



What is Hello Heart?

Hello Heart is an easy-to-use program that helps you **track, understand, and manage** your heart health from the privacy of your own phone. The Hello Heart program is offered at no cost to eligible members and includes a free blood pressure monitor that connects to an app on your smartphone. It's engaging and rewarding!

What's great about Hello Heart?

It helps you easily track, understand, and manage your heart health. All the information and tips are on your phone, so you can use the app **anywhere, anytime**. Last, but not least, Hello Heart strictly follows HIPAA guidelines on how to save information, which is kept **100% private** to you. No one has any access to your information.

What do you get with Hello Heart?

- FDA-cleared blood pressure monitor that easily connects to your phone
- Blood pressure, medication, and weight tracking technology
- Instant, clear explanations of what your numbers mean
- Easy-to-apply personalized tips for maintaining a healthy heart
- Progress reports that are easy to review or share with your physician
- Auto-imported lab results from clinics, with personalized explanations
- Support team available to answer any questions via phone or email



The Hello Heart program will open for enrollment on January 1, 2024.

Stay tuned for more information on how to sign up for this free health health benefit!

*Message and data rates may apply.

Hello Heart is not a substitute for medical care. Talk to your doctor to make sure you are diagnosed and treated properly.

If you have any questions, please reach out to Hello Heart support at:

✉ support@helloheart.com 📞 (800) 767-3471, Monday-Friday, 8am-8pm EST.

