

**MEDIA RELEASE****Victor Chang heart health check program coming to HCF  
Pagewood**

**Sydney, 13 January 2016** - HCF is helping its Pagewood members with a pioneering heart health check program. The Victor Chang Health Check Booth will be visiting **HCF Pagewood** – Westfield Eastgardens, 152 Bunnerong Road, Eastgardens, from **Wednesday 27 January – Friday 29 January 2016, between 9:00am and 4:45pm.**

Heart Foundation research shows cardiovascular disease is the leading cause of death in Australia, killing one person every 11 minutes. That's why it's crucial to take the time to look after your heart.

To help, the Pagewood HCF branch will be offering a 10 minute heart health check. This service is free to HCF members who have Extras cover.

Blood pressure, cholesterol and blood sugar levels will all be checked, and a confidential assessment will be provided.

The tests will be carried out by a registered nurse from the Victor Chang Cardiac Research Institute, with results provided immediately.

It's first in first served, so make sure you pop by the Pagewood branch early to avoid missing out.

**Any questions?** Please come in and speak to Laurina Scholtz at HCF Eastgardens – Westfield Eastgardens, 152 Bunnerong Road, Eastgardens.

**- Ends-**

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**About HCF**

HCF is Australia's largest non-profit health insurer, currently covering more than 1.5 million Australians. To learn more about HCF go to <http://www.hcf.com.au/about-us>.