



**WOMENHEART**

THE NATIONAL COALITION FOR  
WOMEN WITH HEART DISEASE

**FOR IMMEDIATE RELEASE**

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**WomenHeart Launches New SisterMatch Mobile App**

*App Expands Access to Virtual Support for Women Living with Heart Disease*

March 9, 2021—Today, WomenHeart launched a mobile app that helps women with heart disease connect one-on-one with trained *WomenHeart Champion* volunteers. These volunteers, or BigSisters, can provide peer support within the app, over the phone or via email at a time convenient for both women.

While this SisterMatch program has been a key part of WomenHeart’s support offerings for years, connecting thousands of LittleSisters with BigSisters, launching the app will expand the program’s reach, allowing many more women to match and connect more easily with a BigSister.

The matching process centers on connecting users with the *WomenHeart Champion* who best matches the responses in their profile. After completing a profile, LittleSisters will have an opportunity to select specific *WomenHeart Champions* to be matched with, whether they base their decision on having a similar diagnosis, geographic location, age or more. The app also provides information about Support Network meetings (currently held virtually) should women decide to seek support in a group setting, as well as provides other WomenHeart news and information.

The SisterMatch app is available for download on the [Apple](#) and [Google Play](#) stores.

After being diagnosed with heart disease, many women experience feelings of isolation and depression. Being able to connect with someone “who’s been there” can make a difference in emotional recovery. Talking with someone who has had similar experiences can provide support and encouragement before surgery, during recovery and after diagnosis. Through this peer connection, women learn how to deal with the new thoughts and feelings in ways that written information, cardiac rehabilitation and other recovery services may not achieve, adding to a sense of hope, well-being and healing, so heart disease survivors can thrive.

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**About WomenHeart: The National Coalition for Women with Heart Disease** *is the nation's only patient centered organization serving the millions of American women living with or at risk for heart disease—the leading cause of death in women. Visit us online at [womenheart.org](http://womenheart.org).*