



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.



- ✓ Track your blood pressure with a **free monitor**.
- ✓ Get insights by tracking your cholesterol, medication, and activity.
- ✓ 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? ✉ support@helloheart.com 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET