February 3rd is National Wear Red Day.

February is American Heart Month. WEAR RED to raise awareness about heart disease - a leading cause of death for Americans. Heart disease is largely preventable!

Know the risks and protect your heart.

Spread the word by wearing red!

Sign up for Hello Heart for free in seconds at **join.helloheart.com/NMU2** or scan the QR code →

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.

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