

**One Australian  
has a heart attack  
or stroke every  
4 minutes**

Know your risk

**Ask your doctor or nurse  
if you're eligible for a  
Heart Health Check.**



**Learn more at [hrt.how/HAC](https://hrt.how/HAC)**



For heart health information and support,  
visit [heartfoundation.org.au](https://heartfoundation.org.au)

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