



 Hello Heart

Do you know what impacts your blood pressure?



Food	Heart healthy foods like bananas & salmon	High sodium (salty) foods like deli meat
Stress	Yoga / Meditation / Calling loved ones	A stressful day
Sleep	7-9 hours of restful sleep	Not enough sleep
Exercise	A daily walk	No physical activity
Weight	Maintaining a healthy weight	Gaining extra body fat
Smoking	Quitting smoking	Smoking a cigarette
Alcohol	Limiting alcohol to one drink per day	Too much alcohol

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

Hello Heart is an easy-to-use program that helps you track, understand, and manage your heart health from the privacy of your own phone. The program is offered at no cost to eligible members and includes a blood pressure monitor and an engaging smartphone app.

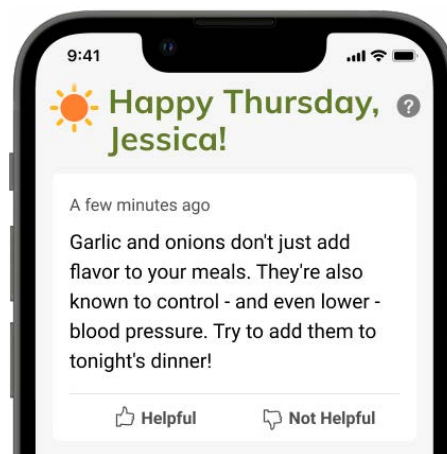
NALC Health Benefit Plan members or adult dependents (18+) with blood pressure readings of 130/80 mmHg or above or those taking blood pressure medication are eligible to enroll.

[Sign up for Hello Heart for free](#)



Hello Heart is a member of American Heart Association's Innovator's network

Hello Heart is not a substitute for medical care. Talk to your doctor to make sure you are diagnosed and treated properly.



Learn more at www.helloheart.com