5
Total funds and liabilities	76,768,456	100	71,248,934	100

Board members and staff are required to refrain from engaging in activities that may compete with or conflict with the interests of SHF. They must declare any personal or vested interests at least annually or as necessary. The above is a summary of the audited accounts conducted by RSM SG Assurance LLP.

Reserve Policy

At SHF, we manage our reserves responsibly to support our mission and ensure long-term sustainability.

Our reserves comprise unrestricted funds accumulated from annual operating surpluses. These funds provide financial stability and help us meet operational needs and unforeseen circumstances, such as unexpected expenses or a loss of income. Reserves exclude endowment, restricted and designated funds.

The Finance and Investment Committee (FIC) provides strategic oversight of SHF’s reserves and investments, and reports regularly to the SHF Board. Guided by the FIC’s recommendations, the Board reviews reserve levels regularly to ensure they remain sufficient to support SHF’s programmes,

operations and future commitments. Throughout the year, we exercised financial prudence through careful planning and cost management. We also secured grants and pro bono support for initiatives in governance, cybersecurity and technology improvements, enabling us to strengthen our capabilities while maximising resources for our beneficiaries.

We review our reserves regularly to maintain a sustainable funding structure, taking into account future needs, projected income and operating cash flow.

The Reserves Policy Guide for Charities recommends the use of the reserve ratio as an indicator for assessing the adequacy of a charity’s reserves. The reserve ratio is computed as follows:

Reserves position as at 31 Mar 2026	Current Year	Previous Year	% increase / (decrease)
(A) Unrestricted general funds (reserves) at the end of a financial year	\$35,934,064	\$32,070,872	12.0%
(B) Annual operating expenditure for the year	\$16,109,052	\$12,383,771	30.1%
Ratio of reserve (exclude investments accumulated unrealised fair value gain or loss) [Formula of reserves ratio = (A) Total unrestricted general fund / (B) Annual operating expenditure]	2.23:1	2.59:1	

Environment and Social Impact

In FY2025/2026, we strengthened our commitment to sustainability, social responsibility and organisational resilience through purposeful and energetic efforts to care for the environment, uplift communities and empower our people towards a healthier future.

Strengthening environment stewardship

We continued to strengthen our commitment to environmental stewardship through practical initiatives across our operations and programmes. These efforts foster environmentally responsible practices within our workplaces while encouraging greater awareness among staff and stakeholders.

Staff engagement and education were a priority during the year, with the launch of the “Hearth & Home” community on our Viva Engage platform. It is a dedicated channel for sharing sustainability-related updates, resources and practical tips regularly.

Our key initiatives were focused on

energy conservation, waste reduction and sustainable event practices. Highlights included the celebration of Earth Hour through a lunchtime lights-off initiative, the placement of reminder wobblers at office light switches to encourage energy-saving habits across all locations, and the introduction of recycling bins alongside enhanced recycling practices. We also promoted the use of water dispensers and environmentally conscious event materials for all our community activities and events.

Expanding community safety and resilience

We expanded our efforts in community safety and resilience by strengthening programmes that equip individuals with life-saving knowledge and skills. Our AED on Loan Programme supported 22 events, enhancing on-site cardiac safety through repurposed AEDs. Under Project Heart, we trained more than 9,000 individuals in CPR+AED skills. To broaden public access to CPR education, we deployed 30 CPR Self-Learning Kiosks across 69

locations islandwide.

Ongoing advocacy led to increased registrations on the myResponder app, bolstering Singapore’s network of over 260,000 Community First Responders. We also institutionalised regular CPR+AED training for caregivers and clients to reinforce confidence and readiness in emergencies.

Caring for our workforce and community

We focused on workforce care through preventive health benefits, including annual screenings and flu vaccinations, and initiatives like Walk the Ground and Give a Bravo to strengthen team connections. Employees participated in over 1,800 training hours via the Critical Core Skills Framework, promoting continuous growth. We also enhanced our compensation framework to attract talent, develop leadership skills and boost organisational resilience.

Corporate Governance

Constitution

Established on 14 Jan 1970, the Singapore Heart Foundation (SHF) is a registered charity that adheres to the Charity Council's Code of Governance. In recognition of its commitment to accountability and transparency, SHF was awarded the Charity Transparency Award 2024.

