

Your mind and heart are connected.

Care for both with Hello Heart.

Anxiety and burnout can quietly raise your blood pressure. Simple habits like meditation and breathing exercises can help, and Hello Heart lets you track your progress and see what's working. This VBA Benefits Corporation benefit makes managing your heart health easy and includes:



Heart health tracking.

Privately keep track of your progress.



Instant insights.

Spot changes before they become problems.



Doctor-ready reports.

Share what you want, when you want.



Personalized digital coaching.

Get tips tailored to you.



Don't put off self-care any longer. Start today.



Scan the QR code

or visit 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 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET

Stay strong for your baby.

Track your blood pressure from home.

Get access to Hello Heart, an easy tool that helps you manage your heart health during and after pregnancy. Checking your blood pressure can help you stay healthy and care for your growing family.

Here's what you get, at no cost to you:

- ✓ Blood pressure monitor, shipped to your home
- ✓ Simple app with Pregnancy Mode to track your heart health
- ✓ Tips made for pregnancy to keep your heart strong
- ✓ Alerts that let you know when to contact your doctor

Quick tips

- Walk 20–30 minutes most days
- Aim for 7–9 hours of sleep
- Choose nutrient-packed snacks
- Take quiet time to lower stress



Did you know?

Your heart works harder when you're pregnant. Hello Heart makes it easy to care for your heart.

Keep your heart strong for your little one.



Scan the QR code

or visit 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 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET

Eat well, feel better, and protect your heart.

VBA Benefits Corporation offers Hello Heart to help you make simple changes that make a real impact on your heart health.

What you eat every day affects your blood pressure and cholesterol. With Hello Heart, it's easy to see how your healthy habits pay off.

Three ways to eat heart-smart

- ✓ **Reducing sodium** can help lower blood pressure
- ✓ **Eating more fruits, vegetables, and whole grains** supports healthy cholesterol
- ✓ **Limiting saturated fats** can reduce your risk of heart disease



Hello Heart includes a **blood pressure and heart rate monitor**, an easy-to-use tracking app, digital coaching, and support for activity, medication, and cholesterol—all fully covered by VBA Benefits Corporation.



Scan the QR code

or visit 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 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET