

# Take advantage of your heart health benefit.

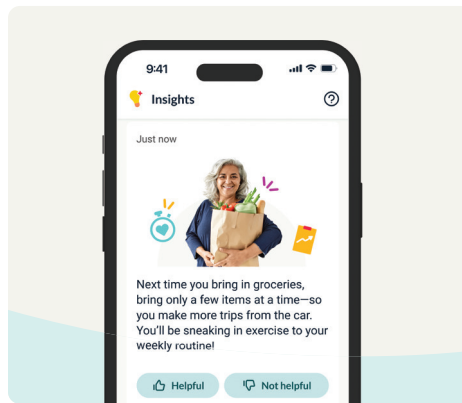
## Track the impact of your everyday choices with Hello Heart.

Hello Heart is the first app that helps you manage your heart health and get real-time tips.

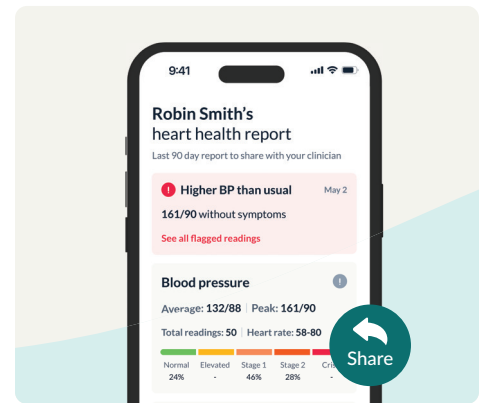
With the Hello Heart app, you can:



Track your blood pressure with a **free monitor**.



Get insights by tracking your cholesterol, medication, and activity.



Share private reports with your doctor.



**Sign up to get the free Hello Heart app and blood pressure monitor.**

## Get started today.



Scan the **QR code** or text\* **VBA** to **75706** to create an account.

You can also visit [join.helloheart.com](https://join.helloheart.com) and enter **VBA Benefits Corporation** to create an account.

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