

Million Hearts Promotional Items

Exclusively For Faith-Based Organizations
 Enlisted in Virginia’s Congregations for Million Hearts
All quantities are subject to inventory availability

In support of your participation in the Virginia’s Congregation for Million Hearts initiative, we would like to make some items available for your events so that you may meet your goals to improve heart health. Please note, in order to receive these free items, your organization must meet the following criteria:

Tier Definitions

Tier 1	Tier 2A	Tier 2B	Tier 3
“MH Participant”	“Active Participant”	“Active Participant”	“Champion Participant”
Registered member of VA Million Hearts	Registered member of VA Million Hearts	Registered member of VA Million Hearts	Registered member of VA Million Hearts
General educational discussion tied to heart health	Event must be related to nutrition, e.g. healthy eating/cooking classes	Event must be related to fitness, e.g. walk-a-thon	Group fitness activity scheduled
*Limit two items	*Limit one item per event.	*Limit one item per event.	*Limit one item per event.
Available for signing up with VA Million Hearts	At least 1 MH champion event/activity scheduled	At least 1 MH champion event/activity scheduled	At least 3 MH champion events/activities in the last 6 months

You must meet all requirements for each tier to receive the corresponding items. For example, if you would like exercise mats, you must be a registered member of Million Hearts, have a group fitness activity scheduled, and have completed at least 3 champion events/activities in the last 6 months.

Promo Item	Tier Level	Limit Per Request	Million Hearts Event Criteria
Bookmarks	1	100	General educational discussion related to heart health
Hand Sanitizers	1	20	General educational discussion related to heart health
Large Tote Bags	2A	20	Healthy meals event (cooking/shopping)
Lunch Bags	2A	20	Healthy meals event (cooking/shopping)
Pedometers	2B	50	Walking event/challenge or other fitness event
Arm bands	2B	20	Walking event/challenge or other fitness event
Exercise mats	3	10	Group fitness activity Must have completed 3 events/activities in last 6 months
Stretch expanders	3	25	Group fitness activity Must have completed 3 events/activities in last 6 months

All requests must be made using the Promo Item Request Form. * Contact OMHHE for requests beyond scope of guidance. For the purpose of inventory control, electronic submission of request forms is encouraged.

Requests for promotional items must be made at least 10 business days before your event.