

What do your Heart Health Check results mean?



Your results will show you whether you are at low, moderate or high risk of having a heart attack or stroke within the next five years.

HIGH RISK



If your level of risk is over 15% you have at least a 1 in 7 chance of having a heart attack or stroke in the next five years if left unmanaged.

MODERATE RISK



If your level of risk is between 10-15% you have at least a 1 in 10 chance of having a heart attack or stroke in the next five years if left unmanaged.

LOW RISK



If your level of risk is under 10% you have a less than 1 in 10 chance of having a heart attack or stroke in the next five years if left unmanaged.

You will need to have your level of risk regularly monitored. We will discuss with you how often this needs to be done.

Heart disease is a silent killer. Know your risk. A Healthy Heart Check is FREE* for everybody who is 30 years old or over.

- 1.4 million Australians are at 'High Risk' of having a heart attack or stroke in the next five years.
- Heart disease is the leading cause of death for people 45-64 and for those who are over 75. Heart disease is in the top four causes of death for all age groups over 25.
- One Australian has a heart attack or stroke every four minutes. Many of these people were not aware that they were at risk.
- If we know your risk we can support you to make positive changes to lower your risk.

This material has been developed for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication.

*Heart Health Check is free for all qualifying holders of a valid Medicare card.

Over 30?
No History of
Heart Disease?
Get Your FREE*

HEART HEALTH CHECK NOW



What is a Heart Health Check?



A Heart Health Check is a FREE* 20-minute check-up each year to assess your risk of having a heart attack or stroke in the next five years.

1. TALK

We will discuss:

- Your family health history
- Your medical history
- What you eat
- How active you are
- Whether you smoke or drink alcohol
- Whether you are maintaining a healthy weight

2. CHECK

We will check your:

- Blood pressure
- Cholesterol
- Blood sugar levels

3. ASSESS

We will use this information to assess your risk of having a heart attack or stroke in the next five years.

4. PLAN

We will work with you to set a plan to lower your risk of heart attack or stroke. This may involve:

- Ways to make heart-healthy changes to your lifestyle
- Referrals to programs or other health professionals for support (e.g. dieticians).
- Blood pressure or cholesterol lowering medication if you are at higher risk

Why should you get a Heart Health Check?



Heart disease is the leading cause of death in Australia. Many heart attacks and strokes can be prevented by adopting healthy behaviours, like eating a heart-healthy diet, being active, maintaining a healthy diet, moderating alcohol consumption, and being smoke free.

Many people may not know their risk of developing heart disease, especially since you often can't feel risk factors like high blood pressure and cholesterol.

Having a FREE* Heart Health Check every year takes 20 minutes - it is an important first step to protecting your heart.

Who needs a Heart Health Check?



If you are 30 or over and do not already have heart disease, you are eligible for a FREE* annual Heart Health Check.

How much does a Heart Health Check cost?



Heart Health Checks are FREE*.

*for qualifying holders of a valid Medicare card.

What can you do now to improve your heart health?

Enjoy a heart-healthy diet

This includes:

- Plenty of vegetables, fruits, and whole-grains.
- A variety of healthy protein sources, especially fish and seafood, legumes (such as beans and lentils), nuts and seeds. Smaller amounts of eggs and lean poultry can also be included in a heart healthy diet. If choosing red meat, make sure the meat is lean and limit red meat to 1-3 times a week.
- Unflavoured milk, yoghurt and cheese. People with high blood cholesterol should choose reduced fat varieties.
- Healthy fat choices, including nuts, seeds, avocados, olives and their oils for cooking.
- Herbs and spices to flavour food, instead of adding salt.

Maintain a healthy weight

It's important to maintain a healthy body weight. This can help lower your blood pressure and cholesterol and lower your risk of having a heart problem.

The Heart Foundation recommends you aim for a waist measurement of less than 80cm for females, or 94cm for males. If you need to lose weight, speak with us about how to do it in a healthy way.

Physical activity

Start with small, realistic goals and work your way up to the recommended 30-60 minutes of moderate-intensity physical activity (such as brisk walking) on most days of the week.

Smoking and alcohol

If you are a smoker, the best thing you can do for your heart is quit smoking. For support on quitting smoking, talk with our team or call the Quitline (137848 or quit.org.au). Drink no more than 10 standard drinks per week and no more than 4 standard drinks on any one day.