



Looking for an easy way to make sure your heart is healthy?

Sign up for Hello Heart for free in seconds at <u>join.helloheart.com/NMU2</u> or text NMU2 to 75706.



0-0-0

Blood pressure, activity and weight tracking technology



Medication tracking and reminders



Access to easy-to-apply **personalized tips** for maintaining a healthy heart



Auto-imported **lab results** from clinics, with personalized explanations



Free, FDA-cleared Bluetooth blood pressure monitor that easily connects to your phone



Employees enrolled in the NMU group health plan with blood pressure readings of 130/80 mmHg or above and/or those taking BP medication are eligible to enroll for free!