

Hello Heart is available to you **for free**.



Build a heart-healthy habit.

Monitoring your blood pressure at home, in addition to working with your doctor, can help you lower your blood pressure.¹

Join the 200,000+ people taking control of their heart health.

The NALC Health Benefit Plan's trusted partner Hello Heart is here to help you track your heart health numbers easily and stay ahead of potential risks. Nearly 1 in 2 U.S. adults has high blood pressure, and most don't even know it.

- ✓ Free blood pressure and heart rate monitor
- ✓ Heart health tracking app
- ✓ Activity, medication, & cholesterol tracking
- ✓ Fully covered by your benefits plan.



Scan to claim your free kit

or visit join.helloheart.com and enter **NALC Health Benefit Plan**.

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 having issues during pregnancy such as preeclampsia, or those who have or have gone through menopause are also eligible to enroll.

¹<https://millionhearts.hhs.gov/tools-protocols/tools/smbp.html>

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