



 Hello Heart

## Do you know what impacts your blood pressure?

The only way to find out is to regularly track your blood pressure!

Sign up now to receive your **free blood pressure monitor** that connects to an app on your smartphone.

The Hello Heart app can help you regularly **track, understand and manage** your heart health - all from the **privacy and comfort** of your own phone.

**Hello Heart is offered at no cost to you.**

This program is sponsored by the NALC Health Benefit Plan.



American Heart Association

Hello Heart is a member of American Heart Association's Innovators' Network



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## Get started in 2 simple steps!

- 1 To create an account, send a text message\* to the phone number **75706** with the following code: **NALC** or visit [join.helloheart.com/NALC](https://join.helloheart.com/NALC)
- 2 Grab your smartphone and **download the Hello Heart app** from the Google Play Store / Apple App Store. Log in to the app with your Hello Heart account and your blood pressure monitor will be shipped to your home for **free!**



NALC Health Benefit Plan members or adult dependents (18+) with blood pressure readings of 130/80 mmHg or above or those taking blood pressure medication are eligible to enroll.

\*Message and data rates may apply.

Hello Heart is not a substitute for medical care. 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 EST