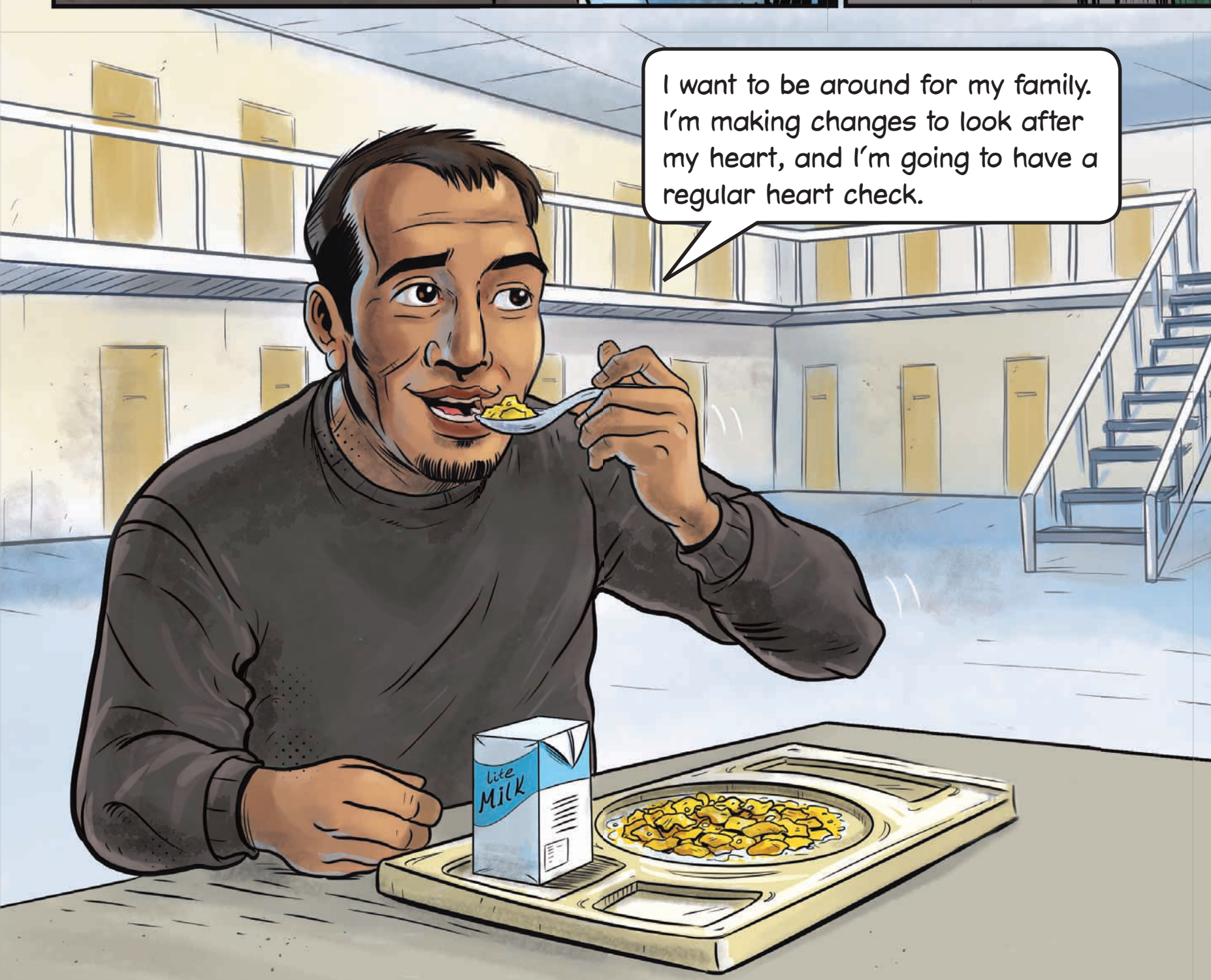
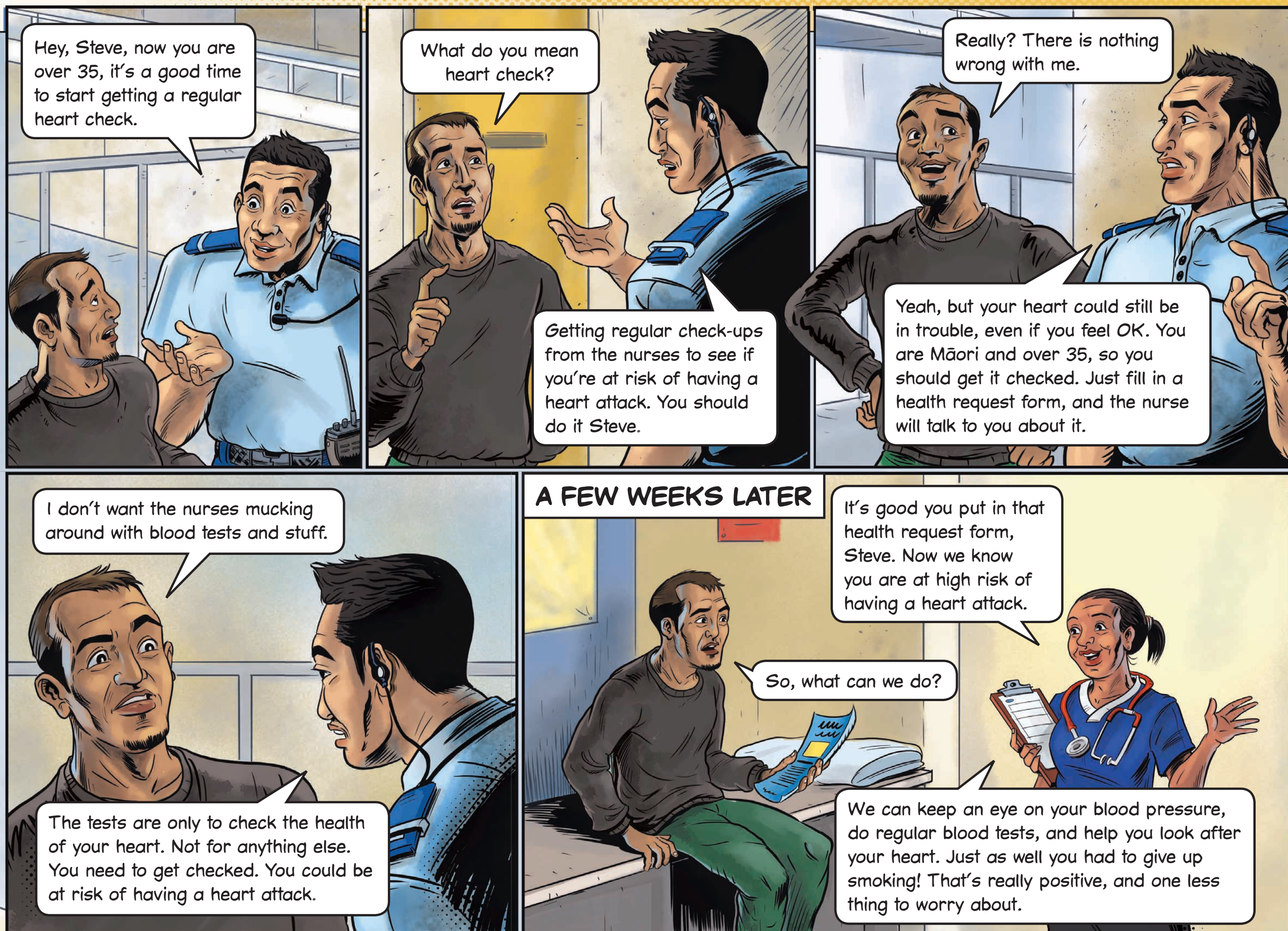
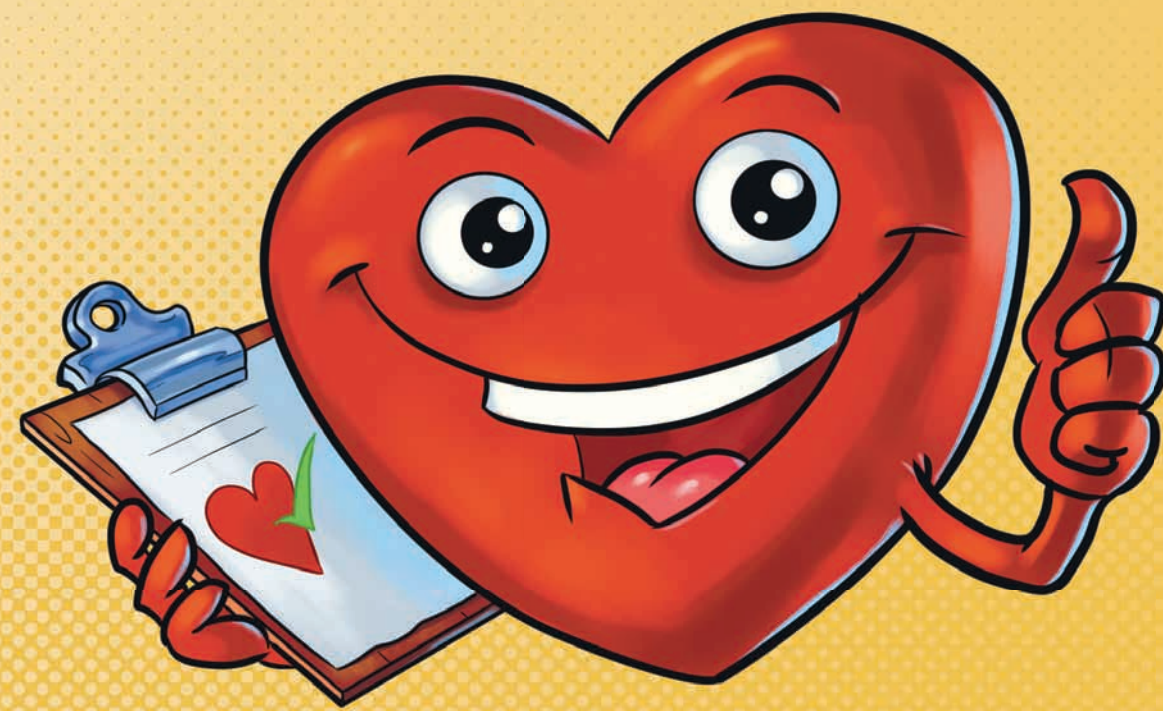


Why should I have a regular heart check?



Look after your heart. Have a regular heart check.

- If you're a man over 45 or a woman over 55, have a regular heart check.
- If you're Māori, Pasifika or Indo-Asian, start having a regular heart check ten years earlier (35 for men and 45 for women).
- If you have a family history of heart disease or other risk factors, start having a regular heart check ten years earlier (35 for men and 45 for women).

Find out more

Put in a health request form (health chit) to talk to a corrections nurse from your health centre.