

Heart Health Check

Why should you get a heart health check?

Heart disease is the leading cause of death in Australia.



Who needs a heart health check?

- All people aged 45–79 years old
- People with diabetes from age 35
- First Nations people from age 30

What should you expect in your heart health check?

- 1. Discuss:** whether you smoke, have diabetes, medicines you are taking, other health problems, your family health history, ethnic groups you identify with, your postcode.
- 2. Check:** your blood pressure, cholesterol and blood sugar levels.
- 3. Assess:** work out your chance of having a heart attack or stroke in the next 5 years, using a clinically validated calculator.
- 4. Plan:** set a plan to lower your risk of heart attack or stroke. This may involve ways to make heart-healthy changes to your lifestyle or referrals to programs or other health professionals.

Since April 2019, Heart Health Checks have been covered by Medicare and are free at practices that bulk bill this service.