



Your new heart health program.

San Diego Electrical Health and Welfare Trust has partnered with Hello Heart to support your heart health. This exclusive benefit is **fully covered** and includes:

- ✓ Free blood pressure and heart rate monitor
- ✓ Heart health tracking app
- ✓ Personalized feedback & digital coaching
- ✓ Secure, detailed reports
- ✓ Activity, medication, & cholesterol tracking

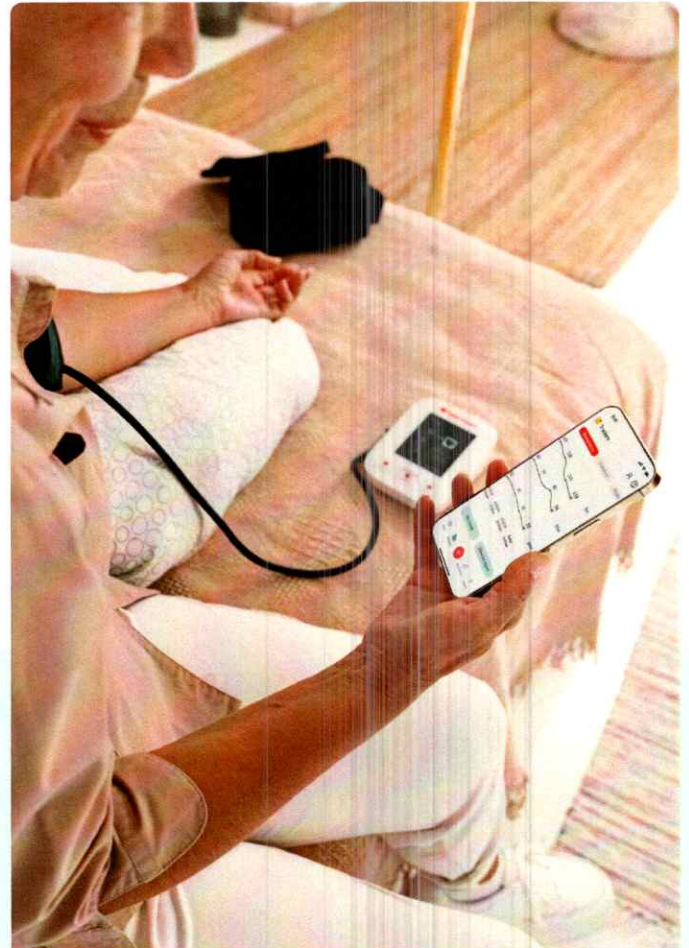
Get started in just days.

We even mail your kit **for free**, straight to your door.



Scan the QR code

or visit join.helloheart.com and enter **San Diego Electrical Health and Welfare Trust**.



Real results, real fast—50% of Hello Heart members with high blood pressure saw improvements in just two weeks.

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