

# Heart Foundation Resource Order Form

This order form contains items that can be ordered in hard copy. Please visit our [online resources](#) for access to digital copies of out-of-print items and free PDF versions.

Paying by credit card? We can only accept card payments on our website.

Order online now: [www.heartfoundation.org.nz/resources](http://www.heartfoundation.org.nz/resources)

## Important:

- To place your order, return your completed order form to one of the following options.
  - Email: [shop@heartfoundation.org.nz](mailto:shop@heartfoundation.org.nz)
  - Post: Attn Resources, Heart Foundation, PO Box 17 160, Greenlane, Auckland 1546
- Free limits apply for One Order every FOUR WEEKS Only
- Once you exceed the above and for any additional orders placed between this period, you will be charged at the specified unit cost for each item. Limits are subject to change without notice.
- Postage - \$10.50 PER CARTON (A4 sized box) Nationwide to cover postage and packaging charge. Allow up to two weeks for delivery

## Order online instead and get access to repeat orders

Create an account during the checkout process and log into your account any time to repeat previous orders. Simply select the cart symbol in your dashboard. Pay using Visa or Mastercard.

Order online now: [www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

### Order History

Order#	Date	Total	
<a href="#">#1448</a>	15/11/16	\$8.00	
<a href="#">#1350</a>	07/11/16	\$13.00	
<a href="#">#1342</a>	07/11/16	\$13.00	
<a href="#">#1338</a>	04/11/16	\$13.00	



**Please note: we can only accept credit card payments for [orders placed on our website](#).**

<h2 style="margin: 0;">How to pay</h2> <p style="margin: 0; font-size: small;">To place your order, return your completed order form below by email: <a href="mailto:shop@heartfoundation.org.nz" style="color: white;">shop@heartfoundation.org.nz</a> or by post: Attn Resources, Heart Foundation, PO Box 17 160, Greenlane, Auckland 1546</p>	
<b>Sub-total</b> (as per charging policy)	\$ .....
<b>Postage</b> (Per carton, note that depending on your order you may require multiple cartons)	\$ 10.50 (per carton)
<b>Your donation:</b> The Heart Foundation is New Zealand's heart charity, leading the fight against our country's biggest killer – heart disease. We are committed to providing quality and accessible heart health information which is largely made available free of charge or at a nominal cost.  Donations of any size towards the publishing of these resources would be greatly appreciated.	Yes! We would like to donate towards the ongoing development and supply of resources:  \$ .....
<b>TOTAL</b>	\$ .....




Customer / Delivery Details			
Date of order		<b>Customer Number :</b> This is on the top right corner of your Invoices	
Contact name		<b>Purchase or OrderReference</b>	
Organisation name			
<b>Billing Address</b>		<b>Shipping Address</b>	
Street		Street	
Suburb		Suburb / Town	
Postcode		Postcode	
<b>Contact details - must be included so we can contact you with order related issues</b>			
Phone		<b>Accounts Email Address to Email your Invoice to</b>	


Payment options (payment must accompany all orders)	Select Option : <b>Yes / No</b>
<b>Invoice:</b> (please ensure 'customer / delivery details' section above is filled out) <b>PLEASE PROVIDE YOUR ACCOUNTS EMAIL ADDRESS FOR US TO EMAIL YOUR INVOICE TO IF YOU NEED ONE</b>	


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## Blood pressure awareness month 2026:




Blood pressure	Name	Code	Free quantity limits and costs thereafter	Total Cost
	<a href="#">Managing high blood pressure</a>	CAS026	Free for the first 100 (then \$0.10 each)	
	<a href="#">Blood pressure - logbook</a>	CAS052	Free for the first 100 (then \$2.25 each)	
	<a href="#">Measure your blood pressure at home - A4 pad (50)</a>	CAS053	Free for the first 10 (then \$7.00 each)	






