

Your new heart health program.

Support your heart health with Hello Heart. This exclusive benefit is **fully covered** and includes:

- ✓ Blood pressure and heart rate monitor
- ✓ Heart health tracking app
- ✓ Personalized feedback & digital coaching
- ✓ Secure, detailed reports
- ✓ Activity, medication, & cholesterol tracking



Real results, real fast—50% of Hello Heart members with high blood pressure saw improvements in just two weeks.



Coming soon.

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



"Without Hello Heart, I would have been blind to the fact that I have high blood pressure."

-Terri, Hello Heart Member

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