The Board serves two-year terms and provides strategic leadership and governance to advance SHF's mission of promoting heart health and reducing the risk of cardiovascular disease. While Board appointments are renewed every two years, SHF places strong emphasis on leadership

continuity, sound governance and a balanced mix of expertise. This approach has enabled several Chairpersons to serve for more than a decade, providing consistent stewardship through key phases of the Foundation's growth.

Since his appointment as Chairman in 2019, Professor Tan Huay Cheem has brought extensive clinical, academic and healthcare leadership experience to the Board. His expertise, strategic insights and unwavering commitment to improving heart health continue to provide strong leadership and governance, supporting SHF in advancing its mission and long-term strategic priorities.

Name	Member status	Years in SHF	Past board appointments	Member of the Singapore Cardiac Society
Prof Tan Huay Cheem	Elected	19	- Member, 24 Jun 2006 - Honorary Secretary, 30 Jun 2007	Yes
Clin A/Prof Jack Tan	Elected	8	- Member, 23 Sep 2017 - Asst Honorary Secretary, 18 Sep 2021 - Honorary Secretary, 16 Sep 2023	Yes
Ms Kay Pang	Elected	3	Member, 16 Sep 2023	-
Clin A/Prof Ching Chi Keong	Elected	5	- Member, 24 Mar 2021 - Asst Honorary Secretary, 16 Sep 2023	Yes
Asst Prof Yeo Tee Joo	Elected	5	Member, 24 Mar 2021	Yes
Ms Alicia Foo	Elected	2	Member, 7 Sep 2024	-
Mr Anupam Bhattacharya	Elected	1	-	-
Mr Chia Song Leng	Elected	2	-	-
Mr John Chin	Elected	1	-	-
Clin Asst Prof Muhammad Bin Idu Jion	Elected	1	-	-
Dr Ong Chen Hui	Elected	1	-	-
Prof Marcus Ong	Elected	3	-	-

Board governance

The Board of Directors acts in the best interests of SHF, its beneficiaries and donors to achieve its mission. No member of the Board holds a staff appointment, and no staff member is part of the Board. SHF also limits the Treasurer's appointment to a maximum of four consecutive years to encourage good governance and renewal. Board members, who have served on the Board for more than ten years, continue to contribute valuable expertise, particularly in medicine and other relevant sectors that support SHF's work and growth. Their experience, dedication and passion strengthen SHF's ability to serve the community effectively.

To align with our Code of Governance for Charities and IPCs, SHF introduced a Board transition plan that includes succession planning and the appointment of new Board members with diverse skills and experience to support SHF's future growth. These include areas such as legal, finance, audit, human resources, and technology.

SHF also conducts annual self-evaluation to assess the Board's effectiveness and performance. To encourage continuous learning, SHF regularly shares training opportunities such as formal courses and webinars organised by the Social Service Training Institute, Singapore Institute of Directors and Pro Bono SG.

Board meetings and attendance

During the financial year, SHF conducted four Board meetings and one Annual General Meeting, led by a Board Director. Attendance for each Director is detailed in the accompanying table.

Name	AGM	Board Meetings
Prof Tan Huay Cheem	1	4
Clin A/Prof Jack Tan	1	4
Ms Kay Pang	1	4
Clin A/Prof Ching Chi Keong	1	3
Asst Prof Yeo Tee Joo	1	4
Ms Alicia Foo	1	4
Mr Anupam Bhattacharya	1	3
Mr Chia Song Leng	1	2
Mr John Chin	0	2
Clin Asst Prof Muhammad Bin Idu Jion	1	3
Dr Ong Chen Hui	1	2
Prof Marcus Ong	1	3

The Board strives to ensure sufficient diversity of skills and competencies among its members. All Board Directors are independent and do not have family, employment, business or other relationships with SHF that may compromise their judgement. Where potential conflicts may arise, SHF places the interests of the organisation and its donors above all else.

The Board comprises professionals from diverse fields, including medicine, accounting and finance, law, education, technology and management. This diversity enables SHF to make balanced and informed decisions that support the organisation's long-term mission and sustainability.

To strengthen oversight and accountability, SHF established several committees that support the Board across key operational areas. These committees oversee community education, fundraising, cardiac rehabilitation, research, Heart Support Fund disbursement, finance, audit and risk, human resource, schools programme and Heart Safe initiatives.

