

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



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



# Claim your new heart health benefit.

NALC Health Benefit Plan has partnered with Hello Heart to support your heart health. This exclusive benefit is **fully covered** and includes:

- ✓ Free blood pressure and heart rate monitor
- ✓ Heart health tracking app
- ✓ Personalized feedback & digital coaching
- ✓ Secure, detailed reports
- ✓ Activity, medication, & cholesterol tracking

## Get started in just days.

We even mail your kit for free, straight to your door.

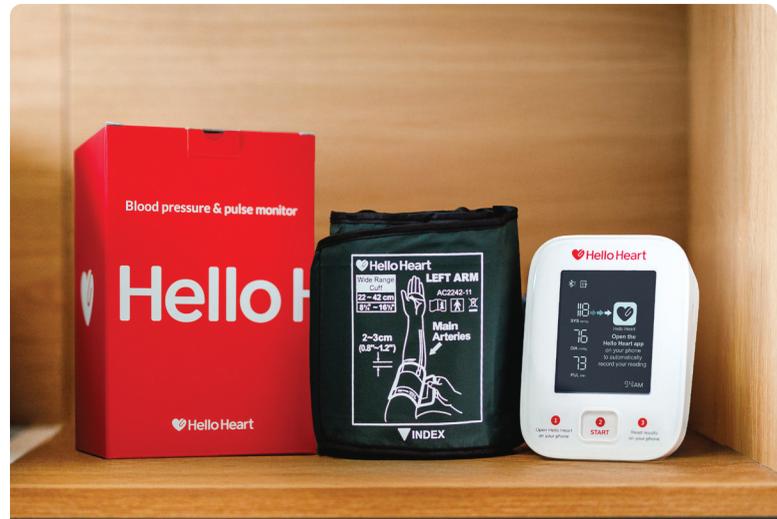
The Hello Heart program is offered at no cost to NALC Health Benefit Plan members or adult dependents (18+) who have blood pressure readings of 130/80 or above, high cholesterol, or take medication for blood pressure. Women who are having issues during pregnancy such as preeclampsia, or those who have 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](mailto:support@helloheart.com) 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET

## Did you know?

38% of people with high blood pressure are unaware that they have it.



Get your free welcome kit in just days.

Scan the QR code



or visit [join.helloheart.com](https://join.helloheart.com) and enter **NALC Health Benefit Plan.**

