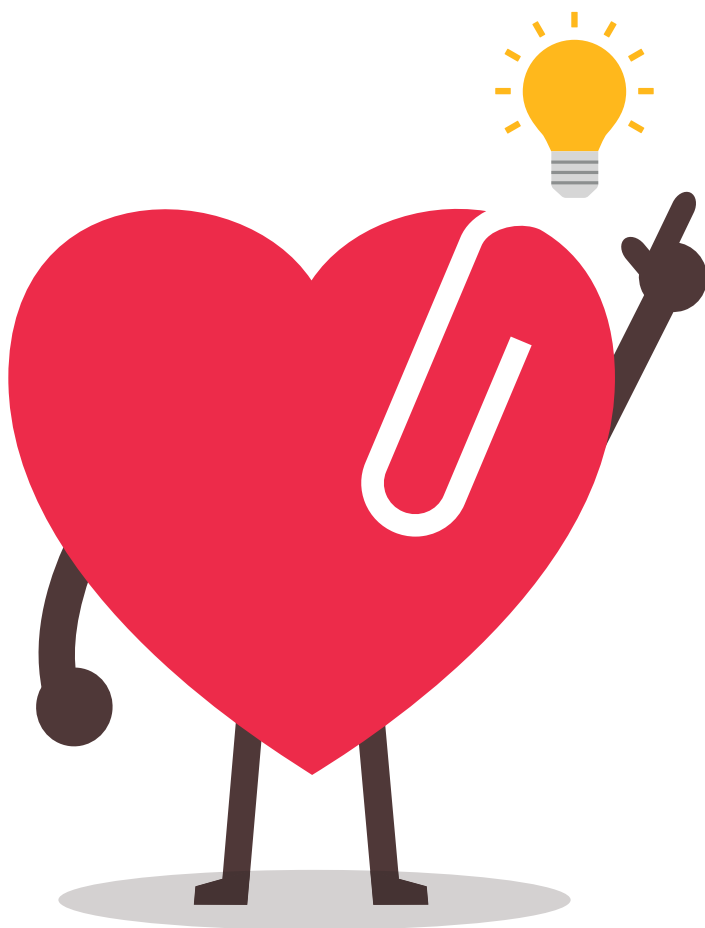


# It's time to put heart health first!

Start by knowing and sharing the truth about heart disease.

- ✗ There's nothing I can do about it...
- ✓ Heart disease is largely preventable by making healthy choices. <sup>1</sup>
- ✗ If I can't feel it, it can't be that bad...
- ✓ High blood pressure usually doesn't have symptoms! <sup>2</sup>
- ✗ Why would I have high blood pressure?
- ✓ Over 46% of adults in the U.S. have high blood pressure. <sup>3</sup>
- ✗ Heart disease is really rare...
- ✓ Heart disease is the leading cause of death in the United States for both men and women. <sup>4</sup>
- ✗ To get healthy, I have to do things I don't enjoy...
- ✓ There are simple steps you can take, such as tracking your blood pressure.



To learn how your heart is doing and how you can take care of your heart health:

Visit [join.helloheart.com/ILWF2](https://join.helloheart.com/ILWF2) or scan the QR code →

Hello Heart is an easy-to-use program that helps you track, understand, and manage 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.



All members, spouses, and adult dependents (18+) enrolled in an Anthem health plan, as well as all retirees, with blood pressure readings of 130/80 mmHg or above or those taking blood pressure medication are eligible to enroll. Each eligible family member should enroll separately.

Need help? ✉ [support@helloheart.com](mailto:support@helloheart.com) ☎ (800) 767-3471 Monday-Friday, 8am-8pm ET

Hello Heart is not a substitute for medical care. Talk to your doctor to make sure you are diagnosed and treated properly.

<sup>1</sup> <https://www.heart.org/en/get-involved/advocate/federal-priorities/cdc-prevention-programs>; <sup>2</sup> <https://www.cdc.gov/bloodpressure/about>; <sup>3</sup> <https://www.heart.org/en/news/2018/05/01/more-than-100-million-americans-have-high-blood-pressure-aha-says>; <sup>4</sup> <https://www.cdc.gov/heartdisease/facts>