

Hello Heart FAQs

What is Hello Heart?

The Hello Heart app helps you track your blood pressure and easily manage your heart health all in one place.

This benefit is offered to eligible members and includes a Hello Heart blood pressure monitor that pairs directly with your smartphone.

What's great about Hello Heart?

Along with blood pressure, you can also track cholesterol, weight, and activity to better understand how daily habits may affect your heart health. Plus, you can choose to share detailed, private reports with your doctor.



What do you get with Hello Heart?

- ✓ **A Hello Heart blood pressure monitor** that is FDA-cleared and easily connects to your phone.
- ✓ **An app to help you track** blood pressure, cholesterol, medication, and more.
- ✓ **Clear explanations** of what your numbers mean.
- ✓ **Personalized tips** that make it simple to maintain a healthy heart.
- ✓ **Progress reports** that are easy to review or share with your physician.
- ✓ **Assistance from our support team** via phone or email.

Coming soon.

We'll send you instructions on how to enroll and get your Hello Heart app and blood pressure monitor.