



 Hello Heart



# Is your heart trying to tell you something?

High blood pressure increases your risk of heart disease. Tracking your heart health regularly can help lower your risk.<sup>1</sup>

**Hello Heart is an easy way to understand and manage your heart health.**

Sign up today and get your **free Hello Heart monitor** to start tracking your blood pressure.

### With Hello Heart, you can:

- Track your blood pressure at home
- Receive personalized insights
- Share reports with your doctor



## Get started in 2 simple steps.

**1** Scan the QR code or text\* the code: **NALCHBP** to **75706** to create an account.



**2** Download the Hello Heart app and log in to get your free monitor. App also available in Spanish.



You can also visit [join.helloheart.com](https://join.helloheart.com) and enter **NALC Health Benefit Plan** to create an account.

\*Message & data rates may apply. Visit <https://www.helloheart.com> for privacy and terms information. Hello Heart is not a substitute for medical care. Talk to your doctor to make sure you are diagnosed and treated properly. <sup>1</sup> <https://www.health.harvard.edu/heart-health/how-to-monitor-and-lower-your-blood-pressure-at-home>