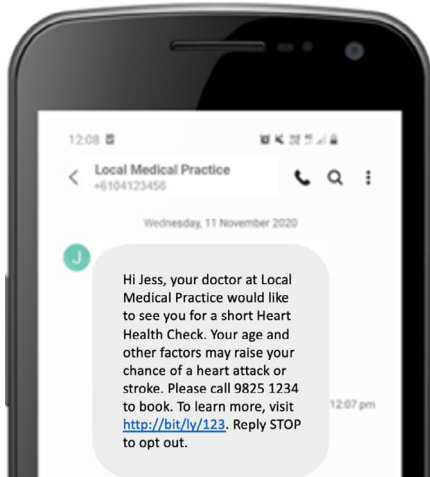


Appendix 1. Heart Health Check SMS and webpage.

A. SMS recall message and B. landing page, which was linked to within SMS.

A. SMS message:



B. Webpage (from URL in text message):

General practice logo appears here

Welcome!

With support from the Heart Foundation, your doctor at Healthily Medical Centre would like you to get a Heart Health Check.

Read more about Heart Health Checks and how you can understand your chance of developing heart disease below.

Call Healthily Medical Centre on (03) 9534 7222 to book your Heart Health Check today.

Please speak with your practice about any out-of-pocket costs associated with your booking.

From the Team at Healthily Medical Centre

Please remember that the information provided is not a substitute for diagnosis, treatment or medical advice by your health care professional.

Animations

To UNMUTE - tap the video, then tap the speaker icon

Why a Heart Health Check?

Heart disease is Australia's biggest killer. Seeing your GP for a regular Heart Health Check can help to prevent common types of heart disease, including heart attack and stroke. If you are 45 years or over, you are eligible for a Heart Health Check under Medicare. Aboriginal or Torres Strait Islander peoples are eligible from 30 years of age.

Watch this short animation to find out more about 20 minute Heart Health Checks.

To learn more about Heart Health Checks, [visit the Heart Foundation website.](#)

Stories

To UNMUTE - tap the video, then tap the speaker icon

Heart Health Check: Kylie had a heart attack just after her 48th birthday

"For me I had no signs, and I can honestly sit here and say it was such a surprise... I recommend everyone go and get a Heart Health Check. It's just one small thing you can do that, you know, could maybe save your life"

Heart Health Check: Kylie had a heart attack just after her 48th birthday

Heart Health Check: Darren Lehmann's wake up call

Apps & Tools

The Heart Age Calculator

Did you know that your heart age could be different to your real age? Discover more about your risk of a heart attack or stroke when you use the Heart Foundation's Heart Age Calculator.

[Click here](#) to use the Heart Age Calculator.