



## **SisterMatch**

Through **SisterMatch**, women can connect one-on-one with a *WomenHeart Champion* volunteer who can provide needed support via the WomenHeart app at a time convenient for both parties. 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 your emotional recovery. 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.

### **Requesting a Match**

SisterMatch is available via a mobile application. The matching process centers on connecting users with the *WomenHeart Champion* who best matches the responses in their profile. After completing a profile, you will have an opportunity to select specific *WomenHeart Champions* to be matched with, whether you base your decision on having a similar diagnosis, geographic location, age or more. The app also provides information about Support Network meetings should you decide to seek support in a group setting, as well as provides other WomenHeart news and information. To be matched with a *WomenHeart Champion*, download the app and create a user profile. You can find the app on the [Apple](#) and [Google Play](#) stores.

### **What can you expect when you request a SisterMatch?**

Our Big Sisters are trained *WomenHeart Champions* who can provide support, encouragement, and guidance as you cope with the events brought on by your heart disease diagnosis. They are volunteers who have also experienced heart disease. Once you send a request to a Big Sister, you can expect to receive a response within a week. After you have established a match, we ask that you continue communication through the app. Your Big Sister will want to learn more about you, your heart diagnosis, and the support you are seeking. As you initiate this match, both of you should remain realistic regarding the kind of support that can be provided and how often you would like to stay in touch. Setting expectations early on can ensure you and your Big Sister are on the same page about the support you need and can set you on the path to a successful SisterMatch.

### **What a Big Sister can do:**

- Offer support and a listening ear as you navigate through the events you are currently facing.
- Share her own experience and perspective.
- Discuss the feelings associated with a heart disease diagnosis.
- Provide a source of positivity.
- Encourage you to seek other support when needed.
- Point you to educational resources when appropriate.

### **What a Big Sister cannot offer:**

- Talk therapy.
- Medical advice.

If you have questions or are unable to access mobile apps, please contact our Patient Support team at [sistermatch@womenheart.org](mailto:sistermatch@womenheart.org). We are here to help you get the support you need.