



What is Hello Heart?

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 Hello Heart program is offered at no cost to you and includes a free blood pressure monitor that connects to an app on your smartphone. It's engaging and rewarding!

What's great about Hello Heart?

There are no complicated coaching sessions and all the information and tips are on your phone, so you can use the app **anywhere, anytime**.

Last, but not least, Hello Heart strictly follows HIPAA guidelines on how to save information, which is kept **100% private** to you. No one has any access to your information.

What do you get with Hello Heart?

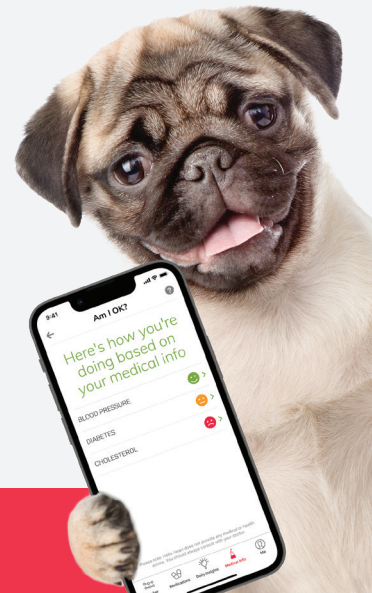
- Free FDA-cleared blood pressure monitor that easily connects to your phone
- Blood pressure, medication, and weight tracking technology
- Instant, clear explanations of what your numbers mean
- Easy-to-apply personalized tips for maintaining a healthy heart
- Progress reports that are easy to review or share with your physician
- Auto-imported lab results from clinics, with personalized explanations
- Support team available to answer any questions via phone or email



It's easy to enroll and get started!

Visit join.helloheart.com/8DIST2 or scan the QR code

Members, spouses and adult dependents, including all retirees, who are covered by the Eighth District Electrical Benefit Fund and have blood pressure readings of 130/80 mmHg or above or take blood pressure medication are eligible to enroll. Each eligible member should enroll separately.



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 📞 (800) 767-3471 Monday-Friday, 8am-8pm EST