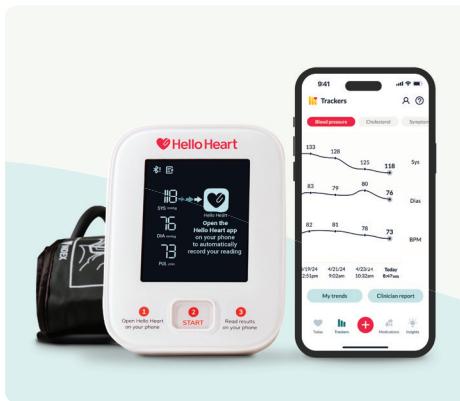


# Take advantage of your heart health benefit.

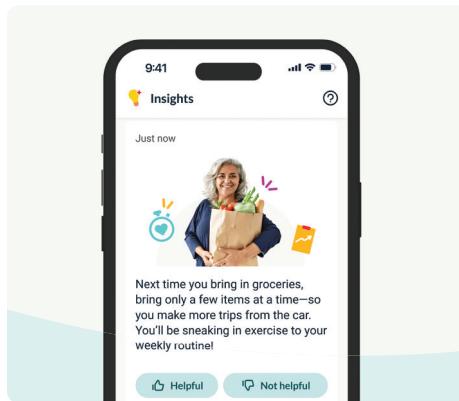
## Track the impact of your everyday choices with Hello Heart.

Hello Heart is the first app that helps you manage your heart health and get real-time tips.

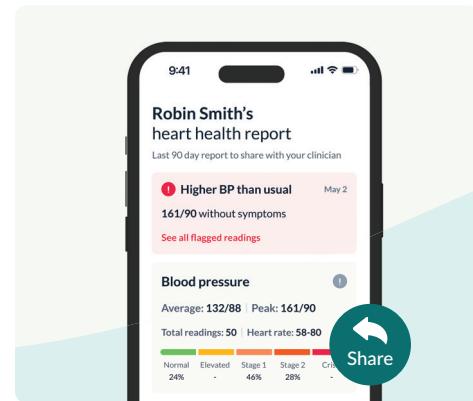
With the Hello Heart app, you can:



Track your blood pressure with a **free monitor**.



Get insights by tracking your cholesterol, medication, and activity.



Share private reports with your doctor.



**Sign up to get the free Hello Heart app and blood pressure monitor.**

**Get started today.**

**Sign up for free**

You can also visit [join.helloheart.com](https://join.helloheart.com) and enter **IBEW-NECA Welfare Trust Fund** to create an account.

All members, spouses and adult dependents, including all retirees, who are covered by the IBEW-NECA Welfare Trust Fund with blood pressure readings of 130/80 mmHg or above or those taking blood pressure medication, those who are taking medication for high cholesterol, or women ages 52+ that are going through or have gone through menopause, are eligible to enroll. Each eligible family member should enroll separately.

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) [18007673471](tel:18007673471) Monday-Friday, 8am-8pm ET