



## FAQs to get to know us

### What is Hello Heart?

The Hello Heart app lets you **track multiple health stats** and easily manage your heart health all in one place. The Hello Heart program is offered **at no cost** to eligible members and includes a free blood pressure monitor that pairs directly with your smartphone.

### What's great about Hello Heart?

The Hello Heart app is easy to use, personalized, and fun! Hello Heart takes your privacy very seriously and there are controls in place to make sure **your data is protected**. You can share your info if you want, or not. Either way, you can use the app to access your health data whenever you need it.

### What do you get with Hello Heart?

- **Heart health monitor** that is free, FDA-cleared and easily connects to your phone
- **Tracking technology** for blood pressure, cholesterol, medication, and more
- **Clear explanations** of what your numbers mean
- **Personalized tips** that make it simple to maintain a healthy heart
- **Progress reports** that are easy to review or share with your physician
- **Support team** available to answer any questions via phone or email

 **Hi, I'm FREE!** 



**It's easy to enroll and get started!**

Visit [join.helloheart.com/EWBTF2](https://join.helloheart.com/EWBTF2) or scan the QR code



Members and adult dependents covered by the EWBTF health plan who have blood pressure readings of 130/80 mmHg or above or take blood pressure medication are eligible to enroll.

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