

HEALTHCARE PROFESSIONAL RESOURCE

A support program for your patients living with coronary heart disease

MyHeart MyLife is a free, evidence-based digital program that aims to improve the physical and emotional health and wellbeing of patients living with coronary heart disease.

To complement the clinical care you provide, the program provides easy-to-digest information that patients can access at a time and pace that suits them.

The program also delivers general behavioural nudges to prompt heart-healthy habits, support medicine routines and enhance mental health and wellbeing.

What are the key features?



An interactive online dashboard where patients can access bite-sized articles and short informative videos.



Supportive text messages and emails with heart-healthy tips and behavioural nudges to motivate and inspire.



Resources to order in printed format and/or download such as the 'Your next steps to recovery and living well with heart disease' patient flyer and the 'My heart explained' patient education resource.



Peer support through the MyHeart MyLife online support community.

MyHeart MyLife caters to your patients' needs with tailored journeys for individuals recently diagnosed, those who have been living with heart disease for some time, carers, and those living in rural and remote areas of Australia.

How does it work?



1 Refer your patients (and their carers) to myheartmylife.org.au. To facilitate these conversations, you can use the patient flyer which outlines important steps patients can take on their journey to recovery and encourages them to enrol into the free program.



2 Patients register with their contact details and answer questions about themselves so the support they receive is tailored to their needs.



3 Over 12 weeks, patients receive evidence-based information, expert guidance and practical tips delivered via online content and weekly text messages and emails.

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Topic map

Your patients will receive information on the topics below via their online dashboard, complemented by email and text message nudges.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Mental health - cardiac blues	How your heart works	Managing risk factors	Setting SMART goals	Managing cholesterol	Managing blood pressure	Common questions about heart medicines	Goal check-in	Building a heart-healthy fridge, freezer and pantry	Tips for taking your heart medicines	Check in on progress	Staying on track with heart-healthy habits
Relationships, sex and intimacy	What is coronary heart disease?	Types of heart medicines	Eating well for your heart	Managing depression, anxiety and isolation	Alcohol and your heart	Anticoags and antiplatelets	Tips from a cardiologist	Home blood pressure measurement	Vaccines and your heart	Personal reflection	Sharing personal stories
Returning to everyday life and work	Common tests and treatments	Taking your heart medicines	Getting physically active	Smoking and your heart	Heart Foundation Walking	Accessing medicines on a budget	Building up your physical activity	24-hour blood pressure monitoring	Keeping active all year round	What is an exercise physiologist?	
Travelling after a heart event	Cardiac rehabilitation	Managing stress	Sharing personal stories	Financial wellbeing	Sleep	Healthy weight	Heart-healthy eating on a budget	Managing angina	Making healthier food choices every day		
Wound care and pain management	Warning signs of a heart attack				Chronic disease management plans	Sharing personal stories	Cardiac arrest and CPR	Mental health treatment plans	Peer support		
	Peer support						Diabetes and your heart				