

SISTERMATCH



WOMENHEART
THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

**Are you a
woman heart patient
looking for support?**

**Would you like
to meet someone
like you, who is
on the same
journey to live well
with heart disease?**

**If so, then
WomenHeart
and SisterMatch
can help!**

SisterMatch is peer-to-peer support for women living with heart disease.

After being diagnosed with heart disease, many women experience feelings of isolation and depression. Being able to talk to someone “who’s been there” can make a difference in emotional recovery.

Through SisterMatch, women connect one-on-one with a *WomenHeart Champion* volunteer who can provide needed support in person or virtually.

Talking with someone like you, who has had similar experiences, can provide support and encouragement. Through this peer connection, you will learn how to deal with new thoughts and feelings in ways that written information, cardiac rehabilitation, and other recovery services may not achieve, adding to your sense of hope, well-being and healing.

The match process centers on connecting with a Big Sister of your choosing in the SisterMatch app. Big Sisters are *WomenHeart Champions*, women heart patient volunteers trained through WomenHeart’s Science & Leadership Symposium to provide peer support to other women living with heart disease.

To be matched with a *WomenHeart Champion*, download the app from the Apple or Google Play store, go through the questionnaire and select a Big Sister who feels right for you. She will follow up and connect with you.

Questions? Email patientsupport@womenheart.org

SISTER MATCH



SisterMatch relationships help in ways that written information, cardiac rehabilitation, and other recovery services may not achieve — leading to an increased sense of hope, well-being and healing.

Are you a woman living with heart disease who would like to be connected to another woman heart patient for support?

Download the SisterMatch app from the Apple or Google Play store.

Want to support SisterMatch?

Donate \$10 to support training *WomenHeart Champions* to be great SisterMatch volunteers. Your gift will provide opportunities for hope and connection for women heart patients.

"I've exchanged emails with my SisterMatch about ten times... I've learned that we have so much in common with the same diagnosis, closeness in age, kids, family, etc. She seems like such a great person. She's really upbeat and positive. I enjoy our emails and I truly enjoy feeling like I'm helping someone. I've learned that reaching out to someone else who is dealing with heart disease can make me feel better about myself... It is very humbling to able to help someone going through this."

—Tonya, WomenHeart Champion

www.womenheart.org



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