

HCF NORTH SYDNEY ENCOURAGES LOCALS TO PUT THEIR HEALTH FIRST WITH FREE HEART HEALTH CHECKS

Sydney, 13 September, 2016 – HCF, leading not-for-profit health fund protecting Australians since 1932, is once again working with [Victor Chang to offer free heart health checks for members](#) at HCF North Sydney.

The Victor Chang Health Check Booth will be operating from 19th September until 21st September, and includes three quick health tests—blood pressure, cholesterol and blood glucose - to help members understand and track the risk factors that could affect their heart health.

HCF's 2015 North Sydney program showed an increase in members tested presenting with high cholesterol (15% rise) compared to 2012. Over half of members tested didn't know their blood pressure or cholesterol levels, and 70% were unaware of their blood sugar. Health management and further assessment by a GP was recommended to 36% of those tested, showing a real need for local members to put their health first.

HCF North Sydney branch manager, Dirga Adnan, is urging local members to take advantage of the simple Heart Health Checks, which will assist with detection of treatable and preventable health conditions.

"Our purpose goes beyond providing the local community with just health insurance services. We have over 20 years of experience and work closely with our members to empower them to make positive lifestyle choices and proactively manage their health—at any life stage," Dirga said.

Last year's results reveal that residents need to remain diligent in assessing and taking care of their heart health and the upcoming visit of the Health Check Booth is the ideal opportunity for members to achieve this.

The free Heart Health Checks are available for members with extras cover thanks to HCF's ongoing partnership with the [Victor Chang Cardiac Research Institute](#), a not-for-profit charity dedicated to fighting cardiovascular disease through research.

North Sydney residents can also make use of the many digital tools and free online resources from HCF to help them reach their health and fitness goals. [HCF's suite of healthy apps](#) includes a Get Fitter app, offering advice and tailored exercise plans, a Be Happier app, including tools to improve mental and emotional wellbeing, and a Quit Smoking app to help smokers stay focused on their smoke-free goals.

Tips for a healthy heart

According to the Victor Chang Cardiac Research Institute, there are some simple ways that North Sydney residents can maintain a healthy heart:

- Eat a well-balanced diet with plenty of fruits and vegetables and choose lean meats and poultry.
- Cut down on salt.
- Aim for at least 30 minutes of moderate intensity exercise every day.
- Curb your alcohol intake. No more than one or two standard alcoholic drinks per day is recommended.
- Quit smoking.
- Know your risk factors for heart disease.

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About HCF

HCF, leading not-for-profit health fund protecting Australians since 1932, covers around 1.5 million members with health and life insurance, community care, travel and pet insurance. On average over the last five years, HCF has paid out more cents in every dollar in premiums to members as benefits than the industry average. With over 35,000 specialists participating in its Medical Gap Cover Scheme and approximately 10,000 providers participating in its 100% back More for You programs, HCF gives members access to quality health care with no gaps or minimal costs compared to non-participating providers. To empower members to put their health first, HCF also offers a range of health and lifestyle services including its My Health Guardian health management program, mobile Victor Chang Health Checks and My Global Specialist second opinion service. HCF's national network of retail outlets and Australian-based call centres have earned multi-award winning status. HCF members also have access to low cost, high quality services at HCF Dental Centres and HCF Eyecare Centres. Having contributed \$50 million to support the health services research funded by the HCF Research Foundation, HCF is devoted to investing in the future of Australia's health. To learn more about HCF go to hcf.com.au/about-us

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