

HCF PARRAMATTA ENCOURAGES LOCALS TO PUT THEIR HEALTH FIRST WITH FREE HEART HEALTH CHECKS

Parramatta, 05 August 2016 – HCF, leading not-for-profit health fund protecting Australians since 1932, is once again working with Victor Chang to offer [free heart health checks](#) for members at HCF Parramatta.

The Victor Chang Health Check Booth will be operating in branch from Wednesday 24th August until Friday 26th August, and includes three quick health tests – blood pressure, cholesterol and blood glucose – to help members understand and track the risk factors that could affect their heart health.

HCF's 2015 program showed an alarming 27% of tested members in Parramatta presenting with high cholesterol, and a 12% increase of members with high blood pressure compared to the previous year. Almost a third of Parramatta members tested were referred directly to their GP for further assessment and health management, showing a real need for local members to put their health first.

Branch Manager, Vesna Gorgievska, urges local members to take advantage of the free services available to support them in becoming healthier:

“We consider our members as family, which means we always want to put their health first. The Heart Health Checks are a good example of how we help to empower our local members to keep their health on track and positively transform their lifestyles”.

The free Heart Health Checks are available for members with extras cover thanks to HCF's ongoing partnership with the [Victor Chang Cardiac Research Institute](#), a not-for-profit charity dedicated to fighting cardiovascular disease through research.

Parramatta residents can also make use of the many digital tools and free online resources from HCF to help them reach their health and fitness goals. [HCF's suite of healthy apps](#) includes a Get Fitter app, offering advice and tailored exercise plans, a Be Happier app, including tools to improve mental and emotional wellbeing, and a Quit Smoking app to help smokers stay focused on their smoke-free goals.

Tips for a healthy heart

According to the Victor Chang Cardiac Research Institute, there are some simple ways that Parramatta residents can maintain a healthy heart:

- Eat a well-balanced diet with plenty of fruits and vegetables and choose lean meats and poultry.
- Cut down on salt.
- Aim for at least 30 minutes of moderate intensity exercise every day.
- Curb your alcohol intake. No more than one or two standard alcoholic drinks per day is recommended.
- Quit smoking.
- Know your risk factors for heart disease.

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About HCF

HCF, leading not-for-profit health fund protecting Australians since 1932, covers over 1.5 million members with health and life insurance, community care, travel and pet insurance. To learn more about HCF go to hcf.com.au/about-us

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