

**One Australian  
has a heart attack  
or stroke every  
4 minutes.**

**Know your risk**

**Ask your doctor or nurse  
if you're eligible for a  
Heart Health Check.**



**Learn more at [hrt.how/HHC](https://hrt.how/HHC)**



For heart health information and support,  
visit [heartfoundation.org.au](https://heartfoundation.org.au)