



Cost

There is no cost for the majority of this program with thanks to funding support from the Murray PHN.

There is no cost for:

- Screening and follow up appointments with GP and Nurse
- ECG's, 28 day heart monitoring, 24 hour blood pressure monitoring, pathology, chest X-ray, group exercise and education program
- Cardiologist appointments and echocardiograms if required

There is a cost for:

- CT Calcium test if required (\$200)
- Initial Exercise Assessment if not eligible for a Medicare Team Care Arrangement referral



About Heart Disease

- Heart disease is a group of conditions that includes coronary heart disease, arrhythmias, heart failure and valve disease
- Heart disease is a major cause of health problems and death in Australia, but it's often preventable
- People living in regional and remote areas, generally have higher rates of death due to CVD than other Australians

PROGRAM PARTNERS

The Healthy Hearts Program is supported by funding from Murray PHN through the Australian Government's PHN program.



153-157 Myrtle St, Myrtleford



03 5751 1138



www.albahealth.com.au



admin@albahealth.com.au



Healthy Hearts Program

- Bulk Billed Heart Check
- Supported by a Cardiologist
- Funded 8 week group exercise and education program



REGISTER NOW



03 5751 1138

About Healthy Hearts

The purpose of the Program is to:

- Identify people at high risk of having a heart attack in the next 5 years
- Identify people with heart disease at an early stage
- Link these people with a cardiologist (Dr. Julian Yeoh) for early treatment
- Improve access for people in the Alpine Shire to cardiology services

The program involves a comprehensive heart check-up for well people (no known heart disease) to calculate their cardiovascular disease (CVD) Risk Score.

You will also be able to participate in an 8 week exercise and education program.

You may be referred to see a visiting Cardiologist in Myrtleford, Bulk Billed.

The Process



1



Register and Book

- Register online or in person, sign consent form

2



First Appointment

- Appointment with nurse/ GP to check history, BP, ECG, heart sounds, blood test arranged to check your cholesterol and blood sugar
- Letter sent back to regular GP

3



Second Appointment

- Appointment with nurse or GP for results and risk category
- Further tests may be arranged such as CT calcium score, 28 day ECG, referral to Cardiologist if required

4



Exercise and Education Program

- Referral to a funded 8 week exercise and education program through Flexout Health
- If you have a heart or lung condition you may be referred to the PACE program

5



Review appointment

- Review appt with nurse at the end of the program

6



*Cardiologist referral

- You may be referred to see a Cardiologist who is visiting Alba Health once a quarter to provide Cardiology appointments and Echocardiograms, BULK BILLED

WHO IS THIS PROGRAM FOR?

The program is available to any adult in the Myrtleford and surrounds area **WITHOUT** a pre existing issue of heart disease.

We are particularly aiming at people with risk factors such as:

- Aged between 40–70 years
- Any adult with a family history of heart disease
- Aboriginal and Torres Strait Islander people over 30 years of age
- People with diabetes over 35 years of age

WHO IS THIS PROGRAM NOT FOR?

People with existing heart disease.

People who already have a diagnosis of heart disease or cardiovascular disease as they will already be receiving treatment from a cardiologist or their GP.

8 WEEK EXERCISE & EDUCATION PROGRAM

People with low to moderate risk of developing heart disease will be offered a **funded** 8 week exercise and education program delivered by an exercise physiologist and dietician at Flexout Health.

People at high risk or with heart disease will be referred to the PACE program.