Each committee reports regularly to the Board, including the circulation of meeting minutes where applicable. SHF also reviews all committee Terms of Reference regularly to ensure they remain relevant and effective. Brief descriptions of the Terms of Reference for the Board and its committees are available on its website at www.myheart.org.sg.

Strategic planning

The Board regularly reviews SHF's Strategic Plans and provides guidance to strengthen the organisation's impact and sustainability. In Apr 2024, SHF's Senior Leadership Team and key staff members came together for a full-day strategic planning session. The Board further refined the outcomes during consultation in Jul 2024.

This collaborative process resulted in a three-year plan for each division, aligned with SHF's six organisational aspirations:

- Collaborate with relevant stakeholders
- Authority on cardiovascular disease advocacy
- Roll out new services and programmes for preventive health and community care
- Develop self and team through continuous learning, to be "future ready"
- Innovate through establishing a hub for creativity and ideas
- Outreach through meaningful and impactful community education

The approved strategic plan provides a clear framework to guide SHF's priorities and resource allocation from FY2025/2026 to FY2027/2028.

Several new initiatives and programme expansions highlighted in this report are already underway.

One key initiative includes a plan to establish SHF's fourth Heart Wellness Centre in eastern Singapore. This new centre will improve access to subsidised cardiac rehabilitation and preventive care for communities in underserved areas, bringing quality heart care closer to those who need it most.

Conflict of interest

SHF has established clear procedures to help the Board, staff and volunteers avoid conflict of interest. All Board directors and staff must declare any actual, perceived or potential conflicts of interest upon joining SHF and annually thereafter. They must also submit new declarations whenever potential conflicts arise.

Board Directors and staff are expected to avoid actual and perceived situations where personal interests may influence, or appear to influence, SHF's decisions, business transactions or partnerships. When conflicts arise, they must promptly disclose the relevant interests, recuse themselves from discussions and decision-making and abstain from voting on the matter.

Governance, financial management and controls

The Board ensures that SHF maintains strong internal controls and sound financial management practices. It regularly reviews SHF's Delegation of Authority, financial and procurement policies, operational processes, key programmes and outcomes. The Board also ensures that SHF allocates resources responsibly and uses them effectively to maximise community impact. Procedures are also in place to ensure that SHF complies with all applicable laws, rules and regulations.

The Finance and Investment Committee (FIC) provides oversight of SHF's financial management, financial controls and investment of assets. The Committee reviews and approves SHF's quarterly financial performance and annual budget before recommending them to the Board for approval. The Committee ensures that SHF complies with the requirements in the Financial Reporting Standards (FRS), the Societies Act and the Charities Act, the Code of Governance for Charities and IPCs, and all other applicable laws, rules and regulations. The FIC manages SHF's funds with care, skill, prudence and diligence, and acts in the best interests of SHF. It also makes policy recommendations to the Board for approval. To achieve SHF's investment objectives, qualified external fund managers are engaged to manage the investment portfolio. The Committee monitors and evaluates the performance of the appointed external fund managers on a quarterly basis, reports investment performance to the Board, and advises the Board on investment-related matters.

The Audit and Risk Committee (ARC) independently oversees SHF's internal controls, risk management and financial reporting in compliance with regulatory and legal requirements. The Committee is responsible for assisting the Board in fulfilling its oversight and fiduciary responsibilities while acting in the best interests of SHF's donors and stakeholders. It reviews the efficiency and effectiveness of SHF's internal controls, including operational and compliance controls, risk management and compliance monitoring. The ARC also assesses the adequacy of SHF's corporate governance, policies and procedures, as well as the extent of compliance with those policies and good practices.

To fulfil these responsibilities, the ARC has full access to, and the full co-operation of, the management team and staff. It also has direct access to both external and internal auditors to investigate all matters within its terms of

reference. The ARC reviews and approves the audit plans of external and internal auditors to ensure that sufficient resources are allocated to address key business risks. Internal controls (both operational and compliance) and business and financial risk management policies are reviewed regularly by the ARC to assess their effectiveness. These reviews are conducted annually by the external or internal auditors.

In FY2025/2026, the internal auditors focused on key internal control areas, including Human Resource and Payroll Processing and Expenditures, Payments and Claims. Based on the internal audit findings, four medium-priority and two low-priority recommendations were made. These internal audit reports were then presented to the ARC for deliberation to ensure the timely and adequate closure of audit findings. As at the end of this financial year, all internal audit recommendations had been fully implemented, and their closure had been reviewed and approved by the ARC.

