



Hello Heart

JOHNATHAN Q SAMPLE
and eligible family members
123 MAILING STREET
APT A
MAILING TOWN, US 12345-6789



Enjoy your magnet.

Take control of your heart health this year.

Hello Heart is the first app that helps you manage your heart health and get real-time tips. It's the perfect tool to help you stick with a heart health resolution.

- Track your blood pressure with a **free monitor**.
- Get insights by tracking your cholesterol, medication, and activity.
- Share private reports with your doctor.



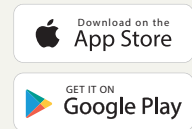
Sign up to get the free Hello Heart app and blood pressure monitor.

Get started in two simple steps.

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



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



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.

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

