

What is Hello Heart?

Hello Heart is an easy-to-use program that helps you **track, manage and improve** your heart health from the privacy of your own phone. The Hello Heart program is offered at no cost to eligible employees, spouses and dependents (18+) on the Larimer County health plan and includes a free blood pressure monitor that connects to an app on your smartphone. It's engaging and rewarding!

What's great about Hello Heart?

There are no complicated coaching sessions and all the information and tips are on your phone, so you can use the app **anywhere, anytime**. Last, but not least, Hello Heart strictly follows HIPAA guidelines on how to save information, which is kept **100% private** to you. No one has any access to your information.

What do you get with Hello Heart?

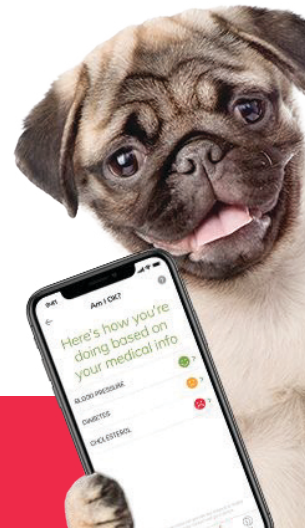
- Free, FDA-cleared blood pressure monitor that easily connects to your phone
- Blood pressure, medication, and weight tracking technology
- Instant, clear explanations of what your numbers mean
- Easy-to-apply personalized tips for maintaining a healthy heart
- Progress reports that are easy to review or share with your physician
- Auto-imported lab results from clinics, with personalized explanations
- Support team available to answer any questions via phone or email



It's easy to enroll and get started!

Employees, spouses and dependents (18+) on a Larimer County health plan with blood pressure readings of **130/80 mmHg** or above and/or those **taking high blood pressure medication** are eligible to enroll for free!

To enroll for free contact your Larimer County Wellness Clinic (call or text 970-980-2425) to see if you qualify.



If you have any questions, please reach out to Hello Heart support at:

✉ support@helloheart.com ☎ (800) 767-3471