

# Referral: free heart health information

Patient's name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Doctor/Practice nurse: \_\_\_\_\_

Practice: \_\_\_\_\_

Patient phone number: \_\_\_\_\_ Practice phone number: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## Heart Foundation resources

To order the below resources, call our Health Information Service on 1300 36 27 87. You can also complete and fax this form to 1300 36 55 31 or email it to [health@heartfoundation.org.au](mailto:health@heartfoundation.org.au)

### Healthy living

- Be active every day
- Cooking ideas for kids
- Get the good eating habit
- Healthy eating and cholesterol
- How to have a healthy heart
- Losing weight the healthy way
- Meal and snack ideas
- Practical ideas for parents and carers
- Smoking and your health

### Programs/Referrals

- Cardiac rehabilitation
- Healthy activity (Heart Foundation Walking/Heartmoves/Jump Rope for Heart)

### Warning signs of heart attack

- Action plan fridge magnet (general public)
- Action plan wallet card (general public)
- Patient fact sheet (general public)
- Action plan fridge magnet (CHD patient)
- Action plan wallet card (CHD patient)
- Patient fact sheet (CHD patient)

### Heart information

- Angina
- Arrhythmias
- Blood pressure record card
- Bypass
- Cardiac rehabilitation
- Cholesterol, triglycerides and coronary heart disease
- Coronary angioplasty and stents
- Coronary heart disease
- CPR
- Heart attack
- Heart valve surgery
- Living well with chronic heart failure
- Managing high blood pressure
- Physical activity after heart attack and heart surgery
- Recovering from a heart attack
- Women and heart disease
- Your heart

### Aboriginal health resources

- Resources for Aboriginal and Torres Strait Islander people

Please call the Heart Foundation's free Health Information Service on 1300 36 27 87 to discuss:

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Angina                    | <input type="checkbox"/> Coronary heart disease  | <input type="checkbox"/> Physical activity/Join a Walking group |
| <input type="checkbox"/> Angioplasty or angiograms | <input type="checkbox"/> Healthy weight          | <input type="checkbox"/> Quitting smoking                       |
| <input type="checkbox"/> Arrhythmias               | <input type="checkbox"/> Heart attack            | <input type="checkbox"/> Surgery (including bypass/heart valve) |
| <input type="checkbox"/> Blood pressure            | <input type="checkbox"/> Heart failure           | <input type="checkbox"/> Other _____                            |
| <input type="checkbox"/> Cardiac rehabilitation    | <input type="checkbox"/> Managing heart problems | _____   |
| <input type="checkbox"/> Cardiomyopathy            | <input type="checkbox"/> Medicine compliance     | _____   |
| <input type="checkbox"/> Cholesterol               | <input type="checkbox"/> Nutrition               |   |
| <input type="checkbox"/> Chronic heart failure     | <input type="checkbox"/> Pacemakers and ICDs     |   |