

HEART WELLNESS

ARE YOU KEEPING YOUR HEART HEALTHY?



✓ Heart Wellness Program

- Improve your exercise tolerance, strength & balance
- Stop or reverse damage to the blood vessels in your heart
- Manage chest pain & shortness of breath
- Reduce chances of another cardiac event
- Get back to usual activities including work, hobbies & everyday life

START TODAY

- Contact your GP or Specialist for a referral to one of our hospitals
- Use the QR code to submit an online enquiry
- Call and speak to a professional team member

Northern Beaches

Lower North Shore

Delmar

Manly Waters

Longueville



(02) 9982 7655

(02) 9977 9977

(02) 9427 0844

Who can Join The Program?

Anyone recovering from a heart attack, heart surgery, or living with a heart condition



No Gap Payment

We've partnered with all major health funds for no out-of-pocket costs with eligible patients. We accept DVA, WC, CTP & self-funded patients

The Program:

- Rehabilitation Physicians design a recovery plan tailored to your heart condition
- Physiotherapists & Exercise Physiologists guide you through a personalised program to strengthen your heart, improve endurance, and boost circulation
- Nurses & Occupational Therapists assist with symptom management, medication guidance, and strategies to safely return to daily activities
- Dietitians provide nutritional guidance to support cardiovascular wellness
- Social support in a safe and comfortable environment