SHF adopts a strategic Enterprise Risk Management (ERM) process that includes an annual analysis of its major risks assessed against SHF's risk appetite. Working together with the risk owners, the ERM Committee, consisting of key management staff, play a critical role in managing the organisation's risks. Controls are updated regularly to ensure that major risks are addressed appropriately. Yearly risk monitoring reviews are conducted and reported to the ARC for its assessment. More emphasis has been placed on the areas of Personal Data Protection Act (PDPA) compliance and cybersecurity in recent years.

The enhanced ERM framework and updated policy were approved by the SHF board in Mar 2024. SHF continues the engagement with SSC to strengthen the ERM framework and maintain a forward-looking ERM roadmap, focusing on

sustainability and continuous improvement.

The Board delegates the day-to-day management of SHF to the management team led by the CEO.

Fundraising practices

SHF conducts all fundraising activities with honesty, integrity and accountability to maintain public trust and confidence. SHF ensures that all fundraising materials provide accurate and relevant information without misrepresentation or material omission.

SHF also ensures that all donations are used according to donors' intentions and the purposes communicated during fundraising activities. The organisation respects and protects donor confidentiality at all times, in full compliance with the PDPA

Whistle-blowing

SHF's whistle-blowing policy empowers stakeholders to raise genuine concerns about any aspect of SHF's operations, including serious breaches of the Code of Conduct by employees, in safe and secure manner. The policy encourages the reporting of concerns in good faith without the fear of retaliation or other adverse consequences.

SHF remains committed to fostering a positive, inclusive and ethical working environment. All activities are conducted with the utmost care and concern for all stakeholders, with the interests of our beneficiaries as a priority. SHF has zero tolerance for misconduct by Board members, volunteers, staff or service providers. In FY2025/2026, no whistleblowing feedback was reported.

Disclosure and transparency

SHF makes available to its stakeholders an

annual report that includes information on its programmes, activities, audited financial statements and information about the Board and Management of SHF. The annual report and financial statements are publicly available on www.myheart.org.sg.

All Board Directors serve voluntarily and are not remunerated for their services. There are no close members of the family of the executive head or board members being employed by SHF.

The Human Resources Committee reviews and approves employee compensation and benefits packages, including the performance bonus recommended by the Management. No staff is involved in determining his or her own remuneration. The annual remuneration of its key management staff is disclosed in bands of \$100,000 in accordance with the code of governance.

Public image

SHF recognise that maintaining a strong and positive public image is integral to effective corporate governance. Beyond fulfilling our legal obligations, we are deeply committed to upholding the highest standards of lawful and ethical conduct. It requires that Board Directors and employees conduct themselves in a manner that complies with all applicable laws, rules and regulations, internal policies and code of conduct. Every action we take reflects not only on our organisation but also on the broader community we serve.

In line with our mission to promote heart health and prevent cardiovascular disease, SHF actively upholds its core values and leverages them to guide decision-making, behaviour and public interactions. All members of SHF are expected to conduct themselves with honesty, transparency and respect for others, ensuring their actions always align with these values.

Public image is shaped not only by our programmes and services but also through the various mediums we use to engage stakeholders. These include traditional platforms such as print publications, media coverage and community outreach events, as well as digital channels like our website, email newsletters and social media platforms. Through these mediums, SHF shares impactful stories, health education initiatives and key organisational updates, all while reinforcing our commitment to the public good.

Effective public communications are essential in preserving and enhancing our image. SHF ensures that all external communications are clear, accurate and respectful. Communication should be timely and consistent, providing factual information and avoiding exaggeration or misleading content. Any statements issued on behalf of SHF are carefully reviewed to ensure they are appropriate, sensitive to community needs, and aligned with the organisation's values and internal policies.

For public communications conducted physically as well as media engagements, SHF Board directors and employees are required to conduct themselves with the utmost professionalism and integrity in all their activities, whether related to fundraising, event and programme implementation, financial management, public speaking or presentation on behalf of SHF, or any other aspect of SHF's work. To maintain consistent messaging and accurate information dissemination, the Management team has appointed designated spokesperson/s who bear the responsibility of representing SHF in communication with the media.

