



 Hello Heart

Take amazing care of your heart.

Something special for your heart this year.

Hello Heart has a holiday gift for you – a **free heart monitor** that syncs with the app. Start managing your heart health right now from your smartphone.



Sign up today and your gift will be on its way.





Meet Hello Heart.

A new, easy way to improve your heart health. And it's free.

Hello Heart's blood pressure monitor connects to an app that makes it easy to care for your heart.

**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.
App 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