Why should I have a regular heart check?



The tests are only to check the health of your heart. Not for anything else. You need to get checked. You could be at risk of having a heart attack.

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We can keep an eye on your blood pressure, do regular blood tests, and help you look after your heart. Just as well you had to give up smoking! That's really positive, and one less thing to worry about.

I want to be around for my family. I'm making changes to look after my heart, and I'm going to 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.



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