

ZDOROVY is a humanitarian organisation that is currently a provider of changes in the healthcare sector. We are investing in the implementation of New Medicine. We have direct contacts with hospitals all over Ukraine, and the in-depth analytics of our team's experts provide an understanding of the current needs of the sector.

In 2022-2024, ZDOROVY:

- raised \$21 million, as of now, and another \$1 million to support healthcare;
- won first place in the Charitable Ukraine 2023 competition in the Healthcare Charity category;
- became one of the three healthcare foundations in the TOP 50 Charitable Foundations of Ukraine according to Forbes;
- ZDOROVY is recognised as critical in wartime;
- we are members of the SAG Healthcare Cluster and the National Council on Sexual and Reproductive Health;
- became members of the NGO Alliance.

2 784

requests
from hospitals,
which we satisfied thanks to
the support of our partners

1 324

tone
of aid

970+

medical
establishments

3000+

doctors who attended
trainings to support
mental health

5700+

participants trained to
develop medical
management competencies

25 700+

certificates with CPD
points awarded
for ZDOROVY training
programmes

500+

organised events,
activities
(sessions and consultations)

300+

monitoring
visits

24

regions

over 1,100,000,000 UAH

current value of humanitarian/charitable assistance provided for
2022-2024

ZDOROVY'S LARGE-SCALE HUMANITARIAN WORK IS CARRIED OUT THROUGH COOPERATION WITH INTERNATIONAL PARTNERS, INCLUDING:

- Global Giving
- AmeriCares
- Action Against Hunger
- International Rescue Committee
- Vastenactie
- ISAR Ednannya
- PAH
- GIZ
- SweCare
- SWECO
- ReAct
- and other charitable foundations and organisations

Results of our work

ZDOROVY is a provider of change in the healthcare sector, recognised as a critically important organisation for the functioning of the economy and ensuring the continuity of life for the population in wartime.

Emergency assistance to victims of shelling

Three emergency response kits "Life Hold" were promptly sent to the Ternopil City Municipal Emergency Hospital and the Balakliya Clinical Multidisciplinary Intensive Care Hospital after rocket attacks and suicide bombings following the attack on the cities. Each kit is designed to help five patients, providing essential support with expensive medications when treating the injured.



National Program "First Breath"

On World Prematurity Day, ZDOROVY opened Ukraine's first exhibition that allows visitors to see the first moments of life through the eyes of premature babies.

We saw how doctors recognized their resuscitation rooms in the photos and smiled quietly. How parents wiped away tears, returning to that fragile first moment. We saw partners standing in the hall and just listening—attentively, genuinely.

The exhibition "The First Days of a Premature Baby's Life Through Their Own Eyes" is part of the "First Breath" program, a major advocacy initiative aimed at protecting the youngest patients.

We sincerely thank everyone who made this possible: Agata Grzybowska for her incredible photos, Anna Salivanychuk, Yegor Gordeev, Timur Miroshnychenko, Olena Topola, Grigoriy Baklanov for voicing the touching stories of our young heroes, and everyone else without whom this exhibition would not have been possible.

You can learn more about the advocacy program and support our youngest patients by following this link: <https://www.zdorovy.help/firstbreath>

Round table discussion: "The staffing crisis in neonatology and ways to overcome it"

As part of the First Breath program, ZDOROVY organized a round table discussion entitled "The Personnel Crisis in Neonatology and Ways to Overcome It" – an event that brought together leading Ukrainian experts to discuss a problem that has long gone beyond the scope of a personnel shortage and has become a matter of national security for the health of newborns. The Ukrainian system today faces a complex combination of challenges: an outflow of trained personnel, a critical shortage of neonatal nurses in intensive care units, and an almost complete lack of systematic postgraduate education for nurses who work with newborns in the most critical moments and hours of their lives.



We provide hospitals with the necessary rehabilitation equipment

ZDOROVY, with the support of GlobalGiving, continues to provide hospitals with necessary rehabilitation equipment worth over 2 million hryvnias. It is already helping Ukrainian doctors restore the health of patients in the Chernihiv, Odesa, Zaporizhzhia, Sumy, Mykolaiv, and Kharkiv regions.

