

BE THERE FOR YOUR TEAM

GET A HEART AND
DIABETES CHECK

Heart disease and diabetes kill more than 6,000 kiwis a year. A simple check up could help save your life. Get a heart and diabetes check. Ask your doctor or nurse now.



Fulfil
a lifetime



diabetes
new zealand



health promotion
agency



WHAT IS A HEART AND DIABETES CHECK?

A heart and diabetes check works out your risk of having a heart attack or stroke in the next five years. It also tells you if you have diabetes or pre-diabetes (where your blood glucose (sugar) levels are higher than normal but not high enough to be called diabetes).

The check will let you know what your risk is and give you the chance to talk to your doctor or nurse about ways to improve your health and lead a healthier life.

Your family doctor or nurse will:

- ask about your risk factors such as smoking, exercise and diet
- ask if there is any family history of heart attack, stroke or diabetes
- measure your blood pressure, height, weight and waist
- test your cholesterol and blood glucose levels (for diabetes).

Your doctor or nurse will then calculate your risk of having a heart attack or stroke over the next five years.

You can also do a basic heart check at knowyournumbers.co.nz but only your health practitioner can do a full heart and diabetes check.

Get a heart and diabetes check. Ask your doctor or nurse now. Do it for your family.

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