



Take advantage of your heart health benefit.

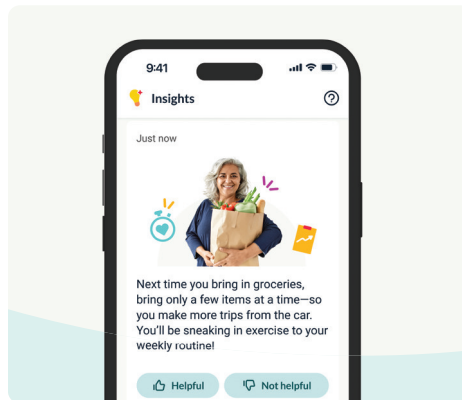
Track the impact of your everyday choices with Hello Heart.

Hello Heart is the first app that helps you manage your heart health and get real-time tips.

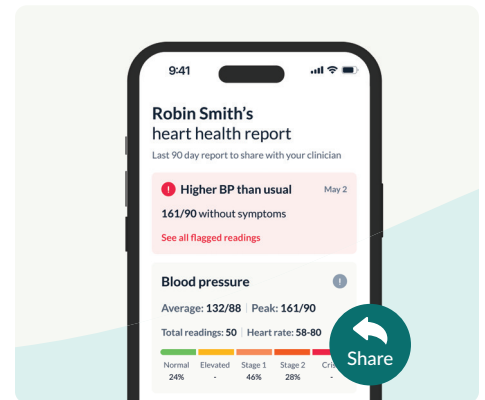
With the Hello Heart app, you can:



Track your blood pressure with a **free monitor**.



Get insights by tracking your cholesterol, medication, and activity.



Share private reports with your doctor.



Sign up to get the free Hello Heart app and blood pressure monitor.

Get started today.

Sign up for free

You can also visit join.helloheart.com and enter **San Diego Electrical Health and Welfare Trust** to create an account.

All members, spouses, and adult dependents (18+) enrolled in the San Diego Electrical Health and Welfare Trust, with blood pressure readings of 130/80 mmHg or above or those taking blood pressure medication, those who are taking medication for high cholesterol, or women ages 52+ that are going through or have gone through menopause, are eligible to enroll. Each eligible family member should enroll separately.

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

Need help? ✉ support@helloheart.com 📞 (800) 767-3471 Monday-Friday, 8am-8pm ET