

Take control of your health with **Hello Heart**

What is Hello Heart?

The Hello Heart app lets you track multiple health stats and easily manage your heart health all in one place. The Hello Heart program is offered at no additional cost to eligible HealthSelect of Texas® and Consumer Directed HealthSelectSM participants and includes a free Hello Heart monitor that pairs directly with your smartphone.

What's great about Hello Heart?

The Hello Heart app is easy to use, personalized and fun. Hello Heart takes your privacy very seriously and there are controls in place to make sure your data is protected. 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.

What do you get with Hello Heart?

- **Hello Heart blood pressure monitor** that is free, FDA-cleared and easily connects to your phone
- **Tracking technology** for blood pressure, cholesterol, medication and more
- **Clear explanations** of what your numbers mean
- **Personalized tips** that make it simple to maintain a healthy heart
- **Progress reports** that are easy to review or share with your provider
- **Support team** available to answer any questions via phone or email



Create sustained lifestyle changes by building a habit of monitoring blood pressure and other aspects of heart health.

To learn more, scan the QR code.



HealthSelect of Texas medical plan participants aged 18 and older and living in the United States, including those enrolled in Consumer Directed HealthSelect or Medicare, are eligible to enroll in the Hello Heart program. Participants must also have one or more of the following clinical conditions to be eligible to participate in the program during the initial self-evaluation: blood pressure readings of 130/80 mmHg or higher; currently being taking medication for treatment of cardiovascular disease, including but not limited to blood pressure and/or cholesterol medication; an increased risk for cardiovascular disease such as family history; and/or be a woman age 52 or older who is going through or has gone through menopause.

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

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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