



Take control of your heart health with Hello Heart.

- Free blood pressure monitor
- Track blood pressure and cholesterol via the smartphone app
- Personalized tips

HealthSelect of Texas® medical plan participants who are age 18 and older and living in the U.S., including those enrolled in Consumer Directed HealthSelectSM or Medicare, are eligible to enroll.

Scan the QR code to learn more.



Hello Heart is an independent company that has contracted with Blue Cross and Blue Shield of Texas to provide online tools and cardiovascular health support programs for members with coverage through BCBSTX.

Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelectSM.

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