

# Stay ahead of high blood pressure.

Nearly 1 in 2 U.S. adults have high blood pressure, and most don't even know it.

VBA Benefits Corporation has partnered with Hello Heart to help you track your heart health numbers easily and stay ahead of potential risks.

- ✓ Blood pressure and heart rate monitor
- ✓ Heart health tracking app
- ✓ Activity, medication, & cholesterol tracking
- ✓ Detailed reports to share with your doctor
- ✓ Personalized feedback & digital coaching
- ✓ Fully covered by your benefits plan



**It's quick & easy  
to get started.**



**Scan the QR code**

or visit [join.helloheart.com](https://join.helloheart.com) and enter **VBA Benefits Corporation**.

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](mailto:support@helloheart.com) 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET

# Stay ahead of high blood pressure.

Nearly half of U.S. adults have high blood pressure, and many don't know it. Hello Heart makes it easy to take action.

Claim your **blood pressure monitor** today.



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