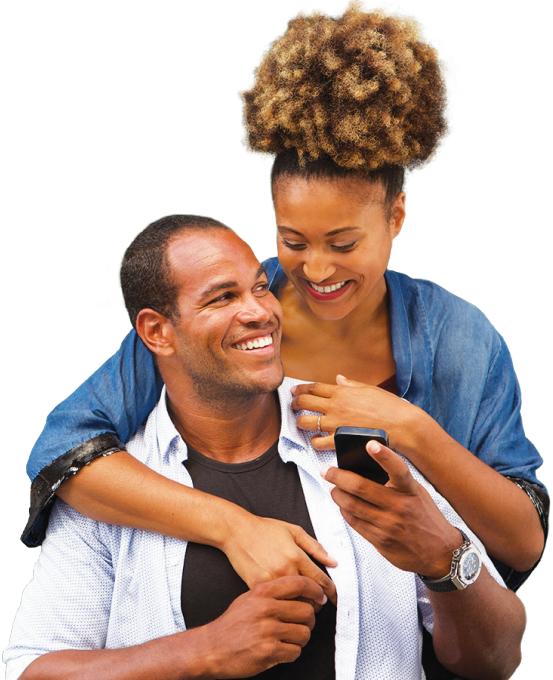




 Hello Heart



## 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](http://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](mailto:support@helloheart.com) 