



SAMPLE  
and eligible family members  
123 MAILING STREET  
APT A  
MAILING TOWN, US 12345-6789



# Check in daily, prioritize your heart.

Hello Heart makes it easy to check in with your blood pressure every day and take control of your heart health.

- Track your blood pressure with a **free monitor**.
- Get insights by tracking your cholesterol, medication, and activity.
- Share private reports with your doctor.



**118/76**

Relax, you're doing great!

Your latest reading is in the following BP category:



## 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. The app is 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](mailto:support@helloheart.com) 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET





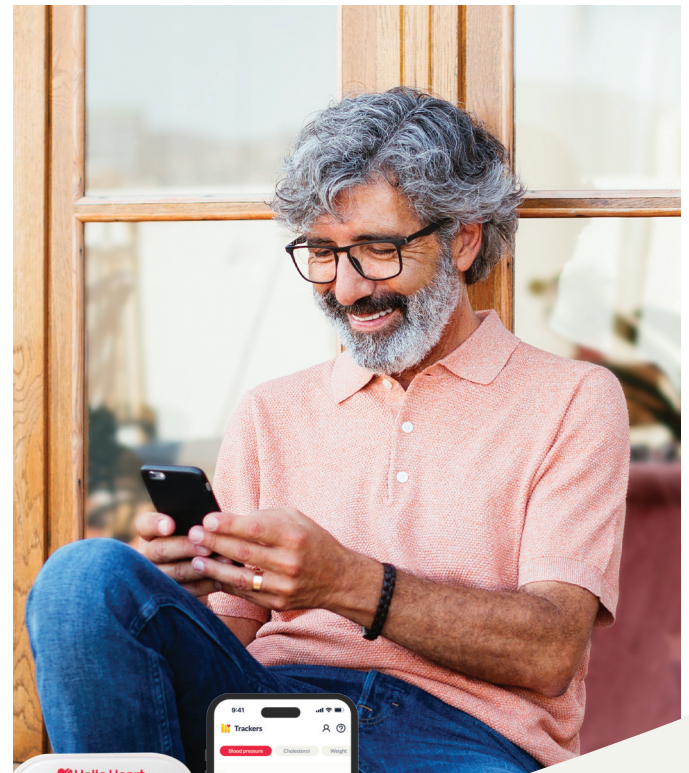
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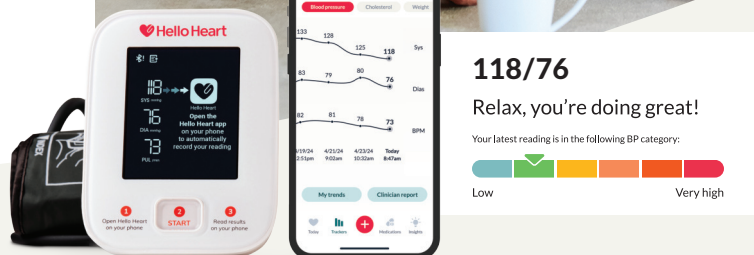
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