

Hello Heart is available to you **for free.**



Sample
123 MAILING STREET
APT A
MAILING TOWN, US 12345-6789



Roses are red, your heart is, too. This American Heart Month, do something great for you.

This heart month, choose heart health.

NALC Health Benefit Plan has partnered with Hello Heart this American Heart Month to help you spot heart health changes early. This month doesn't mean flowers and chocolate, it means doing one good thing for your real heart.

With your exclusive Hello Heart benefit, you get:

- ✓ Free blood pressure monitor shipped to your door
- ✓ Heart health tracking app
- ✓ Activity, medication, & cholesterol tracking
- ✓ Fully covered by your benefits plan

Join the **200,000+** people who trust Hello Heart with their heart health.



Scan the QR code

or visit join.helloheart.com and enter **NALC Health Benefit Plan.**



The Hello Heart program is offered at no cost to NALC Health Benefit Plan members or adult dependents (18+) who have blood pressure readings of 130/80 or above, high cholesterol, or take medication for blood pressure. Women who are having issues during pregnancy such as preeclampsia, or those who have or have gone through menopause are also eligible to enroll.

Hello Heart is not a substitute for a licensed medical professional. 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 ET

