



Heart Health  
Check Toolkit

# Is your heart feeling your age?

## It only takes 3 minutes to find out.

The Heart Age Calculator can  
help you to understand your  
risk of heart attack or stroke.

**Visit: [myheartage.org](https://myheartage.org)**



**Heart  
Foundation**

For heart health information and support, call our  
Helpline on **13 11 12** or visit **[heartfoundation.org.au](https://heartfoundation.org.au)**



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