

Health Information Order Form

Please read the Ordering Guidelines in the **Catalogue** before ordering. Complete this Order Form and return by:

Shipping Address

PAGE 1

E-mail: csor@hsf.on.ca
Fax: 416-489-9343
Phone: 416-489-7111/1-888-473-4636
 ext 389/428

Contact Name:		
Company:		
Address:		City:
Prov.:	Postal Code:	Phone:
Email:		

General public

- G1 Business/Workplace G3 Individuals
 G2 Communities G4 Schools

Healthcare

- H1 Doctors' offices H3 Other health organizations
 H2 Hospitals

Resource name	Item #	Language	Qty	Resource name	Item #	Language	Qty
Risk Factors & Warning Signs				Your health, your weight: simple steps to making healthy choices			
Prevention of Risk Factors							
Test your heart health IQ		English only				English	
Blood pressure record wallet card		English				French	
		French					
Coping with stress		English				English only	
		French					
Diabetes and you: Manage your lifestyle. Reduce your risk		English				English only	
		French					
Get your blood pressure under control		English				English only	
		French					
Just breathe: becoming and remaining smoke free		English				English	
		French				French	
Living with cholesterol: cholesterol and healthy living		English				English only	
		French					
Taking control: lower your risk of heart disease and stroke		English				English only	
		French					
Warning Signs & CPR/AED							
Heart attack and stroke warning signs and actions wallet card		English				English	
		French				French	
Emergency signs and actions – for life		English				English only	
		French					
Healthy Living							
Healthy Eating & Physical Activity							
Eat well. Live longer. Simple steps to making healthy choices		English				English only	
		French					
A woman's guide to healthy eating and active living. Your action plan to a healthier you		English only				English only	
Getting active for life: your guide to an active lifestyle		English				English only	
		French					
Heart-healthy eating guide for your family		English				English only	
		French					
Healthy Weight							
Healthy waist tape measure (25 copies/bundle)		Eng/Fre				English only	
				Recipe Cards			
				Microwave oatmeal squares recipe card		English	
						French	
				Black bean and vegetable chili recipe card		English	
						French	
				Protein bars recipe card		English only	
				Heart&Stroke eTools			
				Heart&Stroke eTools magnetic bookmark (100 bookmarks/bundle)		English	
							French
				My Risk Assessment™/My Blood Pressure Action Plan™ buckslip (50 buckslips/bundle)		English only	
				My Blood Pressure Action Plan™			
				Doctor referral pad for My Blood Pressure Action Plan™ (20 sheets/pad)		English only	
				Have high blood pressure? Sign up for the My Heart&Stroke Blood Pressure Action Plan™ today		English only	
				Take control of your blood pressure poster (Waiting room poster for My Blood Pressure Action Plan™)		English only	
				My Healthy Weight Action Plan™			
				Achieve your healthy weight for life (Patient buckslips – 100 buckslips/bundle)		English only	
				How can you help patients achieve a healthy weight for life? (Doctor buckslips – 100 buckslips/bundle)		English only	
				Heart&Stroke Healthy Weight Action Plan: a condensed print version of our online program		English only	
				My Heart&Stroke Risk Assessment™			
				Are you at risk of heart attack or stroke? Take the My Heart&Stroke Risk Assessment™ and find out today		English only	

Print materials are free to the public in small quantities. Large orders require approval. Our cost recovery policy may apply to ensure the best use of donor dollars. We accept payment by credit cards or purchase orders.



