



Stroke Hero Awards 2020 Entry Guidelines

Our newly redesigned Stroke Hero Awards will be presented in five categories to those who educate, inspire and bring awareness about stroke locally or nationally.

How to enter:

- Submit entries online via our website at stroke.org/heroawards. Limit one nomination per category (four nominations total).
- Once a nomination is submitted, it can't be modified or edited and is considered final. We'll let you know we have it within 48 business hours.
- Feel free to submit up to three supporting materials (e.g., photos, videos/video links, PDFs) with each nomination. Each attachment must be 100 MB or smaller.
- All nominations must be submitted by 11:59 p.m. CST on Friday, Jan. 31, 2020.
- More information is available at stroke.org/heroawards. Send questions to strokeheroes@heart.org.

All nominations require:

- Contact information for person submitting nomination and nominee
- A brief overview of why the nominee should win
- A detailed response about how the nominee educates, inspires and brings awareness to stroke locally or nationally
- Agreement to the Stroke Hero Awards rules
- Submission in English. (If English isn't your first language, feel free to draft the nomination in the language you are most comfortable with and work with a friend, family member or colleague to translate it before submitting.)

Helpful extras (not required, but nice to have):

- Details or examples that help the judging panel to connect to the nominee's story and help describe why they are unique.
- Numeric or quantitative data (to indicate numbers of people reached, improvements made).
- One to three supplemental items (e.g., photos, videos/video links, PDFs) to help depict the nominee's story. Attachments must be 100 MB or smaller.