



Take control of your health with Hello Heart



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



All the cool stuff you'll love:

Hello Heart monitor

Free Hello Heart monitor that easily connects to your phone

Track your heart trends

Blood pressure, cholesterol, medications, and more

Clear explanations

Understand what your numbers mean

Personalized tips

Easy-to-apply tips for maintaining a healthy heart

Share with your doctor

All your heart readings and trends in one easy-to-understand report



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