

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

Liverpool, 8 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 Liverpool.

The Victor Chang Health Check Booth will be operating from 10th August until 12th 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.

Between 2012 and 2014, HCF's program showed a 19% increase in Liverpool members presenting with high cholesterol. In 2014, over a third (34%) of Liverpool 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.

HCF Liverpool branch manager, Damian Hall, aims to empower members and urges them to take advantage of the free services available to help them become healthier:

"We believe in supporting happy and healthy lifestyles. The upcoming free heart health checks are a good example of this, particularly as the program has shown there is some room for improvement in Liverpool. We welcome local members to visit the branch and keep their health on track".

"With over 30 years of experience we offer the Liverpool community a range of services that go far beyond just a claims centre."

"Last year's results reveal that residents need to remain diligent in assessing and taking care of their heart health and the upcoming visit of the Health Check Booth is the ideal opportunity for Liverpool members to achieve this."

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.

Liverpool 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 Liverpool 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.

-Ends-

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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