A5 PAMPHLETS	Name	Code	Quantity (Free limit = 50) Unit cost (after free limit) = \$0.10	Total Cost
	<a href="#">Angina</a>	CAS005	Free for first 25 (then \$0.50 each)	
	<a href="#">Angina - CHINESE</a>	CAS005-CHI		
	<a href="#">Angina - HINDI</a>	CAS005-HIN		
	<a href="#">Angina - TE REO</a>	CAS005-TR	OUT OF STOCK	
	<a href="#">Angina - SAMOAN</a>	CAS005-SAM		
	<a href="#">Angina - TONGAN</a>	CAS005-TON		
	<a href="#">Angina - KOREAN</a>	CAS005-KOR	OUT OF STOCK	

	<a href="#">Managing high blood pressure</a> <b>See the top table for specials on this resource.</b>	CAS026		
	<a href="#">Managing high blood pressure - CHINESE</a>	CAS026-CHI	OUT OF STOCK	
	<a href="#">Managing high blood pressure - HINDI</a>	CAS026-HIN	OUT OF STOCK	
	<a href="#">Managing high blood pressure - KOREAN</a>	CAS026-KOR	OUT OF STOCK	
	<a href="#">Blood pressure - TE REO</a>	CAS006-TR	OUT OF STOCK	
	<a href="#">Blood pressure - SAMOAN</a>	CAS006-SAM		
	<a href="#">Blood pressure - TONGAN</a>	CAS006-TON	OUT OF STOCK	
	<a href="#">Cholesterol</a>	CAS010		
	<a href="#">Cholesterol - CHINESE</a>	CAS010-CHI		
	<a href="#">Cholesterol - HINDI</a>	CAS010-HIN	OUT OF STOCK	
	<a href="#">Cholesterol - KOREAN</a>	CAS010-KOR		
	<a href="#">Cholesterol - TE REO</a>	CAS010-TR		
	<a href="#">Cholesterol - SAMOAN</a>	CAS010-SAM		
	<a href="#">Cholesterol - TONGAN</a>	CAS010-TON		
	<a href="#">Diabetes</a>	CAS012		
	<a href="#">Diabetes - CHINESE</a>	CAS012-CHI	OUT OF STOCK	
	<a href="#">Diabetes - KOREAN</a>	CAS012-KOR		
	<a href="#">Diabetes - TE REO</a>	CAS012-TR	OUT OF STOCK	
	<a href="#">Diabetes - SAMOAN</a>	CAS012-SAM		
	<a href="#">Diabetes - TONGAN</a>	CAS012-TON		
	<a href="#">Stop smoking</a>	CAS034		
	<a href="#">Stop smoking - CHINESE</a>	CAS034-CHI	OUT OF STOCK	
	<a href="#">Stop smoking - HINDI</a>	CAS034-HIN		
	<a href="#">Stop smoking - KOREAN</a>	CAS034-KOR		
	<a href="#">Stop smoking - TE REO</a>	CAS034-TR		
	<a href="#">Stop smoking - SAMOAN</a>	CAS034-SAM	OUT OF STOCK	
	<a href="#">Stop smoking - TONGAN</a>	CAS034-TON	OUT OF STOCK	




	<a href="#">You and your ICD</a>	CAS036	<b>OUT OF STOCK AND CURRENTLY UNDER REVIEW</b>	
	<a href="#">You and your pacemaker</a>	CAS037	Free for the first 25, then \$0.50 each	




<b>EACH TEAR OFF PAD CONTAINS (50 SHEETS)</b>	<b>Name</b>	<b>Code</b>	<b>Quantity (free limit = 1) Unit cost (after free limit) = \$1.00</b>	<b>Total Cost</b>
	<a href="#">Journeys (real stories)</a> A5	CAS038		
	Mutton flaps food skills card <b>A4</b> - English	44225742	<b>OUT OF STOCK AND CURRENTLY UNDER REVIEW</b>	
	Simple steps for heart healthy eating - A5 pad (50)	PRE010		
	Simple steps for heart healthy eating (Te reo Māori) - A5 pad (50)	PRE010-TR		
	Pisupo food skills card <b>A4</b> - English	44225743	<b>OUT OF STOCK AND CURRENTLY UNDER REVIEW</b>	
	<a href="#">Povi food skills card A4 - English</a>	PRE015	<b>OUT OF STOCK AND CURRENTLY UNDER REVIEW</b>	



