

# COULD YOU HELP US TO GO DIGITAL?



WE DISTRIBUTE  
MORE THAN 350,000  
PRINTED BOOKLETS  
AND LEAFLETS TO  
PATIENTS EVERY YEAR.

WE DISTRIBUTE  
BOOKLETS AND  
LEAFLETS TO NHS  
TEAMS ACROSS ALL  
FOUR CORNERS  
OF THE UK.

WE EMPLOY COURIERS  
TO DELIVER OUR PATIENT  
MATERIALS TO NHS TEAMS;  
REGRETTABLY, THIS CAUSES  
CONSIDERABLE POLLUTION.



WE ESTIMATE THAT OUR  
PAPER USAGE AMOUNTS  
TO THE EQUIVALENT  
OF THREE INDIAN  
ELEPHANTS EACH YEAR!

THE AMOUNT OF PATIENT  
MATERIALS WE DISTRIBUTE TO NHS  
TEAMS IS GROWING EACH YEAR.

WE AIM TO DECREASE THE  
DISTANCE WE TRAVEL TO  
DELIVER OUR PATIENT MATERIALS.



We want to reduce  
the amount of  
paper we use  
- it requires a lot  
of trees!

If you have **Heart Failure with reduced Ejection Fraction (HFrEF)** (40% and less), or **Heart Failure with mildly reduced Ejection Fraction (HFmrEF)** (41%-49%), then this page is for you.

If unsure, ask the healthcare team member who gave you this booklet.



[qr.pumpingmarvellous.org/PodcastHFrEF](https://qr.pumpingmarvellous.org/PodcastHFrEF)

SCAN ME



If you have **Heart Failure with preserved Ejection Fraction (HFpEF)** (50% and above), then this page is for you.

If unsure, ask the healthcare team member who gave you this booklet.



[qr.pumpingmarvellous.org/PodcastPreserved](https://qr.pumpingmarvellous.org/PodcastPreserved)



SCAN ME

**My Marvellous Big Pocket Guide to Heart Failure**

*A Patient's Story*

Pumping Marvellous  
Authorised by patients like you  
HELPING PEOPLE LIVE BETTER WITH HEART FAILURE

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SCAN ME

**My Marvellous Guide to Heart Failure with preserved Ejection Fraction**

*A Patient's Story*

Pumping Marvellous  
Authorised by patients like you  
HELPING PEOPLE LIVE BETTER WITH HEART FAILURE

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HEART FAILURE

**JOIN OUR MARVELLOUS COMMUNITY**



# Contact Us



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Search "Help for Hearts" for our support community group

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