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# Take control of your heart health.

Blood pressure, cholesterol, and menopause play a part in your heart health.

Sign up today and get your **free Hello Heart monitor** to manage your heart health from home.

#### With Hello Heart, you can:

- Track your blood pressure
- Receive personalized insights
- Share reports with your doctor



## Get started in 2 simple steps.

Scan the QR code or text\* the code: NALC to 75706 to create an account.



**Download the Hello Heart app and log in** to get your free monitor. App also available in Spanish.



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You can also visit join.helloheart.com and enter NALC Health Benefit Plan to create an account.

Need help? 🔀 support@helloheart.com 📋 (800) 767-3471 Monday-Friday, 8am-8pm ET

\*Message & data rates may apply. Visit https://www.helloheart.com for privacy and terms information. Hello Heart is not a substitute for medical care. Talk to your doctor to make sure you are diagnosed and treated properly.



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