	<a href="#">Heart failure action plan - A4 pad (50)</a>	CAS016	Free limit: 1 Unit cost after free limit: \$7.00	
	<a href="#">Measure your blood pressure at home—A4 pad (50)</a>  <b>See the top table for specials on this resource.</b>	CAS053	Free for first 2 (then \$7.00 each)	
	<a href="#">Supporting your heart journey - A4 Pad (50)</a>	CAS056	Free for first 1 (then \$7.00 each)	



<b>A5 BOOKLETS</b>	<b>Name</b>	<b>Code</b>	<b>Quantity (free limit = 25) Unit cost (after free limit) = \$0.50</b>	<b>Total Cost</b>
<b>Note: 'Eating for a healthy heart' has a different costing system, and can be ordered from the table 'Other resources' (below).</b>				
	<a href="#">A guide to coronary angiography and angioplasty</a>	CAS001		
	<a href="#">A guide to coronary artery bypass graft surgery</a>	CAS002		
	<a href="#">Living well after a heart attack</a>	CAS024		
	<a href="#">Lowering your risk of heart attack and stroke</a>	CAS025		
	<a href="#">Rheumatic fever and rheumatic heart disease</a>	CAS028	<b>OUT OF STOCK AND CURRENTLY UNDER REVIEW</b>	

	<a href="#">Staying well with atrial fibrillation</a>	CAS029		
	<a href="#">Staying well with heart failure</a>	CAS030		
	<a href="#">Staying well with heart valve disease</a>	CAS032		
	<a href="#">Supporting someone with heart failure A5 booklet</a>	CAS035		
	<a href="#">Heart failure daily checks record - A5 booklet</a>	CAS015		
	<a href="#">Heart failure daily checks record - A5 booklet (CHINESE)</a>	CAS015-CHI		
	<a href="#">Heart failure daily checks record - A5 booklet (TONGAN)</a>	CAS015-TON		
	<a href="#">Heart failure daily checks record - A5 booklet (TE REO)</a>	CAS015-TR		





	<a href="#">Heart failure daily checks record - A5 booklet (COOK ISLAND MĀORI)</a>	CAS015-CI	OUT OF STOCK	
	<a href="#">Heart failure daily checks record - A5 booklet (HINDI)</a>	CAS015-HIN		
	<a href="#">Heart failure daily checks record - A5 booklet (SAMOAN)</a>	CAS015-SAM		


A5 COOKBOOKS	Name	Code	Quantity (free limit = 25) Unit cost (after free limit) = \$1.00	Total Cost
	<a href="#">Cheap eats A5 cookbook</a>	PRE002		
	<a href="#">Full O' beans A5 cookbook</a>	PRE005		
	<a href="#">Pasifika tastes A5 cookbook</a>	PRE013		



WALLET CARDS, PAMPHLETS, POSTCARDS, AND FOLDERS	Name	Code	Quantity (free limit = 50) Unit cost (after free limit) = \$0.10	Total Cost
	<a href="#">I.C.E (emergency details) Wallet card - UPDATED</a>	CAS017		
	<a href="#">Journeys (real stories) Postcard</a>	CAS018		




	<a href="#">Journeys (real stories)</a> <i>Postcard</i>	CAS038		
	<a href="#">Infective Endocarditis</a> <i>Wallet card</i>	CAS058	Free for the first 50 (then \$0.10 each)	