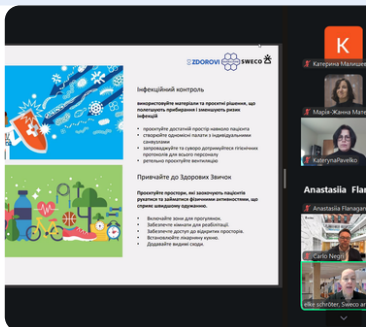
We understand how important it is to start recovery from the very first days of rehabilitation and support medical institutions in this endeavor.

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Developing the knowledge of Ukrainian medical professionals together with our partners

ZDOROVI, together with Sweco, a leading European company in the field of sustainable urban and medical infrastructure design, with the assistance of Swecare and ReAct, an international network for combating antibiotic resistance, organized a series of master classes for Ukrainian medical professionals. The partners shared their experience in modern hospital design and person-centered care solutions, why antibiotic resistance is a global challenge, and how to combat resistance in healthcare facilities.



Ukraine and Norway together

Representatives of ZDOROVI, together with Gro Buttingsrud, a member of the National Council of the Norwegian Health Secretaries' Union, visited the Mental Health Center of the Ministry of Health of Ukraine, CPMSD No. 6 and CPMSD No. 1 in Kyiv, where Ms. Gro shared her experience of organizing the Norwegian healthcare system, and medical staff shared their own experiences and working methods.

Launch of a new project supported by PAH in the Mykolaiv and Kharkiv regions

ZDOROVI, in cooperation with PAH, has launched a project to enhance inclusiveness and reduce barriers in medical and social institutions in the Mykolaiv and Kharkiv regions. It involves monitoring visits to institutions, training on inclusive communication ethics and conflict management, consultations with an inclusion specialist to develop a plan to improve accessibility, as well as group and individual meetings with a psychologist.



We held our first training session on "Ethics of respect, a harassment-free environment."

ZDOROVI trainers Tetiana Kuzmenko and Iryna Pashkevych held an event dedicated to the topic of harassment as part of the UpToDate 6.0 + ESMO conference organized by Onco Hub. The workshop took place in a warm and friendly atmosphere. It is also worth noting that the topic is truly relevant: during and after the event, a lively discussion unfolded, with participants actively sharing their thoughts and experiences.

A series of monitoring checks has been launched

The ZDOROVI team has launched a series of monitoring checks on the targeted use of medicines. The first monitoring checks were carried out at a maternity hospital and a regional psychoneurological hospital in the Chernihiv community. The next visits are scheduled for early December in the Mykolaiv region.



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Workshop on strategy planning, localization, and partnerships

ZDOROVІ leaders attended a seminar on strategy planning, localization, and partnership in 2026–2027 organized by our partners at PAH. The purpose of the meeting was to review activities to support PAH partners and determine the strategic direction for capacity building and localization with partners in 2026-2027. The most valuable part was the discussions with donors: PAH, UHF, and our NGO partners from the Platform.

ZDOROVІ's experience in Warsaw

A large-scale international conference entitled "Healthcare System in Wartime: How to Benefit from Ukraine's Experience" was held at the Medical University of Warsaw.

ZDOROVІ played a unique role at this event as the only Ukrainian civil society organization invited to speak. The foundation presented the systematic experience of civil society, which has become an important part of Ukraine's resilience.



Mental Health Forum

ZDOROVІ CEO Natalia Tulinova attended the third Mental Health Forum, "Support Those Who Support Everyone: The Potential and Well-Being of Mental Health Workers," in Kyiv.

ZDOROVІ at the annual meeting of the General Assembly of the Platform of Humanitarian NGOs in Ukraine

Anna Palamarchuk, Deputy CEO, attended the annual meeting of the General Assembly of the Platform of Humanitarian NGOs in Ukraine. Participants reviewed the results of a membership satisfaction survey, agreed on a vision and strategic plan for 2025-2026, and elected members of the Steering Committee for 2026.



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Our activities are not just about supporting doctors, they are about creating a foundation for qualitative changes in the Ukrainian healthcare system. We strive to be a reliable shoulder for the doctors who are holding the frontline of the nation's health today. We need your support to continue our mission. Get involved and together we will do more for the future of medicine in Ukraine.

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Natalia Tulinova,
founder and CEO of ZDOROVІ

