

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

Blacktown, 27th July, 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 Blacktown.

The Victor Chang Health Check Booth will be operating in branch from Wednesday 27th July until Friday 29th of July, 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.

Our 2015 program showed an alarming increase in members in Blacktown presenting with high cholesterol (32% increase), and a 15% increase of members with high blood sugar levels, compared to the previous year. More than half (55%) of Blacktown members tested were referred directly to their GP for further testing and health management.

HCF Blacktown aims to empower local members to put their health first, with the simple Heart Health Checks assisting with detection of treatable and preventable health conditions.

Branch Manager, Gurdeep Sodhi, urges local members to take advantage of the free services available to support them in becoming healthier:

“Every year we provide our members a free 10-minute consultation with a registered nurse, to help them keep track of their heart health and receive vital information that can aid them in positively transforming their lifestyle. With over 50 years of experience in the community, we offer a range of services that go far beyond just a claims centre.”

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 Blacktown 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.

Blacktown 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 Blacktown 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.

-Ends-

About HCF

HCF, leading not-for-profit health fund protecting Australians since 1932, covers over 1.5 million members with health and life insurance, community care, travel and pet insurance. To learn more about HCF go to hcf.com.au/about-us

Issued on behalf of HCF by WE Buchan. For more information, contact:

Laura Sharkey

P: (02) 9237 2819

M: 0422 857 763

E: lsharkey@buchanwe.com.au