POSTERS	Name and Size as shown below	Code		Quantity - free limit A1 x 5 free A2 & A3 x 10 free A4 x 25 free	Unit cost (after free limit)	Total Cost
	<a href="#">Healthy heart visual guide A1</a>	PRE007		DOWNLOAD ONLY	FREE	
	<a href="#">Healthy heart visual food guide A3</a>	PRE008		DOWNLOAD ONLY	FREE	
	<a href="#">Healthy heart food guide A4</a> Double sided version can now be found in other resources section	PRE009		DOWNLOAD ONLY	FREE	
	<a href="#">Healthy heart visual food guide A3 - Cook Islands</a>	PRE008-CI			\$1.00	
	<a href="#">Healthy heart food guide A4 - Cook Islands</a>	PRE009-CI			\$0.50	
	<a href="#">Healthy heart food guide A4 - Hindi</a>	PRE009-HI N			\$0.50	
	<a href="#">Healthy heart visual food guide A3 - Niuean</a>	PRE008-NI U			\$1.00	
	<a href="#">Healthy heart food guide A4 - Niuean</a>	PRE009-NI U			\$0.50	
	<a href="#">Healthy heart visual food guide A3 - Samoan</a>	PRE008-SA M			\$1.00	
	<a href="#">Healthy heart food guide A4 - Samoan</a>	PRE009-SA M			\$0.50	
	<a href="#">Healthy heart visual food guide A3 - Tongan</a>	PRE008-TO N			\$1.00	
	<a href="#">Healthy heart food guide A4 - Tongan</a>	PRE009-TO N			\$0.50	
	<a href="#">Journeys (real stories) female A3</a>	CAS020			\$1.00	
	<a href="#">Journeys (real stories) female A4</a>	CAS021			\$0.50	
	<a href="#">Journeys (real stories) male A3</a>	CAS022			\$1.00	

	<a href="#">Journeys (real stories) male A4</a>	CAS023			\$0.50	
	<a href="#">Journeys promotional - A5 pad</a>	CAS019			Free for first 1 (then \$1.00 each)	
	<a href="#">Breakfast ideas - A4 poster</a>	PRE021		<b>DOWNLOAD ONLY</b>	FREE	
	<a href="#">Which milk is best for me? - A4 poster - English</a>	PRE023		<b>DOWNLOAD ONLY</b>		
	<a href="#">Which milk is best for me? A4 poster - Te Reo</a>	PRE023-TR		<b>DOWNLOAD ONLY</b>		
	<a href="#">Mix and match snack ideas - Poster</a>			<b>DOWNLOAD ONLY</b>	FREE	

OTHER RESOURCES	Name	Code	Quantity ALL COPIES NOW FREE	Unit cost	Total Cost
	<a href="#">Toi Te Kupu - He Papakupu Toiora</a>  <i>Dictionary of food, cooking, activity and health terms. Toi te Kupu covers a broad range of terms focused on encouraging healthy heart activity and nutrition. Both English to Māori and Maori to English translations.</i>	PRE018		Now Free	Freight charge Applies

OTHER RESOURCES	Name	Code	Unit cost	Total Cost
	<a href="#">Eating for a healthy heart A5 booklet</a>	CAS013	Free for first 25, then \$1.00 each	
	<a href="#">Healthy Celebrations Early Learning Service resource with tips and recipes</a>	PRE006	\$2.60	

 <p>Staying well with heart failure</p>	<p><a href="#">Heart failure resource Pack</a></p>	<p>CAS031</p>		<p>Free limit: 25 Then \$1.75 per unit</p>	
 <p>Blood pressure logbook</p>	<p><a href="#">Blood pressure logbook</a></p> <p>See the top table for specials on this resource.</p>	<p>GAS052</p>		<p>Free for first 25, then \$2.25 each</p>	
 <p>eat most</p>	<p><a href="#">Visual food guide and food portions - A4 flyer</a></p>	<p>PRE075</p>		<p>Free for first 25, then \$0.50 each</p>	