

## **MEDIA RELEASE**

### **Victor Chang heart health check program coming to HCF Deniliquin**

**Sydney, 6 January 2016** - HCF is helping its Deniliquin members with a pioneering heart health check program. The Victor Chang Health Check Booth will be visiting **HCF Deniliquin**– 344 Cressy Street, Deniliquin, from **Wednesday 20 January – Friday 22 January 2016, between 9:00am and 4:45pm.**

Heart Foundation research shows cardiovascular disease is the leading cause of death in Australia, killing one person every 11 minutes. That's why it's crucial to take the time to look after your heart.

To help, the Deniliquin HCF branch will be offering a 10 minute heart health check. This service is free to HCF members who have Extras cover.

Blood pressure, cholesterol and blood sugar levels will all be checked, and a confidential assessment will be provided.

The tests will be carried out by a registered nurse from the Victor Chang Cardiac Research Institute, with results provided immediately.

It's first in first served, so make sure you pop by the Deniliquin branch early to avoid missing out.

**Any questions?** Please come in and speak to Louise Tasker at HCF Deniliquin – 344 Cressy Street, Deniliquin.

**- Ends-**

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#### **About HCF**

HCF is Australia's largest non-profit health insurer, currently covering more than 1.5 million Australians. To learn more about HCF go to <http://www.hcf.com.au/about-us>.