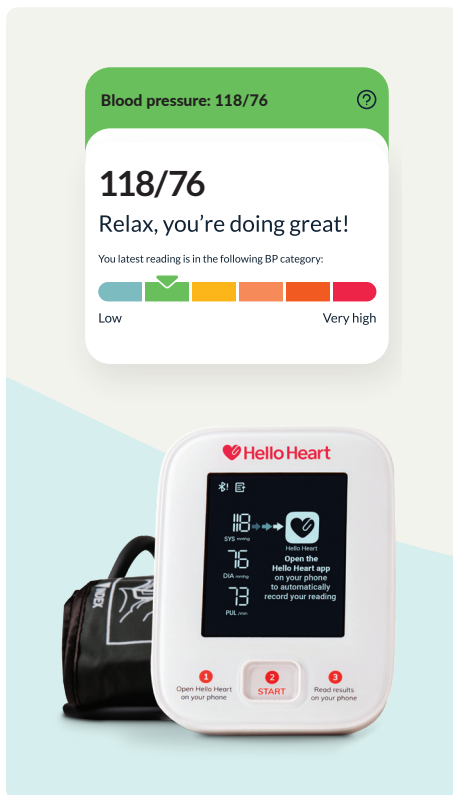


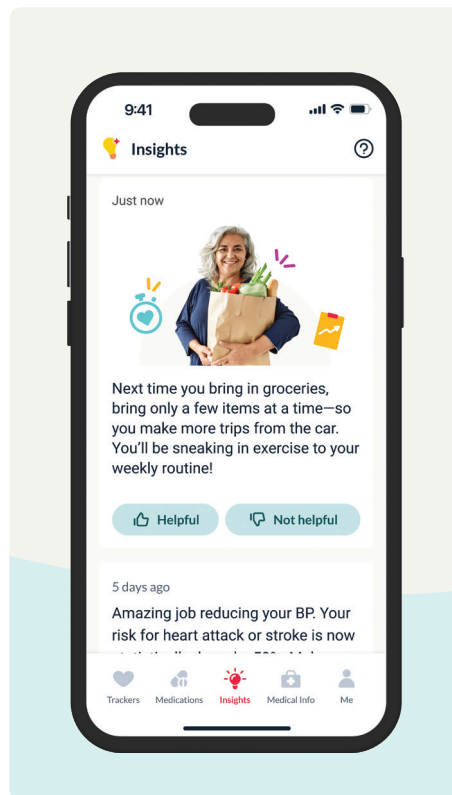
Take control of your heart health.

Track the impact of your everyday choices with Hello Heart.

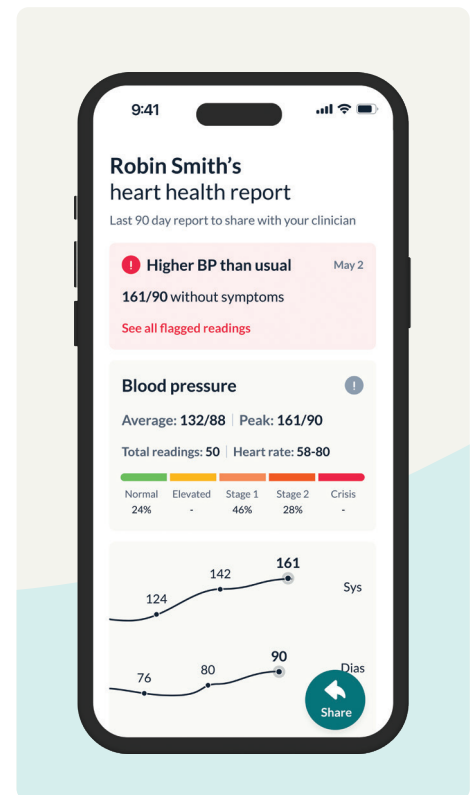
With Hello Heart, you can learn how to manage and improve your heart health.



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



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



Share private reports with your doctor.

Coming soon on 1/1/2025

We'll send you instructions on how to enroll and get the free Hello Heart app and blood pressure monitor.

This benefit is sponsored by your employer and is available at no cost to employees and adult dependents (18+) covered by the VBA Benefits Corp. Anthem medical plan who have blood pressure readings of 130/80 mmHg or above, take blood pressure medication, or women aged 52+ or going through or have gone through menopause.

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