

Alberta Health Information Order Form

Please read [Ordering Guidelines](#) before filling out this order form.

Complete order form and return by:

Email: tdybvig@hsf.ab.ca
 Fax: 403-237-0803
 Phone: 403-351-7061

Shipping Address

Contact Name:		
Organization:		
Address:		City:
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What describes you best? For complete descriptions, please [click here](#).

General public

- G1 Business/Workplace
 G2 Community Organization

- G3 Individual
 G4 School

Healthcare

- H1 Doctor's office
 H2 Hospital
 H3 Other health organization

***Note:** Print materials are free to the public in small quantities (less than 10 copies per resource or under \$25 including shipping). Our cost recovery policy may apply to ensure the best use of donor dollars. We accept payment by credit cards or cheques.

Health Information Publications	Language (PDF)	Price*	Quantity
Healthy living: Eating well, getting active, managing a healthy weight			
Eat well. Live longer. Simple steps to making healthy choices.	English	0.19	
	French	0.19	
Getting active for life : Your guide to an active lifestyle	English	0.18	
	French	0.18	
Heart-healthy eating guide for your family	English	0.12	
	French	0.12	
Know the signs of stroke and heart attack			
Heart attack and stroke warning signs and actions wallet card	English	0.05	
Heart attack and stroke warning signs and actions card (Traditional Chinese)	Traditional Chinese	0.00	
Stroke warning signs fridge magnet	English	0.22	
Heart disease: Information to help manage your heart condition			
HeartSmart™ Women : a guide to living with and preventing heart disease and stroke	English	0.44	
Managing heart failure	English	1.20	
Recovery road : an information guide for heart patients and their families	English	1.50	
Stroke: Information to help you in your stroke recovery			
Let's talk about stroke : an information guide for survivors and their families Currently being updated	English		
	French		
Stroke Pediatric Guide	English	0.00	
Tips and Tools for Everyday Living: A Guide for Stroke Caregivers <i>(for personal support workers but also helpful for family caregivers)</i>	English - PDF only		
	French - PDF only		

Health Information Publications	Language (PDF)	Price*	Quantity
You've had a TIA. Learn how to prevent another one	English	0.30	
Taking Charge of Your Stroke Recovery: A Survivor's Guide to the Canadian Stroke Best Practice Recommendations	English – PDF only		
	French – PDF only		
Risk factors: Information to help you prevent risk factors of heart disease and stroke			
Blood pressure record wallet card	English	0.04	
Coping with Stress	English	0.13	
Get your blood pressure under control	English	0.32	
How to Lower Your Risk of Heart Disease & Stroke (Punjabi)	Punjabi - PDF only		
How to Manage Your Blood Pressure (Punjabi)	Punjabi - PDF only		
How to Take Your Blood Pressure (Punjabi)	Punjabi - PDF only		
How to Manage Your Cholesterol (Punjabi)	Punjabi - PDF only		
Living with cholesterol: cholesterol and healthy living	English	0.13	
Taking control: Lower your risk of heart disease and stroke	English	0.14	
	French	0.14	