



Teamsters Local 641 Welfare Fund has Partnered with Hello Heart

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- Take control of your heart health with Hello Heart
 - Have high blood pressure? Track your heart health for **free** with Hello Heart
 - Get Heart Smart: Transform your health with Hello Heart, a tracker that monitors your whole heart health
 - Wish heart health was easier? Now it is.

January 1, 2025, Teamsters Local 641 Welfare Fund has partnered with Hello Heart to allow you to track blood pressure, cholesterol, medications, heart rate, & activity levels all in one place – All from the privacy of your own phone.

Hello Heart puts you in control of your heart health. Track blood pressure and cholesterol readings in one place, and get personalized insights on how to improve your health. The easy-to-use app makes it fun to stay on track.

Get a **free blood pressure monitor** to take control of your health. Hello Heart's personalized app lets you keep all your stats in one place - in the palm of your hand. It's SUPER easy to use -Take control of your heart health with Hello Heart.

To Qualify:

- All active members, pre-65 retirees, and adult dependents (18+) covered by Horizon BCBS
- Blood pressure readings of 130/80 mmHg and higher
- Those who are taking medication for high cholesterol or Blood Pressure
- Women ages 52+ that are going through or have gone through menopause,
- Each eligible family member should enroll separately

Hello Heart is offered at no cost to employees enrolled in Local 641 Horizon BCBS Plan. Visit join.helloheart.com and enter Teamsters Local 641 or TL641 to sign up for Hello Heart today.

No more guessing. Your free Hello Heart monitor pairs with your phone and automatically sends blood pressure readings to the app, so you can easily track trends over time.

- Get instant health readings, with clear explanations so you know what they mean. Want to share your health data and reports with your doctor? No problem.
- Hello Heart is all about YOU. Personalized insights, heart health tips, and easy-to-understand graphs so you can see how your daily choices may be impacting your heart health.
- Does that extra five minutes of walking really make a difference? It might. With Hello Heart, you can see how activity, weight, and medications may impact your readings.
- Enjoy your own privacy. The Hello Heart app is designed with technical and organizational controls to keep your data safe. You can share your info if you want, or not. Either way, you can use the app to access your health data whenever you need it.

If you have any questions regarding Hello Heart email support@helloheart.com or contact us at (800) 767-3471.

