

Article: Physical Health—cardiovascular

Content notes:

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AUDIENCE	Aged 30 and over, looking to understand and reduce their cardiovascular disease risk through preventative health checks and lifestyle changes.
COMMUNICATION OPPORTUNITIES	White label content: Position heart health as preventable and actionable, emphasising the value of early screening and simple lifestyle changes.
MESSAGE	Prevention starts with knowing your risk. Regular heart health checks and small lifestyle changes can significantly reduce your chance of cardiovascular disease.
INSIGHTS	CVD is Australia's leading cause of death, yet walking just 30 minutes a day can reduce heart disease risk by 35%.
ASSOCIATED ASSET/S	TAL HeartChecker, Heart Foundation walking plans, TAL Health Connector
CTA	Book a heart health check with your GP to understand your risk and start taking steps toward a healthier heart.
REVIEW DATE	January 2026

It's time for a heart to heart

Your heart is at the centre of your cardiovascular system. It has the important job of pumping oxygen and nutrient-containing blood around your body, which is why it's essential that you take care of it.

But sadly, cardiovascular disease (CVD) is the leading cause of death in Australia. Around one in twenty or 1.3 million Australians had one or more conditions related to heart, stroke or vascular disease each year.¹

Our insurance partner TAL works with the Heart Foundation to help Australians look after their heart health. Dr Priya Chagan from TAL shares some practical ways to reduce your risk of CVD.

Prevention is better than cure

Preventative health screening tests have long been advocated for as a valuable healthcare strategy that supports the early diagnosis of CVD. That's why it's crucial that all Australians take care of their heart and get regular health checks – even if you don't have any symptoms. The earlier you kickstart preventative measures, the easier it is to prevent any potential heart complications.

For instance, high blood pressure and raised cholesterol can damage your heart and blood vessels, but there are often no noticeable symptoms. So without any tests, it's unlikely that you'd know if you have one of these underlying health conditions.

The best way to understand your risk is to speak to your GP about CVD screening and prevention, and to have a heart health check. Your doctor will be able to explain the best timing and frequency for screening tests based on your age, overall health and medical history.

¹ Australian Bureau of Statistics. *National health survey*. 2022.

Understand your family history

Your family health history can help identify if you're at higher risk of certain conditions. The good news is that just because you might have a family history of CVD, it doesn't mean you'll face the same condition – it just means it's more likely.

Not all health conditions are inevitable, and you can always make lifestyle changes to improve your health.

Control the controllable

Certain lifestyle factors like diet, physical activity, smoking and alcohol use can significantly impact your heart health. Fortunately, these are factors you can control. Simple changes – like eating a balanced diet, being physically active and managing stress – can make a big difference.

Walking just 30 minutes a day can reduce your risk of heart disease by 35% and improve your energy levels, wellbeing and overall quality of life.² The Heart Foundation offers a range of resources, including [personal walking plans](#), to help you stay active and maintain a heart-healthy lifestyle.

TAL's [HeartChecker](#) website encourages Australians to keep working towards their heart health goals. Whether you're just starting on your journey or you're looking for more tips,

Watch for the signs

Heart attack symptoms can be different for everyone, but it's important to know the common signs so you can get help quickly. These include chest pain or discomfort (which might feel like pressure, tightness or pain), dizziness, nausea, shortness of breath, sweating or pain that spreads to your arms, neck, jaw or back. If you or someone around you has any of these symptoms, don't wait—call triple zero (000) for an ambulance right away. Acting fast can help save lives.

If you're feeling overwhelmed, or unsure where to begin, speak to your GP or find support through the [TAL Health Connector](#).

DISCLAIMER [please add to your post]

(Fund to insert any disclaimer)

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² Heart Foundation. *Heart Foundation Walking*. 2025.