



## Have high blood pressure? Track it for free!

Sign up for **Hello Heart** to receive a free blood pressure monitor that connects to an app on your smartphone. Hello Heart makes it **simple** for you to **track** your heart health and **understand** what's going on, so you can worry less – all from the **privacy** and comfort of your own phone.



## 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 heart health benefit!

## What do you get with Hello Heart?

- Use your personal Hello Heart monitor to check your blood pressure. The Hello Heart smartphone app will instantly save your readings and provide clear explanations of what they mean.
- Easily send your readings and progress reports to your doctor (if you want to) to catch potential issues early.
- Access easy, personalized tips for maintaining a healthy heart!
- Set medication reminders in the Hello Heart app, so you never forget!
- Your info is kept 100% private to you on your phone. No one but you will know what your heart is up to. Access the app whenever you need it, anywhere, anytime.



Hello Heart does not diagnose, treat, cure or prevent any disease, or act as a substitute for medical care. Contact your doctor if you have questions.

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

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