



Cardiac Ready Community TIMELINE BLUEPRINT

*A flexible guide to help communities move from
Letter of Intent to designation and stay connected afterward.*

START HERE: Community Champion Connection (Month 1)

Community Actions:

- Identify a community champion and assemble a community team to lead local Cardiac Ready efforts.
- Connect with the Cardiac Ready Community Program lead:
Stephanie.hanson@sdfmc.org
- Sign [letter of intent](#) and submit to [Stephanie Hanson](#).
- One-on-one virtual onboarding meeting:
 - Walk through the application
 - Review of 5 focus areas
 - Identify “early wins”
 - Answer questions
- Access application materials, resources, and implementation guidance through the [DOH website](#)
- Notify local elected officials and community leaders of the community’s commitment to becoming a Cardiac Ready Community. (See Media & Community Outreach Toolkit)
- Share the community’s commitment through a local press release and/or social media announcement. (See Media & Community Outreach Toolkit)

Program Support:

- Be paired with a mentor from the Technical Advisory Committee (TAC).
- Receive a follow-up email with application materials, resources and links, templates, and blueprint.
- Access monthly Office Hours for questions, guidance, and technical assistance.
- Receive ongoing guidance and support through monthly check-ins with a TAC team mentor.



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PHASE 1: Early Wins & Momentum (Month 2)

Purpose statement: Build confidence and visible progress by completing one or two “early win” focus areas. Start with areas most achievable to help engage partners, such as CPR/AED training or identifying AED locations.

Focus:

- Early Access to Emergency Care
- Early Defibrillation & AED Identification

Examples:

- CPR/AED trainings
- AED identification and mapping
- Community awareness activities

PHASE 2: Systems & Community Health (Months 3 - 5)

Purpose statement: Strengthen coordination, partnerships, and system-level readiness. Focus on advanced cardiac care processes and community heart health efforts that support long-term impact.

Focus:

- Early Advanced Cardiac Arrest & Post-Cardiac Arrest Care
- Community Heart Health
 - Utilize the Community Heart Health Guide to help identify priorities, strengthen partnerships, and support community action planning throughout the designation process. (See Community Heart Health Guide)

Examples:

- EMS and dispatch coordination
- Care protocols
- Heart health education or screening events



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PHASE 3: Sustainability & Final Review (Months 6 - 8)

Purpose statement: Develop sustainability plans, set goals for the years following designation, and ensure all required documentation is complete and ready for submission.

Focus: Sustainability Plan

Includes:

- Ongoing CPR/AED training plans
- AED maintenance and placement plans
- Annual goals and tracking measures
- Community partnerships

PHASE 4: Submission & Recognition (Months 9 - 12)

Purpose statement: Submit completed application and prepare for designation recognition. This is a time to celebrate accomplishments and reflect on how systems and partnerships have grown.

- Complete final steps to submit completed application
- Submit application
- Final review with program lead
- Possible site visit and designation recognition
- Celebrate and share the community's Cardiac Ready Community designation with community partners, elected officials, local media, and the public. (See Media & Community Outreach Toolkit)

Ongoing After Designation (3 Years)

Purpose statement: Maintaining momentum. Track progress, participate in annual check-ins after designation, and use the sustainability plan to prepare for renewal at year three.

- **Year 1 - community engagement, sustainable plan, community heart health activities.**
- **Year 2 - community heart health activities & sustainable plan.**
- **Year 3 - community heart health activities, sustainable plan & redesignation.**



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Support & Accountability

- Champion onboarding meeting (early, one-on-one)
- Monthly virtual office hours (optional)
- Monthly check-ins (expected & supportive)
- Additional virtual meetings as needed
- Flexible timeline — steady progress encouraged
- **This Blueprint is a guide. Every community's path may look different.**