Introduction
Princess Margaret Hospital (PMH) has a vision to promote the wellbeing and health of people. Since 1995, PMH launched a hospital-wide Heart-Health Promotion Program for healthcare workers and hospital volunteers every 2 years.

Objectives
The aims were to promote cardiovascular health and workplace wellness.

Methodology
PMH Community Health Resource Centre (CHRC) was responsible to coordinate the Heart-Health Promotion Program. The Program included (1) screening tests of fasting lipoprotein profile and blood glucose; and (2) health education of healthy diet and physical activity. Funding support was sought from the PMH Charitable Trust. Thirty-seven clinical or non-clinical Departments were engaged in the promotion and enrolment of subjects. Staff volunteers were recruited to offer blood collection service. Expertise and resources were assembled to support Laboratory logistics, administrative workflow, quality control and health education.

Result
Result: From February to July 2014; there were 2,033 (47% of total staff in PMH) healthcare workers and 68 hospital volunteers joined the Heart-Health Promotion Program. 79% of the subjects were female. Their mean level of total cholesterol was 5.2mmol/L (SD: 0.9), ranging from 2.3 to 9.4mmol/L. 48% of the total subjects were identified of borderline high (5.2–6.2mmol/L) or high (>6.2mmol/L) level of total
cholesterol. While the mean of fasting glucose was 5.1mmol/L (SD: 0.8), ranging from 2.8 to 16.4mmol/L. 87% of them were revealed of normal fasting glucose level. On 28 July 2014, the participants were invited to join a health promotion activity offering a healthy luncheon and a relaxation exercise class. Conclusion: A robust system is in place to promote better health and wellbeing of staff in PMH. Heart-Health Promotion Program is sustaining the momentum and creating an enabling environment for healthy behaviors among workers.