



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 eligible members 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?

The app helps you easily track, understand, and manage your heart health. 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, cholesterol, activity and medication 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!

Employees, spouses and adult dependents (18+) covered by an Aetna medical plan with a blood pressure reading of **130/80 mmHg** or above and/or that are **taking blood pressure medication** are eligible to enroll.

Text **SHU2** to phone number **75706** or visit join.helloheart.com/SHU2 to register.

Hello Heart does not diagnose, treat, cure or prevent any disease, or act as a substitute for medical care. Contact your doctor if you have questions.

If you have any questions, please reach out to Hello Heart support at:
✉ support@helloheart.com ☎ (800) 767-3471, Monday-Friday, 8am-8pm EST