In situations involving public scrutiny or unexpected incidents, SHF adopts a calm, transparent and responsible approach to communications. We acknowledge concerns openly, provide relevant information where appropriate, and explain the steps being taken to

address any issues. Our crisis communication practices are designed to safeguard the Foundation's credibility while maintaining the trust of our beneficiaries, supporters and partners.

Ultimately, SHF's commitment to a strong public image reflects our dedication to being a responsible, trustworthy, and community-centred organisation. Through lawful and ethical behaviour, alignment with our core values, responsible use of communication platforms and thoughtful engagement with the public, SHF continues to uphold and project a positive public image and remains a shining beacon of hope and impactful change to the lives of those it aims to serve and the community at large.

Personal data protection act

SHF remains committed to safeguarding the personal data entrusted to us and complying with the requirements of Singapore's Personal Data Protection Act 2012 (PDPA).

During the year, SHF continued to strengthen its data protection and cybersecurity practices through regular reviews of policies and procedures, staff awareness and training programmes, robust access control measures, and ongoing monitoring of its information systems. We also maintained processes for the secure collection, use, disclosure, retention, and disposal of personal data in accordance with applicable legal and regulatory requirements.

As part of our commitment to continuous improvement, SHF will continue to enhance its data protection framework and cybersecurity capabilities to safeguard the confidentiality, integrity, and availability of personal data, while supporting the organisation's operational effectiveness and service delivery objectives.

SHF's Privacy Policy is available on our website at www.myheart.org.sg.

Corporate Governance Checklist

Call for action		Code ID	Did the charity put this principle into action?
Principle 1: The charity serves its mission and achieves its objectives.			
1	Clearly state the charitable purposes (For example, vision and mission, objectives, use of resources, activities, and so on) and include the objectives in the charity's governing instrument. Publish the stated charitable purposes on platforms (For example, Charity Portal, website, social media channels and so on) that can be easily accessed by the public.	1.1	Yes
2	Develop and implement strategic plans to achieve the stated charitable purposes.	1.2	Yes
3	Have the Board review the charity's strategic plans regularly to ensure that the charity is achieving its charitable purposes, and monitor, evaluate and report the outcome and impact of its activities.	1.3	Yes
4	Document the plan for building the capacity and capability of the charity and ensure that the Board monitors the progress of this plan. "Capacity" refers to a charity's infrastructure and operational resources while "capability" refers to its expertise, skills and knowledge.	1.4	Yes
Principle 2: The charity has an effective Board and Management.			
5	The Board and Management are collectively responsible for achieving the charity's charitable purposes. The roles and responsibilities of the Board and Management should be clear and distinct.	2.1	Yes
6	The Board and Management should be inducted and undergo training, where necessary, and their performance reviewed regularly to ensure their effectiveness.	2.2	Yes
7	Document the terms of reference for the Board and each of its committees. The Board should have committees (or designated Board member(s)) to oversee the following areas*, where relevant to the charity: 1. Audit 2. Finance * Other areas include Programmes and Services, Fund-raising, Appointment/ Nomination, Human Resource and Investment.	2.3	Yes
8	Ensure the Board is diverse and of an appropriate size, and has a good mix of skills, knowledge and experience. All Board members should exercise independent judgement and act in the best interest of the charity.	2.4	Yes

Call for action		Code ID	Did the charity put this principle into action?
9	Develop proper processes for leadership renewal. This includes establishing a term limit for each Board member. All Board members must submit themselves for re-nomination and reappointment, at least once every three years.	2.5	Yes
10	Develop proper processes for leadership renewal. This includes establishing a term limit for the Treasurer (or equivalent position). For Treasurer (or equivalent position) only: 1. The maximum term limit for the Treasurer (or equivalent position like a Finance Committee Chairman, or key person on the Board responsible for overseeing the finances of the charity) should be four consecutive years. If there is no Board member who oversee the finances, the Chairman will take on the role. a. After meeting the maximum term limit for the Treasurer, a Board member's reappointment to the position of Treasurer (or an equivalent position may be considered after at least a two-year break. b. Should the Treasurer leave the position for less than two years, and when he/she is being re-appointed, the Treasurer's years of service would continue from the time he/she stepped down as Treasurer.	2.6	Yes
11	Ensure the Board has suitable qualifications and experience, understands its duties clearly, and performs well. 1. No staff should chair the Board and staff should not comprise more than one-third of the Board.	2.7	Yes
12	Ensure the Management has suitable qualifications and experience, understands its duties clearly, and performs well. 1. Staff must provide the Board with complete and timely information and should not vote or participate in the Board's decision-making.	2.8	Yes

