

Do you know what impacts your blood pressure?

Food

- 🚫 High sodium (salt) foods such as deli meat
- 👍 Heart healthy foods like bananas & salmon

Stress

- 🚫 Stressful day
- 👍 Yoga / Meditation / Calling loved ones

Sleep

- 🚫 Not enough sleep
- 👍 7-9 hours of good sleep

Exercise

- 🚫 No physical activity
- 👍 Daily walk

Weight

- 🚫 Gaining extra body fat
- 👍 Maintaining a healthy weight

Smoking / Vaping

- 🚫 Smoking a cigarette
- 👍 Quit smoking

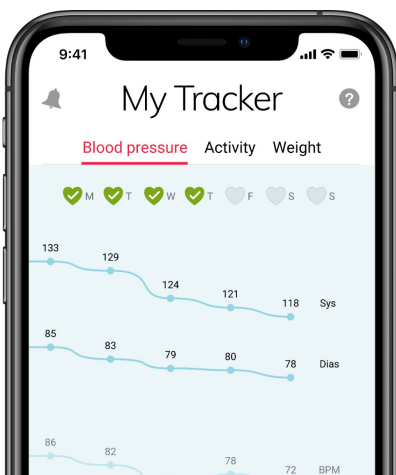
Alcohol

- 🚫 Too much alcohol
- 👍 Limiting alcohol to one per day



The only way to find out what impacts your blood pressure is to regularly track it!

[Schedule Today](#)



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 program is offered at no cost to eligible members and includes a blood pressure monitor and an engaging smartphone app.

*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.



Hello Heart is a member of American Heart Association's Innovator's network