

Hello Heart FAQs

What is Hello Heart?

The Hello Heart app lets you track your blood pressure and easily manage your heart health all in one place.

This benefit 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?

Along with blood pressure, you can also track cholesterol, weight, and activity to better understand how daily habits may affect your heart health. Plus, you can choose to share private reports with your doctor.

What do you get with Hello Heart?

- **A free Hello Heart blood pressure monitor** that is FDA-cleared and easily connects to your phone.
- **An app to help you track** 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.
- **Assistance from our support team** via phone or email.

Enroll today.



Scan the QR code or text* **VBA** to **75706** to get started.



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.

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