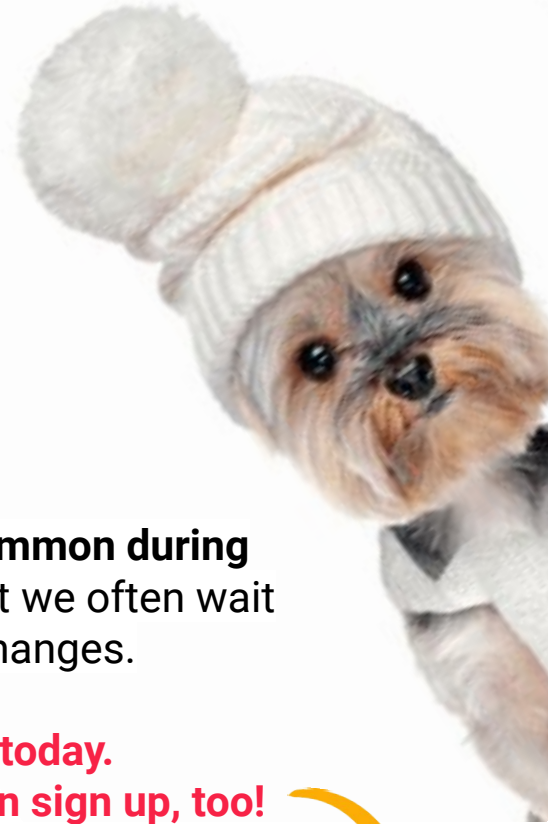




Shopping. Parties. Family Stress.



It's really no surprise that **heart attacks are more common during the winter holidays than any other time of year.**¹ But we often wait for the new year to start making healthier lifestyle changes.

Why? There's no need to wait! **Give your heart a gift today. Don't let eligible family members miss out. They can sign up, too!**

Hello Heart makes **focusing on your heart health easy** with an app that tracks:

- See **trends** for blood pressure readings and more
- Track your medications
- Get **daily tips just for you** and your life



Sign up for Hello Heart for free

All employees and spouses enrolled in the NMU group health plan with blood pressure readings of 130/80 mmHg or above, or those taking blood pressure medication are eligible to enroll.

Hello Heart does not diagnose, treat, cure or prevent any disease, or act as a substitute for medical care. Contact your doctor if you have questions.

¹<https://newsroom.heart.org/news/heart-attack-deaths-more-likely-during-winter-holiday-season-than-any-other-time-of-year>