



**TOTAL
HEALTHCARE**
Diversity Equity Wellness

Supporting **# Local Doctors** **# White Cross**

Heart health

Keeping your heart healthy is one of the best ways to improve your overall health and wellbeing.

Cardiovascular disease (CVD) is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease, which can cause heart attacks, stroke, congenital heart defects and peripheral artery disease.

Local Doctors and White Cross GP clinics offer preventative heart health checks to help you understand your risk of CVD and expert care for existing heart conditions.

How do I know if I have heart disease?

A heart risk assessment will help see if you are at risk of heart disease. The doctor will work out your risk based on your age, sex, ethnicity, cholesterol levels, smoking history, blood pressure, family history and other health conditions. It's quick, painless and just might save your life!

Different people need a heart risk assessment at different ages. Visit healthnavigator.org.nz/health-a-z/h/heart-risk-assessment/ to find out more.

Free checks

Heart health check-ups are free for men who are Māori, Pacific and South Asian aged 35 plus and all men 45 plus, who have not had a preventive check-up in the last five years and are enrolled with Local Doctors.

How do I prevent heart disease?

In many cases you can lower your risk of heart disease by living a healthy lifestyle:

- exercise every day
- get your blood pressure under control
- lower your cholesterol levels
- don't smoke
- manage stress
- control your weight
- eat a healthy diet.

Living with a heart condition

If you already have a heart problem, our doctors can help you manage your condition and can refer you to a heart specialist if needed.

With the right information and action, most people can live a healthy life free from heart disease.

Get in touch

Enrolled patients can book a heart health check appointment online if you have a ManageMyHealth patient portal. Or you can contact your Local Doctors or White Cross GP clinic and ask your doctor for a heart health check.

Find a clinic near you at localdoctors.co.nz and whitecross.co.nz.



Scan me