



# 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 Hello Heart 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?

- **Hello Heart 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



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

To enroll for free, **scan the QR code** or text\* the code: **DODNAF** to **75706**.



Hello Heart is available to active employees, adult dependents (18+) and pre-65 retirees on a U.S. based non-Medicare Aetna plan who have elevated blood pressure (130/80 or higher), high cholesterol, take BP or cholesterol medications, or are experiencing menopause.

\*Message & data rates may apply. Visit <https://www.helloheart.com> for privacy and terms information. 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 📞 18007673471 Monday-Friday, 8am-8pm ET