



 **Hello Heart**

It's easy and free to love your heart back

Your heart. Your health.

Now, there's a great way to
check in with your heart.

helloheart.com/heartbetter

Women's hearts are different than men's.

Women's heart attack symptoms include not only chest pain, but shortness of breath, back and neck pain, stomach discomfort, nausea and heaviness or squeezing in the chest.

With Hello Heart, you can:

- Track your blood pressure easily at home
- Receive personalized insights on things you can do to keep feeling great
- Share reports with your doctor at the push of a button
- Understand how menopause may affect heart health



Join and get a **FREE Hello Heart monitor** that measures blood pressure and heart rate, shipped directly to your door.

1 Scan the QR code or go to join.helloheart.com and enter **NALC Health Benefit Plan** to get started.

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



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

Need help? ✉ support@helloheart.com

📞 (800) 767-3471 Monday-Friday, 8am-8pm ET