



Heart Foundation Helpline – help for your patients is just a phone call away!

Did you know the Heart Foundation has a Helpline which is a national telehealth service that provides free, personalised heart health information and support to people living with heart disease or seeking information to help reduce their risk of heart disease?

Our Helpline is staffed by health professionals including Cardiac Nurses who are available to provide free information and support to all Australians via email or phone (for the cost of a local call). This year we have welcomed a Pharmacist into our team who can provide additional education and support to patients around their cardiac medications and heart health.

To date the team has responded to over 20,000 inquiries in 2019, which is a 25% increase on last year.

The team can offer information and support on a range of topics including:

- What is a Heart Health Check?
- What do my blood pressure and cholesterol readings mean?
- Can you provide details of a cardiac rehabilitation service?



- Where is my local Heart Foundation Walking Group?
- When can I have sex after a heart attack?
- What should I eat for heart health?
- What are the warning signs of a heart attack?

We can also send resources directly to patients and carers, including lower literacy, in numerous languages and for Aboriginal and Torres Strait Islander peoples.

The Heart Foundation Helpline is open during 9.00am-5.30pm (AEDT).

Please contact our Helpline via 13 11 12 or email health@heartfoundation.org.au



Translation and Interpreting Service available for Helpline calls

If your patient needs an interpreter, they can call 13 14 50 and ask for the Heart Foundation.

Together, we can help make a real difference to the lives and heart health of all Australians!