





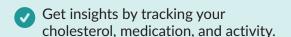
**Track your numbers** with confidence.

High cholesterol raises your risk of heart disease, a leading cause of death in the U.S.

But your free Hello Heart benefit can help you make healthier lifestyle changes and manage your heart health.







Share private reports with your doctor.

## It's quick & easy to get started.



## Scan the QR code

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 going through or have gone through menopause are also eligible to enroll.

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? x support@helloheart.com (800) 767-3471 Monday-Friday, 8am-8pm ET