



 Hello Heart

It's time to keep your heart top of mind

Your heart. Your health.

Did you know that men tend to develop heart disease at a younger age than women? The risks of heart attack can start in your forties.¹



Tracking your heart health is everything.

This Men's Health Month, NALC Health Benefit Plan is partnering with Hello Heart to give you the amazing tools to track and manage your heart health.

We'll help you beat the odds of heart disease. The Hello Heart app is a digital coach that helps you:

- Track your blood pressure and understand your numbers
- Receive personalized tips
- Share your reports with your doctor

¹ <https://memorialhermann.org/services/specialties/heart-and-vascular/healthy-living/education/heart-disease-and-age>

*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.

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

Get started in 2 simple steps.

- 1 **Scan the QR code** or text* the code: **NALCHBP** to the phone number **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 and enter **NALC Health Benefit Plan** to create an account.