



Hello Heart

JOHNATHAN Q SAMPLE
and eligible family members
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It's World Heart Day on September 29th

Heart disease is a leading cause of death in the US, and high cholesterol raises your risk. But heart disease may be prevented with steps like lifestyle changes.¹

You've only got one heart. Track how it's doing with Hello Heart.

Hello Heart is the first app designed to help you understand and easily manage your heart health.

Take control of your heart health today.

Sign up and get your **free Hello Heart monitor** and access to the app, which includes health tips customized just for you.



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://www.join.helloheart.com) and enter **NALC Health Benefit Plan** to create an account.

The Hello Heart program is offered at no cost to NALC Health Benefit Plan members or adult dependents (18+) who have blood pressure readings of 130/80 or above, high cholesterol, or take medication for blood pressure. Women who are going through or have gone through menopause are also eligible to enroll.

*Message & data rates may apply. Visit <https://www.helloheart.com> for privacy and terms information. Hello Heart is not a substitute for a licensed medical professional. Talk to your doctor to make sure you are diagnosed and treated properly.¹ <https://world-heart-federation.org/world-heart-day/about-who>

Need help? ✉ support@helloheart.com ☎ (800) 767-3471 Monday-Friday, 8am-8pm ET

