



**MyHeart
MyLife** ♥

Have you been diagnosed with heart disease?

It's normal to feel worried, confused or overwhelmed. You might be wondering about the next steps you need to take and how you can get back to doing the things you love.

The Heart Foundation's **MyHeart MyLife** program can help.

A free 12-week digital support program for adults living with heart disease or caring for someone who is.

By joining, you'll get access to heart-healthy information, advice and tips tailored to your needs.



Join today and live
well with heart disease
myheartmylife.org.au



Your *next steps* to recovery and living well with heart disease

Here are six important steps you can take:



Attend cardiac rehabilitation

Cardiac rehab is a program of support, exercise and education led by healthcare professionals. Attending cardiac rehab can help you to feel better sooner. Speak to your doctor for more information.



Take your medicines as prescribed

Medicines can help keep you out of hospital and feeling well. Make sure you understand what your medicines are for and take them as prescribed.



Understand your risk factors to protect your heart

Know your risk factors and how you can manage your risk, like following a heart-healthy eating pattern, being more active, and quitting smoking.



Attend follow-up doctor appointments

Regular appointments with your GP and cardiologist are important. They can monitor your blood pressure and cholesterol, make changes to your medicines and check in on your overall health and wellbeing.



Know the warning signs of a heart attack and what to do

Symptoms of a heart attack can be different for each person. Know the warning signs and the importance of calling Triple Zero (000) to seek urgent medical help. Find out more: hrt.how/warningsigns



Reach out for support

Join the MyHeart MyLife online community, a safe place moderated by the Heart Foundation, where people living with heart disease and their carers can connect with others on a similar journey.