Call for action		Code ID	Did the charity put this principle into action?
13	The term limit for all Board members should be set at 10 consecutive years or less. Re-appointment to the Board can be considered after at least a two-year break. For all Board members: - Should the Board member leave the Board for less than two years, and when he/she is being re-appointed, the Board member's years of service would continue from the time he/she left the Board. - Should the charity consider it necessary to retain a particular Board member (with or without office bearers' positions) beyond the maximum term limit of 10 consecutive years, the extension should be deliberated and approved at the general meeting where the Board member is being re-appointed or re-elected to serve for the charity's term of service. (For example, a charity with a two-year term of service would conduct its election once every two years at its general meeting). - The charity should disclose the reasons for retaining any Board member who has served on the Board for more than 10 consecutive years, as well as its succession plan, in its annual report.	2.9a 2.9b 2.9c	Partial Compliance Board members who have served on the Board for more than ten years continue to contribute valuable expertise, particularly in medicine and other relevant sectors that support SHF's work and growth. Their experience, dedication, and passion strengthen SHF's ability to serve the community effectively. To align with the Code of Governance, SHF has introduced a Board transition plan that includes succession planning and the appointment of new Board members with diverse skills and experience to support SHF's future growth.
14	For Treasurer (or equivalent position) only: A Board member holding the Treasurer position (or equivalent position like a Finance Committee Chairman or key person on the Board responsible for overseeing the finances of the charity) must step down from the Treasurer or equivalent position after a maximum of four consecutive years. a. The Board member may continue to serve in other positions on the Board (except the Assistant Treasurer position or equivalent), not beyond the overall term limit of 10 consecutive years, unless the extension was deliberated and approved at the general meeting – refer to 2.9.b.	2.9d	Yes

Call for action		Code ID	Did the charity put this principle into action?
Principle 3: The charity acts responsibly, fairly and with integrity.			
15	Conduct appropriate background checks on the members of the Board and Management to ensure they are suited to work at the charity.	3.1	Partial Compliance Reference checks are conducted for all new hires. For new committee or board members, background checks are conducted internally and approved by nomination committee
16	Document the processes for the Board and Management to declare actual or potential conflicts of interest, and the measures to deal with these conflicts of interest when they arise. A Board member with a conflict of interest in the matter(s) discussed should recuse himself/herself from the meeting and should not vote or take part in the decision-making during the meeting.	3.2	Yes
17	Ensure that no Board member is involved in setting his/her own remuneration directly or indirectly.	3.3	Yes
18	Ensure that no staff is involved in setting his/her own remuneration directly or indirectly.	3.3	Yes
19	Establish a Code of Conduct that reflects the charity's values and ethics and ensure that the Code of Conduct is applied appropriately.	3.4	Yes
20	Take into consideration the ESG factors when conducting the charity's activities.	3.5	Yes
Principle 4: The charity is well-managed and plans for the future.			
21	Implement and regularly review key policies and procedures to ensure that they continue to support the charity's objectives. Ensure the Board approves the annual budget for the charity's plans and regularly reviews and monitors its income and expenditures (For example, financial assistance, matching grants, donations by board members to the charity, funding, staff costs and so on).	4.1a	Yes

