

Kia ora \_ \_ \_ \_ \_

**This is a snapshot of your heart health at the time of assessment.**

**Heart Health** means your heart is functioning well.

In this snapshot, we look at different things that impact your risk of having a heart event, such as a stroke or heart attack in the next 5 years.

Make an appointment with your health practitioner in \_ \_ \_ months to check in on your plan.

## Things we looked at

- Your age
- Your blood pressure
- Your smoking status
- Your height & weight
- Certain pre-existing conditions you have
- Whether you are on certain medications
- Any family history of cardiovascular events
- Your cholesterol levels

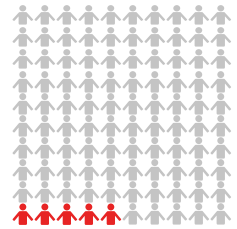
**If you have any questions about what we looked at, please ask your health practitioner.**

## Your 5 year risk

**Your risk is:**

**5%**

**5 in 100 people with this risk will have a cardiovascular event in the next 5 years.**



## Things that help

**Being smokefree significantly improves your cardiovascular health. You can do this by:**

- talking to your health professional about alternatives to smoking and medications that can help you quit
- getting support from a specialist stop smoking practitioner or Quitline advisor who can help you quit. Freephone 0800 778 778 or text 4006 to get in touch.

**Lowering your blood pressure improves your cardiovascular health. You can do this by:**

- reducing alcohol and salt in your diet
- exercising on a regular basis
- better managing your stress levels.

**Lowering your cholesterol levels improves your cardiovascular health. You can do this by:**

- eating more fibre (fruits, veggies, nuts and whole grains)
- eating less saturated fat (takeaways, pies, chippies and biscuits)
- adding exercise in your day-to-day activities.

## What I will do

### My goals are:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

### Steps I will take:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

## Further information

### Information on being smokefree:

[www.smokefree.org.nz/](http://www.smokefree.org.nz/)

### Information on lowering your blood pressure \*:

<http://www.healthnavigator.org.nz/health-a-z/b/blood-pressure-topics/>

### Information on lowering your cholesterol \*:

[www.healthnavigator.org.nz/health-a-z/c/cholesterol-topics/](http://www.healthnavigator.org.nz/health-a-z/c/cholesterol-topics/)

For more information about the development and information in this plan, please visit [www.tewhaturua.govt.nz/cvdra](http://www.tewhaturua.govt.nz/cvdra)



**Health Navigator\***

[www.healthnavigator.org.nz](http://www.healthnavigator.org.nz)

\* All Health Navigator web pages can be accessed without WiFi or data