Coronary heart disease
What you need to know

Facts and figures

Every 7 minutes someone in the UK has a heart attack.

CHD can be hereditary, but lifestyle plays an important role, too.
Smoking, drinking, poor diet and a lack of exercise can all increase your chances of suffering a heart attack.

Over 2.6 million people in the UK are living with CHD.
It's the most common cause of death in people under the age of 65. It kills about 70,000 people every year.

What would it mean for you?

7 in 10 people will survive their first heart attack and recover in hospital. But you could require surgery or medication to recover fully.

You may need to take up exercise, adopt a new diet, or eliminate sources of stress from your life. This could mean changing your job, going part-time, or seeking regular support.

It can be difficult dealing with the aftermath of a heart attack – for both you and your family. You may want to take some time off, adjust to your new lifestyle, and focus on what matters.

Here's how Zurich can help

Zurich provides protection and support for you and your family when you need it the most. When you call to make a claim, you’ll get a dedicated claims specialist who’ll listen to what’s going on, look to pay your claim as quickly as possible, and see you through the whole journey.

We also give you access to Zurich Support Services, an independent team of counsellors and advisers who are available 24 hours a day, seven days a week.

You can call them at any time of the day or night, about anything that’s on your mind. And your family can call for support, as well.

2017 claims

The facts:

16.3% of critical illness and 3.4% of income protection claims we paid to our customers were due to coronary heart disease.

We paid out 97% of our life, critical illness and income protection claims.


This document has been approved for customers to use only with their financial adviser.

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