	Call for action	Code ID	Did the charity put this principle into action?
22	Implement and regularly review key policies and procedures to ensure that they continue to support the charity's objectives. 2. Implement appropriate internal controls to manage and monitor the charity's funds and resources. This includes key processes such as: a. Revenue and receipting policies and procedures; b. Procurement and payment policies and procedures; and c. System for the delegation of authority and limits of approval.	4.1b	Yes
23	Seek the Board's approval for any loans, donations, grants, or financial assistance provided by the charity which are not part of the core charitable programmes listed in its policy. (For example, loans to employees/subsidiaries, grants or financial assistance to business entities).	4.2	Yes
24	Regularly identify and review the key risks that the charity is exposed to and refer to the charity's processes to manage these risks.	4.3	Yes
25	Set internal policies for the charity on the following areas and regularly review them: 1. Anti-Money Laundering and Countering the Financing of Terrorism (AML/CFT) 2. Board strategies, functions, and responsibilities 3. Employment practices 4. Volunteer management 5. Finances 6. Information Technology (IT) including data privacy management and cyber-security 7. Investment (obtain advice from qualified professional advisors if this is deemed necessary by the Board) 8. Service or quality standards 9. Other key areas such as fund-raising and data protection	4.4	Yes
26	The charity's audit committee or equivalent should be confident that the charity's operational policies and procedures (including IT processes) are effective in managing the key risks of the charity.	4.5	Yes
27	The charity should also measure the impact of its activities, review external risk factors and their likelihood of occurrence, and respond to key risks for the sustainability of the charity.	4.6	Yes
Principle 5: The charity is accountable and transparent.			
28	Disclose or submit the necessary documents (such as Annual Report, Financial Statements, GEC, and so on) in accordance with the requirements of the Charities Act, its Regulations, and other frameworks (For example, Charity Transparency Framework and so on).	5.1	Yes
29	Generally, Board members should not receive remuneration for their services to the Board. Where the charity's governing instrument expressly permits remuneration or benefits to the Board members for their services, the charity should provide reasons for allowing remuneration or benefits and disclose in its annual report the exact remuneration and benefits received by each Board member.	5.2	Yes

	Call for action	Code ID	Did the charity put this principle into action?
30	The charity should disclose the following in its annual report: 1. Number of Board meetings in the year; and 2. Each Board member's attendance.	5.3	Yes
31	The charity should disclose in its annual report the total annual remuneration (including any remuneration received in the charity's subsidiaries) for each of its three highest-paid staff, who each receives remuneration exceeding \$100,000, in incremental bands of \$100,000. Should any of the three highest-paid staff serve on the Board of the charity, this should also be disclosed. If none of its staff receives more than \$100,000 in annual remuneration each, the charity should disclose this fact.	5.4	Yes
32	The charity should disclose in its annual report the number of paid staff who are close members of the family of the Executive Head or Board members, and whose remuneration exceeds \$50,000 during the year. The annual remuneration of such staff should be listed in incremental bands of \$100,000. If none of its staff is a close member of the family of the Executive Head or Board members and receives more than \$50,000 in annual remuneration, the charity should disclose this fact.	5.5	Yes
33	Implement clear reporting structures so that the Board, Management, and staff can access all relevant information, advice, and resources to conduct their roles effectively. 1. Record relevant discussions, dissenting views and decisions in the minutes of general and Board meetings. Circulate the minutes of these meetings to the Board as soon as practicable.	5.6a	Yes
34	Implement clear reporting structures so that the Board, Management, and staff can access all relevant information, advice, and resources to conduct their roles effectively. 1. The Board meetings should have an appropriate quorum of at least half of the Board, if a quorum is not stated in the charity's governing instrument.	5.6b	Yes
35	Implement a whistle-blowing policy for any person to raise concerns about possible wrongdoings within the charity and ensure such concerns are independently investigated and follow-up action taken as appropriate.	5.7	Yes
Principle 6: The charity communicates actively to instil public confidence.			
36	Develop and implement strategies for regular communication with the charity's stakeholders and the public (For example, focus on the charity's branding and overall message, raise awareness of its cause to maintain or increase public support, show appreciation to supporters, and so on).	6.1	Yes
37	Listen to the views of the charity's stakeholders and the public and respond constructively.	6.2	Yes
38	Implement a media communication policy to help the Board and Management build positive relationships with the media and the public.	6.3	Yes

Headquarters

510 Thomson Road
#09-00 SLF Building
Singapore 298135

T: 6354 9340

Heart Wellness Centres

Bishan

9 Bishan Place,
#07-01 Junction 8 (Office Tower)
Singapore 579837

T: 6354 9348

Fortune

190 Middle Road
#04-34 Fortune Centre (Retail Section)
Singapore 188979

T: 6336 9337

Gombak

810 Bukit Batok West Avenue 5
#02-02 Bukit Gombak Sports Hall
Singapore 659088

T: 6337 9318



Singapore Heart Foundation

UEN no.: S70SS007H

W: www.myheart.org.sg | E: info@heart.org.sg
Whistle-blowing email: auditchairman@heart.org.sg